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FOR IMMEDIATE RELEASE

KnowFat! Lifestyle Grille Converts to UFood Grill

Boston, MA February 3, 2009: UFood Restaurant Group, Inc. (OTCBB: UFFC), an operator of “better-for-you” fast-casual restaurants, today announced the completion of the conversion of its company operated Boston locations from KnowFat! Lifestyle Grille to UFood Grill. It was a marathon of construction and training that concluded with a visit from spokesman George Foreman to the newly renovated stores.

The rebranding is designed to appeal to a broader audience through a friendlier name, energetic décor and mainstream menu items prepared in wholesome way. UFood Grill has expanded KnowFat’s great-tasting menu with signature items such as UBerry™ tart soft serve yogurt, a freshly baked Falafel Roll-Up and nutrient-rich Smuuthies™ made with real whole fruit and berries. UFood Grill, “where delicious meets nutritious,” continues to use the finest, high-quality ingredients and better-for-you cooking techniques that made KnowFat unique.

There are now eleven UFood Grill stores in five states across the country with its twelfth location scheduled to open this week in Utah.

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UFood Grill takes a back-to-basics approach to tasty, healthful cooking, where everything served is high quality and guests are encouraged to make dining choices that work for their life and the way they like to eat. The UFood Restaurant Group was founded by George Naddaff, best known for his role as founder of Boston Chicken (now Boston Market), Living and Learning Schools, and Mulberry Childcare Centers. To learn more, please visit ufoodgrill.com.

Forward-Looking Statements

This press release contains forward-looking statements within the meaning of the Private Securities Litigation Reform Act of 1995 involving known and unknown risks, delays, and uncertainties that may cause our actual results or performance to differ materially from those expressed or implied by these forward-looking statements. These risks, delays, and uncertainties include, but are not limited to: risks associated with the uncertainty of future financial results, our reliance on our sole supplier, the limited diversification of our product offerings, additional financing requirements, development of new products, government approval processes, the impact of competitive products or pricing, technological changes, the effect of economic conditions and other uncertainties detailed in the Company's filings with the Securities and Exchange Commission. The Company undertakes no obligation to update any forward-looking statements.