



**Retail  
Nutritional  
Guide**

## Product Information

Whitey's Ice Cream manufactures an extraordinarily wide variety of products, from those which are rich and indulgent, to some which are fat free, reduced calorie, low in carbohydrates and even some which are dairy free. We strive to make products which fit consumer's dietary needs. We believe Ice cream is an indulgent product to be enjoyed in moderation.

As a result of the many choices that appear on Whitey's menus and people's desire to customize their order, there is no feasible way to provide nutrition information for the limitless possible menu combinations available to our customers.

### **Nutritional Information:**

Whitey's Ice Cream Inc. voluntarily provides nutritional and ingredient information for made to order store items. These values are approximate and derived by calculations based on information furnished by suppliers. Variations may occur due to: seasonal conditions; regional differences; ingredient substitutions and differences in product assembly or size at the store. These variations can impact the information provided. Test products, limited time offers and regional menu variations may not be included and not all items listed may be available in all stores. No warranty either express or implied is made. Any customers with specific dietary concerns are advised to contact our corporate office at (309-762-2175).


### **Allergens:**

**Whitey's Ice Cream does not have an allergen free environment.** Please know many of our ingredients, candies and toppings contain allergens such as milk, eggs, wheat, tree nuts, peanuts and soy products, and would not be safe for a customer with intolerances to these products. Our malt machines, dippers, knives and other equipment are used for all flavors, cross-contamination may occur on any flavor, thus it is impossible to guarantee that a Whitey's product is free of a particular allergen.

For your safety, we recommend notifying the staff of your allergy or intolerance and requesting they thoroughly clean any dippers, knives, malt machines or other equipment before preparing your item to reduce the risk of cross-contamination.

When in doubt whether a product may contain a particular allergen, we recommend you purchase a pre-packaged manufactured novelty treat or ice cream package, which contains an ingredient listing and nutrition facts panel on the package.

