

UNITED NATURAL FOODS INC  
 Form 4  
 July 18, 2005

**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 \*  
 ATWOOD DANIEL V

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)  
 07/14/2005

\_\_\_\_ Director  
 Officer (give title below) \_\_\_\_\_ Other (specify below)  
 Senior VP Mktg & Secretary

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) |            |              |
|---------------------------------|--------------------------------------|----------------------------------------------------|--------------------------------|-------------------------------------------------------------------|---|--------|-----------------------------------------------------------------------------------------------|----------------------------------------------------------|-----------------------------------|------------|--------------|
|                                 |                                      |                                                    |                                | Code                                                              | V | Amount |                                                                                               |                                                          |                                   | (A) or (D) | Price        |
| Common Stock                    | 07/14/2005                           |                                                    | M                              |                                                                   |   | 7,500  | A                                                                                             | \$ 4.485                                                 | 118,216                           | D          |              |
| Common Stock                    | 07/14/2005                           |                                                    | M                              |                                                                   |   | 48,000 | A                                                                                             | \$ 7.75                                                  | 166,216                           | D          |              |
| Common Stock                    | 07/14/2005                           |                                                    | S                              |                                                                   |   | 33,500 | D                                                                                             | \$ 31.7758                                               | 132,716                           | D          |              |
| Common Stock                    | 07/14/2005                           |                                                    | S                              |                                                                   |   | 934    | D                                                                                             | \$ 31.7694                                               | 131,782                           | D          |              |
| Common Stock                    |                                      |                                                    |                                |                                                                   |   |        |                                                                                               |                                                          | 47,410                            | I          | See footnote |

(1)

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) |
|--------------------------------------------|--------------------------------------------------------|--------------------------------------|----------------------------------------------------|--------------------------------|-----------------------------------------------------------------------------------------|--------|-----|----------------------------------------------------------|-----------------|---------------------------------------------------------------|
|                                            |                                                        |                                      |                                                    |                                | V                                                                                       | (A)    | (D) | Date Exercisable                                         | Expiration Date |                                                               |
| Employee Stock Option (right to buy)       | \$ 4.485                                               | 07/14/2005                           |                                                    | M                              |                                                                                         | 7,500  |     | 12/15/2003                                               | 12/15/2009      | Common Stock 7,500                                            |
| Employee Stock Option (right to buy)       | \$ 7.75                                                | 07/14/2005                           |                                                    | M                              |                                                                                         | 48,000 |     | 12/06/2004                                               | 12/06/2010      | Common Stock 50,000                                           |

## Reporting Owners

| Reporting Owner Name / Address                                                         | Relationships |           |                                  |       |
|----------------------------------------------------------------------------------------|---------------|-----------|----------------------------------|-------|
|                                                                                        | Director      | 10% Owner | Officer                          | Other |
| ATWOOD DANIEL V<br>C/O UNITED NATURAL FOODS INC<br>260 LAKE ROAD<br>DAYVILLE, CT 06241 |               |           | Senior VP<br>Mktg &<br>Secretary |       |

## Signatures

Daniel V.  
Atwood

07/18/2005

\*\*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 47,410 shares of common stock allocated to Mr. Atwood under the United Natural Foods, Inc. Employee Stock Ownership Plan.

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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