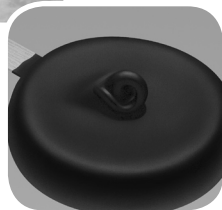




# November 2008 DQ Treats US Nutrition Guide

for the most current nutrition information, visit [www.dq.com](http://www.dq.com)



## Blizzard® Treats

Banana Cream Pie - small	307	580	200	22	13	1.5	50	290	84	0	63	11	20	2	35	15
Banana Cream Pie - medium	385	780	270	30	16	2.5	65	440	115	1	82	14	25	4	40	15
Banana Cream Pie - large	542	1100	370	41	21	4	95	630	164	1	115	20	35	6	60	25
Banana Split - small	297	440	120	13	9	0.5	45	190	71	0	58	11	20	8	35	15
Banana Split - medium	382	570	140	16	10	1	55	230	93	1	76	13	25	15	45	20
Banana Split - large	527	780	200	22	14	1	75	320	129	1	106	18	30	20	60	25
Butterfingers® - small	262	470	150	16	10	0.5	40	220	71	0	56	11	15	0	30	10
Butterfingers® - medium	383	740	240	26	16	1	55	350	114	0	86	16	25	0	45	15
Butterfingers® - large	507	990	310	35	21	1	70	460	151	0	114	21	30	0	60	20
Cappuccino Heath® - small	297	600	220	24	14	1	50	310	86	0	75	11	20	0	35	15
Cappuccino Heath® - medium	411	870	340	38	22	1	65	470	122	1	107	15	25	0	50	20
Cappuccino Heath® - large	556	1210	470	52	31	1.5	90	660	171	1	150	20	35	0	60	25
Choco Cherry Love - small	283	510	190	22	14	1.5	45	190	67	0	56	11	20	0	35	15
Choco Cherry Love - medium	382	740	310	34	22	2.5	55	260	92	0	78	14	25	0	45	20
Choco Cherry Love - large	543	1070	450	50	33	4	80	370	132	0	111	20	35	0	60	30
Chocolate Chip - small	290	600	280	31	20	2.5	45	200	68	0	57	12	20	0	35	20
Chocolate Chip - medium	383	910	470	52	34	4.5	55	260	92	0	76	15	25	0	45	25
Chocolate Chip - large	510	1260	670	75	49	6.5	75	340	123	0	102	20	30	0	60	40
Chocolate Chip Cookie Dough - small	319	710	250	27	14	3	55	350	103	1	79	13	25	0	35	15
Chocolate Chip Cookie Dough - medium	446	1010	360	40	20	4.5	75	500	148	1	109	18	35	0	50	25
Chocolate Chip Cookie Dough - large	560	1300	460	51	26	6	95	640	189	2	140	22	45	0	60	30
Chocolate Dipped Strawberry - small	280	470	160	18	13	0.5	45	180	69	1	58	11	20	10	35	15
Chocolate Dipped Strawberry - medium	378	670	230	26	19	1	55	230	96	2	81	14	25	20	45	20
Chocolate Dipped Strawberry - large	538	1080	420	46	36	1.5	75	300	149	4	125	20	30	30	60	25
Chocolate Xtreme - small	287	660	260	29	15	2.5	65	340	88	1	75	13	20	0	35	20
Chocolate Xtreme - medium	392	980	400	44	23	4.5	100	540	130	3	113	17	30	0	45	30
Chocolate Xtreme - large	553	1440	600	67	33	6.5	140	790	189	4	165	25	45	0	60	45
French Silk Pie - small	308	680	280	31	18	1.5	50	260	88	1	68	12	20	0	35	15
French Silk Pie - medium	378	920	390	44	25	2.5	65	350	117	2	87	15	25	0	40	20
French Silk Pie - large	539	1350	580	65	36	4	95	520	171	3	126	22	35	0	60	30
Georgia Mud Fudge - small	290	690	310	35	12	2.5	65	400	82	2	69	13	20	0	35	25
Georgia Mud Fudge - medium	390	1010	490	54	16	4	95	620	114	4	97	19	30	0	45	35
Georgia Mud Fudge - large	546	1470	740	82	23	5.5	130	900	163	6	139	27	40	0	70	50
Hawaiian - small	283	440	130	15	10	0.5	40	180	67	1	55	10	15	4	30	10