# Ice Cream

| <br><b>Nutrition Facts</b> | Serving Size (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (g) | Total Carbohydrate (g) | Sugars (g) | Dietary Fiber (g) | Protein (g) |
|---|------------------|----------|-------------------|---------------|-------------------|---------------|------------------|------------|------------------------|------------|-------------------|-------------|
|   | <b>Flavor</b>    |          |                   |               |                   |               |                  |            |                        |            |                   |             |
| <b>1 Scoop (4oz)</b>  |                  |          |                   |               |                   |               |                  |            |                        |            |                   |             |
| Coconut Joy   | 113              | 290      | 160               | 18            | 11                | 0             | 30               | 85         | 29                     | 26         | 1                 | 5           |
| Banana  | 113              | 240      | 110               | 12            | 8                 | 0             | 30               | 55         | 28                     | 25         | 0                 | 4           |
| Black Cherry  | 113              | 240      | 110               | 12            | 8                 | 0             | 30               | 60         | 30                     | 24         | 0                 | 4           |
| Black Walnut  | 113              | 290      | 160               | 18            | 8                 | 0             | 35               | 60         | 25                     | 22         | 1                 | 6           |
| Butter Brickle  | 113              | 270      | 130               | 15            | 9                 | 0             | 35               | 85         | 32                     | 28         | 0                 | 4           |
| Butter Pecan  | 113              | 290      | 170               | 18            | 8                 | 0             | 30               | 105        | 28                     | 24         | 1                 | 5           |
| Butterfinger  | 113              | 270      | 130               | 14            | 8                 | 0             | 30               | 85         | 32                     | 22         | 1                 | 5           |
| Chocolate   | 113              | 250      | 110               | 13            | 8                 | 0             | 30               | 75         | 30                     | 25         | 0                 | 4           |
| Chocolate Chip  | 113              | 280      | 150               | 16            | 10                | 0             | 30               | 60         | 31                     | 27         | 1                 | 4           |
| Choc. Chip Cookie Dough   | 113              | 280      | 130               | 14            | 8                 | 1             | 30               | 95         | 36                     | 30         | 0                 | 4           |
| French Vanilla  | 113              | 250      | 120               | 14            | 8                 | 0             | 45               | 65         | 28                     | 25         | 0                 | 4           |
| Mint Chocolate Chip   | 113              | 280      | 150               | 16            | 10                | 0             | 30               | 60         | 31                     | 27         | 1                 | 4           |
| Mississippi Mud   | 113              | 270      | 130               | 14            | 9                 | 1             | 30               | 110        | 32                     | 26         | 0                 | 4           |
| Moose Tracks  | 113              | 320      | 170               | 19            | 10                | 0             | 30               | 90         | 32                     | 28         | 1                 | 5           |
| Peppermint  | 113              | 260      | 120               | 14            | 8                 | 0             | 35               | 65         | 30                     | 26         | 0                 | 4           |
| Praline Pecan   | 113              | 280      | 140               | 15            | 8                 | 0             | 30               | 115        | 32                     | 28         | 1                 | 4           |
| Pumpkin   | 113              | 240      | 110               | 12            | 8                 | 0             | 35               | 60         | 27                     | 24         | 1                 | 4           |
| Strawberry  | 113              | 230      | 110               | 12            | 7                 | 0             | 30               | 55         | 27                     | 23         | 0                 | 4           |
| Swiss Almond Chocolate  | 113              | 280      | 140               | 15            | 9                 | 0             | 30               | 85         | 31                     | 27         | 1                 | 5           |
| White Chocolate Rasp.   | 113              | 290      | 140               | 15            | 10                | 0             | 30               | 150        | 35                     | 31         | 1                 | 4           |
| White Tiger Paws  | 113              | 280      | 130               | 14            | 8                 | 1             | 30               | 110        | 33                     | 27         | 0                 | 4           |
| Vanilla   | 113              | 250      | 130               | 14            | 9                 | 0             | 35               | 65         | 27                     | 23         | 0                 | 4           |
| <b>Sherbet</b>  |                  |          |                   |               |                   |               |                  |            |                        |            |                   |             |
| <b>1 Scoop (4oz)</b>  |                  |          |                   |               |                   |               |                  |            |                        |            |                   |             |
| Orange  | 113              | 100      | 20                | 2             | 1.5               | 0             | 10               | 15         | 20                     | 17         | 0                 | 1           |
| Watermelon  | 113              | 100      | 20                | 2             | 1.5               | 0             | 10               | 15         | 20                     | 17         | 0                 | 1           |
| <b>Extra Add-Ins</b>  |                  |          |                   |               |                   |               |                  |            |                        |            |                   |             |
| Sugar Cone  | 13               | 50       | 5                 | 0.5           | 0                 | 0             | 0                | 55         | 10                     | 4          | 0                 | 1           |
| Cup Cone  | 5                | 20       | 0                 | 0             | 0                 | 0             | 0                | 15         | 4                      | 0          | 0                 | 0           |
| Waffle Cone   | 23               | 90       | 10                | 1             | 0                 | 0             | 0                | 35         | 20                     | 7          | 1                 | 2           |


INGREDIENTS (ICE CREAM BASE): GRADE A MILK, CREAM, LIQUID SUGAR, CONDENSED SKIM MILK, CORN SYRUP, MONO AND DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, CARRAGEENAN.

# Reduced Fat No Sugar Added Ice Cream

For some time, Whitey's has tried to offer a delicious treat for diabetics and dieters. After much research, we became the first ice cream company in the nation to manufacture an ice cream sweetened with Splenda® sweetener. This Reduced Fat, No-Sugar-Added Ice Cream became so popular that Whitey's was approached by The Atkin's® Diet to ship this treat to their customers throughout the United States. The makers of Splenda® used samples of our no-sugar-added ice cream to convince other manufacturers of how delicious their products could be if they were to switch from aspartame to Splenda®.

The butterfat content of our Reduced Fat, No Sugar Added Ice Cream is seven percent, which is a forty percent reduction from our regular twelve percent butterfat ice cream. Though the main motivation for this product was to serve the diabetic / low carbohydrate community, it is great for anyone who wants to enjoy America's favorite dessert without the added sugar.


