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FOR IMMEDIATE RELEASE

**UFood Grill Joins HEALTHY DINING
to Offer Guests Healthier Menu Options**

Boston, MA May 4, 2009 – UFood Grill has joined Healthy Dining and the online resource www.HealthyDiningFinder.com, taking a giant step forward on the healthy eating trend that is quickly gaining national momentum. Launched in collaboration with the National Restaurant Association and developed with partial funding from the Centers for Disease Control and Prevention (CDC), HealthyDiningFinder.com is the go-to-guide for health-conscious consumers who love to eat out. This free resource takes the guesswork out of identifying healthful choices on restaurant menus and nutrition information for each featured menu item is provided on the website. Recognizing that dining out presents a major challenge for anyone who is trying to follow a healthy lifestyle, UFood Grill is teaming up with Healthy Dining’s nutrition experts to offer guests a selection of better-for-you menu options and corresponding nutrition information.

“We are thrilled to be aligned with the team at Healthy Dining,” comments George Naddaff, CEO of UFood Grill. “We’re constantly looking for ways we can make it easier for our customers to eat right and this is another avenue that allows us to do that.”

Since 1990, Healthy Dining’s culinary nutrition experts have been guiding and inspiring chefs and restaurateurs to create and serve a selection of healthier dishes that emphasize lean protein, fruits and vegetables, and whole grains. A leader in restaurant nutrition, the company has worked with hundreds of restaurants and analyzed more than 15,000 menu items. For more information, visit www.HealthyDiningFinder.com.

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About UFood Restaurant Group, Inc.

Headquartered in Boston, MA, 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 Ranch*1. Mr. Naddaff has a veteran management team with a record of success in the franchise market. UFood is currently launching a growth plan to franchise nationwide. To learn more, visit ufoodgrill.com.