Hawaiian - medium	383	600	190	21	15	1	50	240	92	3	75	13	20	6	40	15
Hawaiian - large	520	820	260	29	22	1	65	330	125	4	103	17	30	8	50	20
Heath® - small	290	600	230	25	16	1	50	310	84	1	73	11	20	0	35	15
Heath® - medium	411	920	370	41	25	1	65	490	126	1	112	16	25	0	50	20
Heath® - large	550	1260	510	57	35	1.5	90	670	173	2	154	21	35	2	70	25
M&M's® Chocolate Candies - small	326	660	200	22	14	0.5	55	230	101	1	86	13	20	0	40	20
M&M's® Chocolate Candies - medium	397	840	260	29	19	1	65	270	127	1	109	16	25	0	50	20
M&M's® Chocolate Candies - large	542	1140	350	39	25	1	85	380	176	2	151	21	35	0	70	30
Mint OREO® - small	297	580	180	20	10	0.5	40	410	89	1	69	12	20	0	35	20
Mint OREO® - medium	362	740	230	25	12	1	50	530	116	1	89	14	20	0	40	20
Mint OREO® - large	543	1070	320	36	18	1	75	730	168	2	131	21	30	0	60	30
Mocha Chip - small	304	570	210	24	18	1	45	200	78	1	66	12	20	0	40	15
Mocha Chip - medium	390	810	330	37	29	1	60	240	107	3	90	15	25	0	45	20
Mocha Chip - large	517	1110	460	51	40	1.5	75	320	145	5	122	20	30	0	60	25
Mud Pie - small	297	620	230	25	11	0.5	40	440	88	1	66	12	15	0	35	20
Mud Pie - medium	404	830	300	33	15	1	55	610	118	2	88	16	25	0	45	25
Mud Pie - large	510	1090	410	45	19	1	70	790	152	2	114	21	30	0	60	35
OREO® Cookies - small	283	550	180	20	10	0.5	40	410	81	1	61	12	20	0	35	15
OREO® Cookies - medium	334	680	220	25	12	1	50	530	100	1	74	14	20	0	40	20
OREO® Cookies - large	500	980	320	36	18	1	75	730	145	2	109	21	30	0	60	30
Peanut Buster - small	308	580	220	24	14	0.5	45	280	77	2	64	16	20	0	40	15
Peanut Buster - medium	425	860	350	39	21	1	60	440	111	4	92	24	25	0	50	25
Peanut Buster - large	528	1130	480	53	27	1	70	590	141	6	118	31	30	0	70	30
Pecan Cluster - small	311	680	290	32	15	1.5	45	330	85	1	65	13	20	0	40	15
Pecan Cluster - medium	425	1060	490	55	24	2.5	55	520	125	3	93	18	25	0	50	25
Pecan Cluster - large	603	1550	740	82	35	4	75	760	179	4	133	25	30	0	70	35
Pumpkin Pie - small	343	540	180	20	12	1.5	45	33	86	2	68	11	170	0	30	15
Pumpkin Pie - medium	439	780	260	28	15	2.5	65	450	116	3	87	15	210	0	40	20
Pumpkin Pie - large	588	1070	350	39	20	3.5	90	620	158	3	117	20	260	0	60	25
Reese's® Peanut Butter Cups® - small	287	530	190	21	11	0.5	45	260	74	1	62	13	20	0	40	15
Reese's® Peanut Butter Cups® - medium	371	760	280	31	16	1	60	380	101	2	85	18	25	0	50	20
Reese's® Peanut Butter Cups® - large	507	1060	400	45	22	1	80	530	140	3	117	25	30	0	70	25
Snickers® - small	326	670	230	25	13	1	50	310	99	1	83	14	20	0	40	15
Snickers® - medium	397	850	290	33	17	1	60	400	123	2	103	18	25	0	50	20
Snickers® - large	535	1140	390	43	22	1.5	85	530	167	2	140	24	35	0	70	30
Strawberry CheeseQuake® - small	280	510	180	21	13	0.5	75	280	69	0	54	12	20	15	30	15
Strawberry CheeseQuake® - medium	371	690	250	28	18	0.5	105	380	92	0	72	15	25	25	40	15
Strawberry CheeseQuake® - large	504	930	340	37	24	1	140	510	124	0	97	21	30	35	50	25