Ice cream gets its sweet taste from sugar, but our Reduced Fat, No Sugar Added Ice Cream has no added sugar. The only sugar this product contains is lactose, which naturally occurs in milk. The products we have used to replace the sugar and to sweeten this product are as follows: hydrogenated starch hydrolysate (maltitol & sorbitol), acesulfame K, and Splenda®. Polyols such as maltitol and sorbitol may cause a laxative affect in sensitive persons, so we do not recommend eating more than four ounces of this ice cream at one time.

| Nutrition Facts      | Sweetened with  |          |                   |               |                   |               |                  |                        |            |                   |                   |             |
|----------------------|--|----------|-------------------|---------------|-------------------|---------------|------------------|------------------------|------------|-------------------|-------------------|-------------|
|                      | Serving Size (g)   | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Total Carbohydrate (g) | Sugars (g) | Sugar Alcohol (g) | Dietary Fiber (g) | Protein (g) |
| <b>Flavor</b>        | <b>1 Scoop (4oz.)</b>  |          |                   |               |                   |               |                  |                        |            |                   |                   |             |
| Vanilla              | 113  | 200      | 70                | 8             | 5                 | 0             | 20               | 26                     | 6          | 20                | 0                 | 4           |
| Mint Chocolate Chip  | 113  | 220      | 100               | 11            | 8                 | 0             | 20               | 26                     | 6          | 19                | 0                 | 4           |
| Moose Tracks         | 113  | 250      | 130               | 14            | 7                 | 0             | 15               | 31                     | 5          | 22                | 1                 | 5           |
| <b>Extra Add-Ins</b> |  |          |                   |               |                   |               |                  |                        |            |                   |                   |             |
| Sugar Cone           | 13   | 50       | 5                 | 0.5           | 0                 | 0             | 0                | 55                     | 10         | 4                 | 0                 | 1           |
| Cup Cone             | 5  | 20       | 0                 | 0             | 0                 | 0             | 0                | 15                     | 4          | 0                 | 0                 | 0           |
| Waffle Cone          | 23   | 90       | 10                | 1             | 0                 | 0             | 0                | 35                     | 20         | 7                 | 1                 | 2           |



INGREDIENTS: (NO SUGAR ADDED BASE): WHOLE MILK, HYDROGENATED STARCH HYDROLYSATE (MALTITOL, SORBITOL), CONDENSED SKIM MILK, CREAM, MONO AND DIGLYCERIDES, GUAR GUM, LOCUST BEAN GUM, CARRAGEENAN, ACESULFAME K, SUCRALOSE (SPLENDA® BRAND), VITAMIN A PALMITATE.

# Whitey's Famous Up-Side Down Shakes and Malts

|  | Serving Size (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (g) | Total Carbohydrate (g) | Sugars (g) | Dietary Fiber (g) | Protein (g) |
|---|------------------|----------|-------------------|---------------|-------------------|---------------|------------------|------------|------------------------|------------|-------------------|-------------|
| <b>Nutrition Facts</b>  |                  |          |                   |               |                   |               |                  |            |                        |            |                   |             |
| <b>Shakes</b>   |                  |          |                   |               |                   |               |                  |            |                        |            |                   |             |
| Medium Vanilla Shake (16 FL OZ)   | 454              | 790      | 230               | 26            | 16                | 0.5           | 65               | 350        | 127                    | 112        | 0                 | 12          |
| Large Vanilla Shake (20 FL OZ)  | 567              | 980      | 290               | 32            | 20                | 1             | 85               | 440        | 159                    | 140        | 0                 | 15          |
| Medium Chocolate Shake (16 FL OZ)   | 454              | 820      | 240               | 27            | 17                | 0.5           | 70               | 390        | 129                    | 109        | 1                 | 14          |
| Large Chocolate Shake (20 FL OZ)  | 567              | 1050     | 290               | 32            | 20                | 1             | 80               | 470        | 173                    | 145        | 3                 | 17          |
| Medium Strawberry Shake (16 FL OZ)  | 454              | 750      | 230               | 26            | 16                | 0.5           | 65               | 350        | 117                    | 97         | 1                 | 13          |
| Large Strawberry Shake (20 FL OZ)   | 567              | 930      | 280               | 32            | 20                | 1             | 80               | 430        | 147                    | 122        | 1                 | 15          |
| <b>Extra Add-Ins</b>  |                  |          |                   |               |                   |               |                  |            |                        |            |                   |             |
| Butterfinger (2 scoops)   | 1.5oz (43g)      | 194      | 71                | 8             | 4                 | 0             | 0                | 97         | 31                     | 20         | 1                 | 3           |
| M&M's Plain   | 1 Pack           | 240      | 90                | 10            | 6                 | 0             | 5                | 30         | 34                     | 31         | 1                 | 2           |
| Oreos   | 5 Cookies        | 267      | 100               | 12            | 3                 | 0             | 0                | 300        | 42                     | 23         | 2                 | 3           |
| Reese's Peanut Butter Cups  | 1 Pack           | 230      | 120               | 13            | 4.5               | 0             | 5                | 130        | 23                     | 20         | 1                 | 4           |
| Skor  | 1 Bar            | 210      | 110               | 12            | 7                 | 0             | 15               | 120        | 24                     | 24         | 1                 | 1           |
| Snickers  | 1 Bar            | 280      | 130               | 14            | 5                 | 0             | 5                | 140        | 35                     | 30         | 1                 | 4           |
| Malt Powder (1 scoop)   | 1/2oz (14g)      | 58       | 9                 | 1             | 1                 | 0             | 4                | 40         | 10                     | 8          | 0                 | 2           |

