

DZIKI THOMAS A
Form 4
April 12, 2007

FORM 4

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

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2005
Estimated average burden hours per response... 0.5

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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)
04/10/2007

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
VP Sustainable Development

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 Indirect Beneficial Ownership (Instr. 4)
			Code	V Amount (A) or (D) Price			
Common Stock	04/10/2007		M	2,500 A \$ 10.23	10,916	D	
Common Stock	04/10/2007		M	1,500 A \$ 12.55	12,416	D	
Common Stock	04/10/2007		M	2,500 A \$ 18.655	14,916	D	
Common Stock	04/10/2007		S	4,000 D \$ 30	10,916 ⁽¹⁾	D	
Common Stock					1,810	I	See footnote ⁽²⁾

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

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SEC 1474
(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	Amount or Number of Shares
Employee Stock Option (right to buy)	\$ 12.55	04/10/2007		M	1,500	12/03/2006 12/03/2012	Common Stock	1,500	
Employee Stock Option (right to buy)	\$ 18.655	04/10/2007		M	2,500	12/03/2006 12/03/2013	Common Stock	2,500	
Employee Stock Option (right to buy)	\$ 10.23	04/10/2007		M	2,500	06/07/2006 06/07/2012	Common Stock	2,500	

Reporting Owners

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

Signatures

Lisa N'Chonon

04/11/2007

**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).

Represents (i) 2,700 shares of restricted common stock vesting in three equal installments beginning on December 8, 2007, (ii) 3,600
(1) shares of restricted common stock vesting in four equal installments beginning on December 7, 2007 and (iii) 4,616 represents shares of common stock owned by Mr. Dziki.

Includes (i) 1,029 shares of common stock allocated to Mr. Dziki under the United Natural Foods, Inc. Employee Stock Ownership Plan as of April 10, 2007 and (ii) 781 shares of common stock allocated to Mr. Dziki under the United Natural Foods, Inc. 401(k) plan's UNFI
(2) Stock Fund as of April 10, 2007. The price is based on the closing price of UNFI common stock on The Nasdaq National Market on April 10, 2007.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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