UNITED NATURAL FOODS INC

Form 4

Common

Stock

December 29, 2008

FORM	1 /1									OMB AP	PROVAL	
	Washington, D.C. 20549							OMB Number:	3235-0287			
	Check this box if no longer CRATIENTED OF CHANGES IN DENIETICIAL ONVINED CHANGES IN DENIETICAL ON DENIETICAL DENIETICAL ON DENIETICAL								Expires:	January 31, 2005		
subject to Section 1 Form 4 o Form 5 obligatio	F CHANGES IN BENEFICIAL OWN SECURITIES Section 16(a) of the Securities Exchange Public Utility Holding Company Act of						Act of 1934,	Estimated average burden hours per response 0				
may cont See Instru 1(b).	mue.			_		_		et of 1940				
(Print or Type I	Responses)											
1. Name and Address of Reporting Person *Lindberg Randle			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) (N	Middle)	3. Date of	f Earlia	t Tr	onsoction			Director	10%	Owner	
, ,	D NATURAL FO		(Month/E 12/23/2	ay/Yea		ansaction		:	X_ Officer (give below)		r (specify	
				nendment, Date Original Ionth/Day/Year)					6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting			
DAYVILLE	E, CT 06241								Form filed by Mo Person	ore than One Rep	oorting	
(City)	(State)	(Zip)	Tabl	e I - No	n-D	erivative	Secur	rities Acqu	ired, Disposed of,	or Beneficiall	y Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	. Transaction Date 2A. Deemed Month/Day/Year) Execution Dat any (Month/Day/Y			Date, if Transactior(A) or Disposed of (D) Code (Instr. 3, 4 and 5)					6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	V	Amount		Price	(Instr. 3 and 4)			
Common Stock	12/23/2008			S		660	D	\$ 17.512	8,308	D		
Common Stock	12/23/2008			S		300	D	\$ 17.53	8,008	D		
Common Stock	12/23/2008			S		100	D	\$ 17.51	7,908	D		
Common Stock	12/23/2008			S		100	D	\$ 17.52	7,808	D		

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See

footnote

(1)

(9-02)

9. Nu Deriv

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

Persons who respond to the collection of SEC 1474 information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

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

	1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exerc	cisable and	7. Titl	e and	8. Price of
	Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	TransactionNumber :		tion Date Amo		nt of	Derivative
	Security	or Exercise		any	Code	of	(Month/Day/	Year)	Under	lying	Security
	(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivative	e		Securi	ities	(Instr. 5)
		Derivative				Securities			(Instr.	3 and 4)	
		Security				Acquired					
		•				(A) or					
						Disposed					
						of (D)					
						(Instr. 3,					
						4, and 5)					
										Amount	
						Date	Expiration	m: .1	or		
							Exercisable	Date		Number	
										of	
					Code V	(A) (D)				Shares	

Reporting Owners

Relationships Reporting Owner Name / Address

> Director 10% Owner Officer Other

Lindberg Randle C/O UNITED NATURAL FOODS, INC. 260 LAKE RD DAYVILLE, CT 06241

Western Region President

Signatures

Lisa N'Chonon (Power of Attorney, 12/29/2008 in fact)

> **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 614 shares of common stock allocated to Mr. Lindberg under the United Natural Foods, Inc. Employee Stock Ownership Plan **(1)** as of December 24, 2008.

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.

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