



AMERICAN FOOD HOLDINGS, INC. WILL BEGIN TRADING AS PLATEAU MINERAL DEVELOPMENT, INC. UNDER NEW STOCK SYMBOL PMDP

WINSTON SALEM, NC--(Marketwire - September 12, 2008) - American Food Holdings, Inc. (PINKSHEETS: AFHD) announces that it has completed its name change to Plateau Mineral Development, Inc. and it will begin trading under its new stock symbol PMDP effective Monday, September 15, 2008.

About Plateau Mineral Development, Inc.: Plateau Mineral Development, Inc. specializes in the exploration and development of energy sources. Its partner, Plateau Mineral Development LLC, has been in existence for over five years with successful new wells and rework wells selling both gas and oil.

Safe Harbor Statement: This news release contains "forward-looking statements" within the meaning of the U.S. Private Securities Litigation Reform Act of 1995. When used in this release, words such as "estimate," "expect," "anticipate," "projected," "planned," "forecasted" and similar expressions are intended to identify forward-looking statements, which are, by their very nature, no guarantees of Plateau's future operational or financial performance, and are subject to risks and uncertainties. Readers are cautioned not to place undue reliance on these forward-looking statements, which speak only as of the date of this release. Due to the risks and uncertainties, actual events may differ materially from current expectations. The Company disclaims any intention or obligation to update or revise any forward-looking statements, whether as a result of new information, future events or otherwise.

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