## Cones

Chocolate Cone - child's	86	150	40	4.5	3	0	15	70	23	0	15	4	8	0	8	4
Chocolate Cone - small	142	240	70	7	5	0	20	115	32	0	25	6	15	0	15	8
Chocolate Cone - medium	199	340	90	10	7	0	30	160	54	0	34	9	20	0	20	10
Chocolate Cone - large	284	490	130	15	10	0	45	230	75	0	49	13	30	0	30	15
Vanilla Cone - child's	86	140	35	4	2.5	0	15	60	22	0	16	4	6	0	10	6
Vanilla Cone - small	142	230	60	7	4.5	0	25	100	31	0	26	6	10	0	20	8
Vanilla Cone - medium	199	330	90	10	6	0.5	30	140	53	0	36	9	15	0	25	10
Vanilla Cone - large	284	470	130	14	9	0.5	45	200	74	0	52	12	20	0	40	15
Butterscotch Dipped - child's	93	190	80	9	4.5	1.5	15	65	24	0	18	4	6	0	10	6
Butterscotch Dipped - small	156	340	140	16	8	2.5	25	110	35	0	31	6	10	0	20	8
Butterscotch Dipped - medium	220	490	210	23	11	4	30	160	59	0	44	9	15	0	25	10

Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Percent Daily Value Vitamin A	Percent Daily Value Vitamin C	Percent Daily Value Calcium	Percent Daily Value Iron
307	580	200	22	13	1.5	50	290	84	0	63	11	20	2	35	15
385	780	270	30	16	2.5	65	440	115	1	82	14	25	4	40	15
542	1100	370	41	21	4	95	630	164	1	115	20	35	6	60	25
297	440	120	13	9	0.5	45	190	71	0	58	11	20	8	35	15
382	570	140	16	10	1	55	230	93	1	76	13	25	15	45	20
527	780	200	22	14	1	75	320	129	1	1					



	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Percent Daily Value Vitamin A	Percent Daily Value Vitamin C	Percent Daily Value Calcium	Percent Daily Value Iron
Mountain Dew™ - large	941	360	0	0	0	0	150	98	0	98	0	0	0	0	0	0
Pepsi™ - small	470	160	0	0	0	0	40	44	0	44	0	0	0	0	0	0
Pepsi™ - medium	618	210	0	0	0	0	50	57	0	57	0	0	0	0	0	0
Pepsi™ - large	941	320	0	0	0	0	80	87	0	87	0	0	0	0	0	0

### MooLatté® Frozen Blended Coffee

Cappuccino MooLatté® - 16 oz.	413	500	160	18	15	0.5	35	170	71	0	63	8	15	0	25	10
Cappuccino MooLatté® - 24 oz.	595	690	210	23	18	1	50	230	103	0	91	12	20	0	40	15
Caramel MooLatté® - 16oz	448	630	170	19	15	0.5	40	240	101	0	78	9	15	0	30	10
Caramel MooLatté® - 24 oz	651	870	220	24	19	1	55	350	143	0	112	13	20	0	45	15
French Vanilla MooLatté® - 16 oz	433	560	160	18	14	0.5	35	160	88	0	74	8	15	0	25	10
French Vanilla MooLatté® - 24 oz	623	760	210	23	18	1	50	230	121	0	103	12	20	0	40	15
Mocha MooLatté® - 16 oz	427	590	200	23	15	0.5	35	190	82	0	72	9	15	0	30	15
Mocha MooLatté® - 24 oz	623	830	280	31	19	1	50	280	118	1	103	13	20	0	40	20