INGREDIENTS (SHAKE BASE): MILK, CREAM, CONDENSED SKIM MILK, LIQUID SUCROSE, CORN SYRUP, WHEY POWDER, MONO & DIGLYCERIDES, SALT, DEXTROSE, GUAR GUM, CARRAGEENAN, LOCUST BEAN GUM, POLYSORBATE 80.

# Lite Shakes

At Whitey's, we take quality seriously; in fact we're absolutely passionate about it. That is why we spent two years developing a Lite Shake that we could be proud to call "Whitey's", we hope you'll agree that we've exceeded our goal.


Whitey's Lite Shakes are made with our fat free, cholesterol free ice cream (per 4 fl oz). We mix with this the same high-quality fruit flavors that our regular shakes and malts are made with. Of course we'll gladly throw in your favorite toppings like nuts, Oreos, M&M's, Butterfinger or anything else you can dream up.

|   | Serving Size (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (g) | Total Carbohydrate (g) | Sugars (g) | Dietary Fiber (g) | Protein (g) |
|---|------------------|----------|-------------------|---------------|-------------------|---------------|------------------|------------|------------------------|------------|-------------------|-------------|
| <b>Nutrition Facts</b>                  |                  |          |                   |               |                   |               |                  |            |                        |            |                   |             |
| <b>Lite Shakes</b>                      |                  |          |                   |               |                   |               |                  |            |                        |            |                   |             |
| Medium Vanilla Lite Shake (16 FL OZ)    | 454              | 650      | 20                | 2             | 1.5               | 0             | 5                | 290        | 140                    | 119        | 0                 | 19          |
| Large Vanilla Lite Shake (20 FL OZ)     | 567              | 820      | 20                | 2.5           | 1.5               | 0             | 5                | 350        | 178                    | 152        | 1                 | 23          |
| Medium Chocolate Lite Shake (16 FL OZ)  | 454              | 700      | 25                | 2.5           | 1.5               | 0             | 5                | 320        | 150                    | 122        | 2                 | 20          |
| Large Chocolate Lite Shake (20 FL OZ)   | 567              | 880      | 30                | 3             | 2                 | 0             | 5                | 390        | 187                    | 153        | 3                 | 25          |
| Medium Strawberry Lite Shake (16 FL OZ) | 454              | 610      | 20                | 2             | 1.5               | 0             | 5                | 280        | 129                    | 104        | 1                 | 19          |
| Large Strawberry Lite Shake (20 FL OZ)  | 567              | 760      | 25                | 2.5           | 1.5               | 0             | 5                | 350        | 162                    | 130        | 1                 | 23          |
| Lite Shake base (Fat Free) (4 FL OZ)    | 66               | 88       | 0                 | 0             | 0                 | 0             | 0                | 47         | 18                     | 15         | 0                 | 3           |
| <b>Extra Add-Ins</b>                    |                  |          |                   |               |                   |               |                  |            |                        |            |                   |             |
| Butterfinger (2 scoops)                 | 1.5oz (43g)      | 194      | 71                | 8             | 4                 | 0             | 0                | 97         | 31                     | 20         | 1                 | 3           |
| M&M's Plain                             | 1 Pack           | 240      | 90                | 10            | 6                 | 0             | 5                | 30         | 34                     | 31         | 1                 | 2           |
| Oreos                                   | 5 Cookies        | 267      | 100               | 12            | 3                 | 0             | 0                | 300        | 42                     | 23         | 2                 | 3           |
| Reese's Peanut Butter Cups              | 1 Pack           | 230      | 120               | 13            | 4.5               | 0             | 5                | 130        | 23                     | 20         | 1                 | 4           |
| Skor                                    | 1 Bar            | 210      | 110               | 12            | 7                 | 0             | 15               | 120        | 24                     | 24         | 1                 | 1           |
| Snickers                                | 1 Bar            | 280      | 130               | 14            | 5                 | 0             | 5                | 140        | 35                     | 30         | 1                 | 4           |
| Malt Powder (1 scoop)                   | 1/2oz (14g)      | 58       | 9                 | 1             | 1                 | 0             | 4                | 40         | 10                     | 8          | 0                 | 2           |

