

UNITED NATURAL FOODS INC
 Form 4
 April 04, 2006

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION
 Washington, D.C. 20549

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
 DZIKI THOMAS A

2. Issuer Name and Ticker or Trading Symbol
 UNITED NATURAL FOODS INC
 [UNFI]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
 260 LAKE ROAD, PO BOX 999
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
 03/31/2006

____ Director
 Officer (give title below)
 ____ 10% Owner
 ____ Other (specify below)
 Division President

DAYVILLE, CT 06241

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 ____ Form filed by More than One Reporting Person

(City) (State) (Zip)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership (Instr. 4)
				(A) or (D)	Price		
Common Stock	03/31/2006		M	2,500 A	\$ 10.23 7,600	D	
Common Stock	03/31/2006		M	1,500 A	\$ 12.55 9,100	D	
Common Stock	03/31/2006		M	5,000 A	\$ 18.655 14,100	D	
Common Stock	03/31/2006		S	5,176 D	\$ 35 8,924	D	
Common Stock	03/31/2006		S	2,000 D	\$ 35.02 6,924	D	

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Common Stock	03/31/2006	S	200	D	\$ 35.03	6,724	D	
Common Stock	03/31/2006	S	1,624	D	\$ 35.05	5,100 ⁽¹⁾	D	
Common Stock						1,009	I	See footnote <u>(2)</u>

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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(9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	Amount or Number of Shares	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	
Employee Stock Option (right to buy)	\$ 10.23	03/31/2006		M	2,500	06/07/2005 06/07/2012	Common Stock	2,500	
Employee Stock Option (right to buy)	\$ 12.55	03/31/2006		M	1,500	12/03/2005 12/03/2012	Common Stock	1,500	
Employee Stock Option (right to buy)	\$ 18.655	03/31/2006		M	5,000	12/03/2004 12/03/2013	Common Stock	5,000	

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
DZIKI THOMAS A 260 LAKE ROAD PO BOX 999 DAYVILLE, CT 06241			Division President	

Signatures

Thomas A. Dziki	04/04/2006
**Signature of Reporting Person	Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).
 - ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. *See* 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) Represents (i) 1,500 shares of common stock owned by Mr. Dziki and (ii) 3,600 shares of restricted stock vesting in four equal installments beginning on December 8, 2006.

- (2) Includes (i) 553 shares of common stock allocated to Mr. Dziki under the United Natural Foods, Inc. Employee Stock Ownership Plan as of March 31, 2006 and (ii) 456 shares of common stock allocated to Mr. Dziki under the United Natural Foods, Inc. 401(k) plan's UNFI Stock Fund as of March 31, 2006. The price is based on the closing price of UNFI common stock on The Nasdaq National Market on March 31, 2006.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.