### DQ® Cakes

10" DQ® Cake - 1/10 slice	255	500	170	19	13	1	35	260	72	1	56	11	20	0	30	15
8" DQ® Cake - 1/8 slice	209	410	140	15	10	1	30	210	59	1	46	9	15	0	25	10
DQ® Heart Cake - 1/10 slice	143	290	100	11	7	0.5	20	150	42	1	32	6	10	0	15	8
DQ® Log Cake - 1/8 slice	142	310	110	12	8	0.5	20	160	44	1	34	6	10	0	15	8
DQ® Sheet Cake - 1/24 slice	154	320	110	12	9	0.5	20	170	47	1	36	6	10	0	15	8

### DQ® Blizzard® Cakes

10" Choc. Chip Cookie Dough - 1/10 slice	306	740	290	33	21	3	40	340	100	1	76	12	20	0	30	15
8" Choc. Chip Cookie Dough - 1/8 slice	254	630	250	28	18	2.5	35	290	85	1	65	10	15	0	25	15
10" Chocolate Xtreme - 1/10 slice	303	780	330	36	23	2.5	50	410	101	2	81	13	20	0	30	20
8" Chocolate Xtreme - 1/8 slice	249	650	280	31	20	2	40	340	84	2	68	10	20	0	25	15
10" Oreo® Cookies - 1/10 slice	319	760	300	33	21	1.5	40	460	104	2	79	13	15	0	35	20
8" Oreo® Cookies - 1/8 slice	255	610	240	27	17	1.5	30	360	83	1	64	10	10	0	25	15
10" Pumpkin Pie - 1/10 slice	267	630	260	28	15	3	50	310	84	0	58	10	45	0	25	10
8" Pumpkin Pie - 1/8 slice	233	550	220	25	14	2.5	45	260	73	0	51	9	35	0	20	10
10" Reese's® Peanut Butter Cup - 1/10 slice	299	730	300	33	22	1.5	35	340	93	2	76	13	15	0	35	15
8" Reese's® Peanut Butter Cup - 1/8 slice	244	600	250	28	18	1.5	30	280	77	1	63	11	10	0	25	15
10" Strawberry CheeseQuake® - 1/10 slice	308	610	240	27	19	0.5	80	310	79	0	63	12	15	30	30	15
8" Strawberry CheeseQuake® - 1/8 slice	251	500	200	22	16	0.5	65	250	65	0	52	9	15	25	20	10

### Regionally Available Treats

Arctic Rush® Frozen Beverage Float - Small	404	360	6	7	4.5	0	25	95	60	0	55	6	10	0	20	8
Arctic Rush® Frozen Beverage Float - Medium	538	470	80	9	6	0.5	30	125	80	0	73	7	15	0	25	10
Arctic Rush® Frozen Beverage Float - Large	815	710	130	14	9	1	50	190	121	0	110	12	20	0	40	15
Arctic Rush® Frozen Beverage Freeze - Small	397	440	100	11	8	0.5	40	160	70	0	61	9	15	0	30	10
Arctic Rush® Frozen Beverage Freeze - Medium	518	560	130	14	9	1	50	190	89	0	78	12	20	0	40	15
Arctic Rush® Frozen Beverage Freeze - Large	794	870	210	23	15	1	80	310	139	0	122	18	35	0	60	25
Pecan Mudslide	198	300	90	10	7	0.5	35	135	45	0	38	8	15	0	25	10
Lemonade - 12 oz	342	120	0	0	0	0	0	15	32	0	28	0	0	20	2	2
Limeade - 12 oz	342	160	0	0	0	0	0	10	43	0	41	0	0	15	0	20

