



FOR IMMEDIATE RELEASE

Contact:

UFood Restaurant Group, Inc.
Charles A. Cocotas, COO
617-787-6000

UFOOD RESTAURANT GROUP PARTNERS WITH NUTRITIONIX TO OFFER ONLINE NUTRITION CALCULATOR

Boston, Mass., September 27, 2011 - UFood Restaurant Group Inc. (OTCBB: UFFC) announced that the company has partnered with Nutritionix, a nutrition information software company, to launch an online nutrition calculator today, available at www.ufoodgrill.com.

The fully customizable nutrition calculator allows consumers to select their meal choices, and then generates a complete nutritional profile – including calories, fat, sodium and carbohydrates – for all of the items in the meal.

“Because health and nutrition is at the core of our brand, we’ve always been transparent about our nutritional information,” said UFood CEO George Naddaff. “By creating an online nutrition calculator, we’re able to offer consumers a customized snapshot of what they are eating, which gives them even greater insight and control over their nutritional intake.”

Nutritionix is a privately held software company specializing in helping restaurants create interactive web-based nutrition calculators. Nutritionix also aggregates restaurant nutrition data to enable consumers to locate healthy meals near them, and share the meals they create on social networks.

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.

-MORE-



UFood Grill
feel great. eat smart.

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.

#