



FOR IMMEDIATE RELEASE

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UFOOD RESTAURANT GROUP IS NOW FEATURED ON HEALTHY DINING FINDER

Boston, Mass., March 14, 2011 - UFood Restaurant Group Inc. (OTCBB: UFFC) announced today that the restaurant will now be featured on the website HealthyDiningFinder.com. The site, dedicated to listing healthy menu options on the go, will provide information on UFood's menu, nutritional details and locations.

"HealthyDiningFinder.com will create additional awareness for our company and allow us to reach new customers who are interested in eating healthy during their travels," said UFood CEO George Naddaff.

UFood Grill is committed to offering consumers food that is both delicious and nutritious, with a wide-ranging menu that includes lean burgers, rice bowls, salads, wraps and smoothies. The company currently has eight locations in Boston, Dallas and Cleveland, including airports (Logan Airport, Dallas Ft. Worth International Airport, and Cleveland Hopkins International Airport), urban areas and Parkland Memorial Hospital in Dallas.

About UFood Restaurant Group, Inc.

Headquartered in Boston, Mass., UFood Restaurant Group, Inc. is a franchisor and operator of fast-casual food service restaurants. UFood Grill offers a healthy lifestyle alternative to consumers in the fast-casual restaurant space and is positioned to become a leading player in the "better-for-you" quick-serve restaurant category. The Company is led by franchise innovator George Naddaff, who founded Boston Market and led the franchising of several companies including Sylvan Learning Center and VR Business Brokers. Mr. Naddaff has assembled a veteran management team with a successful record in the franchise market. UFood is currently launching a growth plan to franchise nationwide. To learn more, visit www.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

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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.

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