INGREDIENTS (FAT FREE SHAKE BASE): SKIM MILK, LIQUID SUGAR, CORN SYRUP, MILK, MILK SOLIDS NONFAT, MONO & DIGLYCERIDES, GUAR GUM, POLYSORBATE 80, CARRAGEENAN, VITAMIN A PALMITATE.

# Gourmet Frozen Yogurt

We start with Whitey's hand-dipped, 96.75% fat free (per 4 fl oz), plain yogurt and to that we add fresh frozen fruits of your choice. The two are blended together by Whitey's custom yogurt machine to provide a unique yogurt treat. For example, our raspberry yogurt is naturally flavored with real raspberries and is not artificially flavored or colored. We always have at least twelve flavors as well as unlimited combinations of these flavors. Our process is labor intensive, but we are confident that the finished product is worth the wait.

| <br><b>Nutrition Facts</b> | Serving Size (g) | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (g) | Total Carbohydrate (g) | Sugars (g) | Dietary Fiber (g) | Protein (g) |
|---|------------------|----------|-------------------|---------------|-------------------|---------------|------------------|------------|------------------------|------------|-------------------|-------------|
|   | <b>Yogurt</b>    |          |                   |               |                   |               |                  |            |                        |            |                   |             |
| Small Plain Yogurt  | 170              | 237      | 54                | 6             | 4                 | 0             | 14               | 228        | 40                     | 33         | 0                 | 5           |
| Small Choc. Yogurt  | 170              | 250      | 63                | 7             | 4                 | 0             | 14               | 79         | 43                     | 32         | 2                 | 6           |
| Small Strawberry Yogurt   | 170              | 210      | 45                | 5             | 3.5               | 0             | 10               | 190        | 38                     | 30         | 0                 | 5           |
| Small Raspberry Yogurt  | 156              | 200      | 45                | 5             | 3.5               | 0             | 10               | 190        | 35                     | 28         | 0                 | 5           |
| <b>Extra Add-Ins</b>  |                  |          |                   |               |                   |               |                  |            |                        |            |                   |             |
| Cup Cone  | 5                | 20       | 0                 | 0             | 0                 | 0             | 0                | 15         | 4                      | 0          | 0                 | 0           |
| Waffle Cone   | 11               | 53       | 20                | 2             | 1                 | <1            | 0                | 60         | 8                      | 5          | <1                | <1          |
| Oreo Cookie (1)   | 21               | 70       | 60                | 7             | 4.5               | 0             | 20               | 75         | 1                      | 1          | 0                 | 1           |
| Cream Cheese portion  | 21               | 70       | 60                | 7             | 4.5               | 0             | 20               | 75         | 1                      | 1          | 0                 | 1           |

Note: A large yogurt is twice the size of a small.

INGREDIENTS (PLAIN YOGURT BASE): MILK, CULTURED SKIM MILK, SUCROSE, CORN SYRUP, CONDENSED SKIM MILK, CREAM, MONO AND DIGLYCERIDES, CAROB BEAN GUM, SODIUM CITRATE, GUAR GUM, CARRAGEENAN. CONTAINS LIVE YOGURT CULTURES.

# Smoothies

Smoothies are made from a non-dairy, non-fat base, which is similar to unflavored sorbet, and to which various combinations of juice and fruit is added. Due to the numerous combinations available, the nutritional information can only be estimated as follows: the base in a medium serving contains 400 calories and 73 grams of sugar; total calories are estimated at 450-500 for medium and 550-600 for large. There is no fat and no cholesterol in our Smoothie unless ice cream or yogurt is added. The addition of slush, ice cream or yogurt will radically change the nutritional values.