



For Immediate Release:

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**PREVENTION MAGAZINE REPORTS CHEESE MADE WITHOUT MILK FAT
LOWERS BOTH TOTAL AND LDL CHOLESTEROL**

Orlando, Florida (July 17, 2003) According to a recent study published by the European Journal of Clinical Nutrition, and reported on in Prevention Magazine, "cheese" made without milk fat, such as Galaxy Nutritional Foods' Veggie and Rice brand dairy alternatives, eliminate saturated fat while increasing unsaturated fat intake thereby cutting cholesterol in two different ways (total cholesterol and LDL "bad" cholesterol). Please read the complete copy of the article reprinted herewith as it appeared in the May 2003 issue of Prevention Magazine.

For more information on Galaxy's healthy and great-tasting plant-based dairy alternatives, please call our consumer relations department at 407-855-5500, ext. 322 or e-mail at gxyconsum@galaxyfoods.com.

You may also learn more about our products by ordering THE SEVEN SIMPLE STEPS TO VEGGIESIZING, THE STEALTH/HEALTH DIET by Galaxy Founder and President Angelo S. Morini. This revolutionary book contains over 175 healthy recipes incorporating Galaxy's health-promoting dairy alternatives as ingredients. It teaches us how to dramatically improve our health and well-being by changing very little and, at the same time, help the world economy, the environment, and ultimately our fellow man. The book costs \$19.95 and can be ordered by calling 800-808-2325, ext. 386 or e-mail at bookrequests@galaxyfoods.com. Galaxy will donate all book profits to various pro-active healthy lifestyle charities.

About Galaxy Nutritional Foods...

Galaxy is a publicly traded company and is listed on the American Stock Exchange under the symbol "GXY". The company is a leading producer of great-tasting, health-promoting dairy and dairy-related alternatives for the retail and foodservice markets. An exclusive, technologically advanced and safer "hot process" is used to produce these phytonutrient-enriched products made from nature's best grains - soy, rice and oats. Galaxy's healthy products are either low fat or fat free, saturated fat and trans-fatty acid free and have more calcium, vitamins and other minerals than conventional dairy products. Galaxy brand names include: Veggie, Nature's Alternative®, Veggie®, Nature's Alternative, Galaxy®, Soyco®, Soymage®, Wholesome Valley®, formägg®, Lite Bakery®, Veggie Café™ and Lite Bakery®. For more information, please visit Galaxy's website at www.galaxyfoods.com



**NUTRITION
NEWS**

Our editors rate
the tastiest.

Moo-Free Cheese, Please

Sandwiches can take a bite out of high cholesterol levels

Wouldn't you love to layer some creamy cheese onto your sandwich and know that you're fighting cholesterol at the same time? Well, you can! A Finnish study found that **eating 2 oz of veggie cheese instead of dairy cheese every day for 4 weeks cut total cholesterol by 5% and unhealthy LDL by 6%** in people with mild to moderately high cholesterol levels (*European Jour. of Clinical*

Nutrition, Nov 2002). "Veggie cheese eliminates saturated fat and increases your intake of unsaturated fat," says researcher Essi Sarkkinen, PhD, RD. "So, it helps cut cholesterol levels two different ways."

Replace your sandwich cheese with veggie slices made from either soy or canola oil. All of these slices have 40 calories, 2 g of fat, and 200 mg of calcium per slice.

CANCER BLASTER

Starve Breast Cancer

Obesity speeds tumor growth

Keeping your weight well below the obese category—180 lb on a 5'5" woman—can slash your risk of breast cancer and protect you from the most aggressive form. Now, researchers think they've found out why. A hormone, secreted by fat cells, called leptin makes breast cancer cells grow three times faster and healthy cells 50% faster. And it keeps adding up: The more fat cells you have, the more growth-promoting leptin you produce and the more likely any abnormal breast cells are to multiply and develop into tumors (*Jour. of the National Cancer Institute*, Nov 20, 2002).



Your
breasts
will thank
you.

PREVENTION FAVORITES

- * **VEGGIE SLICES:** Pepper Jack Flavor
- * **RICE SLICE:** American Flavor
- * **VEGGIE SLICES:** Cheddar Flavor with Jalapeños