### IMPORTANT STATEMENT:

This nutritional information presumes and is dependent upon the operator of the franchised restaurant complying with preparation, ingredient, supply, and portioning requirements. Variations may occur due to differences in procedures at restaurants. Seasonal differences and slight variations among different manufacturers must also be expected. If you have specific questions about certain procedures or ingredients, please ask the operator of the franchised Dairy Queen restaurant that you visit. Nutritional analysis was performed by R-TECH and Commercial Testing Laboratory, Inc. Representative values from manufacturers and USDA were also used. Some states and municipalities have laws or regulations that restrict or prohibit trans fat or other nutritional content in restaurant food. The nutritional information on this does not apply to all of the menu items in those Dairy Queen locations, or in other locations participating in a limited store offering. To obtain nutritional information for a specific Dairy Queen restaurant, please contact the restaurant operator.

**Cooked Food Products:** Dairy Queen restaurants fall into one of three categories: DQ approved System Food (Full Brazier®; Limited Brazier®; and Grill & Chill® food concepts); DQ soft serve only restaurants; and DQ soft serve restaurants that serve non-System food. The nutritional information provided above for cooked food products is for DQ approved System food restaurants only. While Texas does not sell DQ approved System food, they are an authorized food System and have their own nutritional information. Some franchised Dairy Queen restaurants, due to historical circumstances, do not currently participate in the DQ approved program. In most states other than Texas, there are certain restaurants that sell DQ approved food products, and certain restaurants that sell food products that are not DQ approved. The nutritional information for cooked food products sold at non-System restaurants, is different from the nutritional information for DQ approved System food. You can identify most of the franchised Dairy Queen restaurants that participate in the DQ approved System food program by the "Grill & Chill," "Brazier" or "Limited Brazier" signs at the restaurant, or by asking the restaurant operator. Nutritional analysis was performed by R-TECH and Commercial Testing Laboratory, Inc. Representative values from manufacturers and the USDA were also used.

**Treat Products:** Currently, certain franchised Dairy Queen restaurants in the states of Illinois and New Jersey, due to historical circumstances, use soft serve mix for making Dairy Queen treat products that differs, sometimes significantly, from the standard Dairy Queen mix. The differences, which includes increased butter fat content for the restaurants in New Jersey, do affect the nutritional characteristics of the treat products sold in these restaurants. If you have questions about the mix used at these franchised restaurants, please ask the restaurant operator.

**Allergen Statement:** Allergens including peanuts and eggs are used in this location and may come in contact with your food.



dq.com

If you have questions or need additional information, write to:

**International Dairy Queen, Inc.**  
Nutrition/Research & Development Dept.  
P.O. Box 390286  
Minneapolis, MN 55439-0286

\* Registered trademarks of Am. D.Q. Corp., Mpls., MN © 2008. \*\*OREO® is a registered trademark of Nabisco, Incorporated. \* The REESE trademark and trade dress are registered trademarks used under license. M&M'S® and Snickers® are registered trademarks of Mars, Inc. © Masterfoods, Incorporated 2008. BUTTERFINGER® is a Registered Trademark of Nestlé Foods Co. and is used with permission. The Health, trademark is used under license. © 2008 The Coca-Cola Company, "Coca-Cola," "Diet Coke," "Cherry Coke," "Minute Maid," the Dynamic Ribbon are trademarks of The Coca-Cola Company. DR PEPPER is a registered trademarks of Dr Pepper/Seven Up, Inc. \* 2008 Dr Pepper/Seven Up, Inc. PEPSI, DIET PEPSI, MOUNTAIN DEW and the Pepsi Globe are registered trademarks of PepsiCo, Inc. Printed in the USA. For use at NMF participating locations only.