

UNITED NATURAL FOODS INC
 Form 4
 March 14, 2006

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
 Washington, D.C. 20549

OMB APPROVAL
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

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 *
 PUCKETT RICK D

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)
 C/O UNITED NATURAL FOODS
 INC, 260 LAKE ROAD
 (Street)

3. Date of Earliest Transaction
 (Month/Day/Year)
 03/10/2006

____ Director
 ____ Officer (give title below) Other (specify below)
 Former Executive VP and CFO

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	03/10/2006		M	7,500 A \$ 12.255	8,700	D	
Common Stock	03/10/2006		M	432 A \$ 18.655	9,132	D	
Common Stock	03/10/2006		S	1,973 D \$ 34.58	7,159	D	
Common Stock	03/10/2006		S	400 D \$ 34.6	6,759	D	
Common Stock	03/10/2006		S	2,600 D \$ 34.61	4,159	D	

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Common Stock	03/10/2006	S	350	D	\$ 34.62	3,809	D	
Common Stock	03/10/2006	S	909	D	\$ 34.65	2,900	D	
Common Stock	03/10/2006	S	100	D	\$ 34.68	2,800	D	
Common Stock	03/10/2006	S	700	D	\$ 34.69	2,100	D	
Common Stock	03/10/2006	S	100	D	\$ 34.7	2,000	D	
Common Stock	03/10/2006	S	400	D	\$ 34.71	1,600	D	
Common Stock	03/10/2006	S	100	D	\$ 34.72	1,500	D	
Common Stock	03/10/2006	S	300	D	\$ 34.73	1,200	D	
Common Stock						391	I	See footnote (1)

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

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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 (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)	\$ 12.255	03/10/2006		M	7,500	01/06/2006	04/29/2006	Common Stock	7,500

Employee Stock Option (right to buy)	\$ 18.655	03/10/2006	M	432	12/03/2006	04/29/2006	Common Stock	432
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Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
PUCKETT RICK D C/O UNITED NATURAL FOODS INC 260 LAKE ROAD DAYVILLE, CT 06241				Former Executive VP and CFO

Signatures

Mark Shamber (Power-of-Attorney, in fact)	03/14/2006
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__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) Includes 391 shares of common stock allocated to Mr. Puckett under the United Natural Foods, Inc. 401(k) plan's UNFI Unitized Stock Fund. The price is based on the closing price of UNFI common stock on The Nasdaq National Market on March 10, 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.