Shamber Mark
Form 3
August 09, 2005

FORM 3

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

OMB APPROVAL

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INITIAL STATEMENT OF 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 *
Â Shamber Mark
(Last) (First) (Middle)

260 LAKE ROAD,Â P.O. BOX 999
(Street)

DAYVILLE,Â CTÂ 06241
(City) (State) (Zip)

2. Date of Event Requiring Statement (Month/Day/Year)
08/01/2005

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

4. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

_____ Director _____ 10% Owner
__X__ Officer (give title below) _____ Other (specify below)
VP and Corporate Controller

5. If Amendment, Date Original Filed(Month/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 Person

Table I - Non-Derivative Securities Beneficially Owned

1.Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Common Stock	216	I	By 401(k) Plan

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

SEC 1473 (7-02)

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

Table II - Derivative Securities Beneficially Owned (*e.g.*, puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)	3. Title and Amount of Securities Underlying Derivative Security (Instr. 4) Title	4. Conversion or Exercise Price of Derivative Security	5. Ownership Form of Derivative Security: Direct (D)	6. Nature of Indirect Beneficial Ownership (Instr. 5)

	Date Exercisable	Expiration Date		Amount or Number of Shares		or Indirect (I) (Instr. 5)	
Employee Stock Option (right to buy)	06/23/2005	06/23/2013	Common Stock	3,750	$ 13.73	D	Â
Employee Stock Option (right to buy)	Â (1)	06/23/2013	Common Stock	7,500	$ 13.73	D	Â
Employee Stock Option (right to buy)	Â (2)	12/03/2013	Common Stock	11,250	$ 18.655	D	Â
Employee Stock Option (right to buy)	Â (3)	12/01/2014	Common Stock	10,000	$ 28.14	D	Â

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Shamber Mark 260 LAKE ROAD P.O. BOX 999 DAYVILLE,Â CTÂ 06241	Â	Â	Â VP and Corporate Controller	Â

Signatures

Mark E. Shamber	08/09/2005
**Signature of Reporting Person	Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, *see* Instruction 5(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)** The employee stock option vests in two equal annual installments commencing on June 23, 2006.
- **(2)** The employee stock option vests in three equal annual installments commencing on December 3, 2005.
- **(3)** The employee stock options were granted under the Company's 1996 Stock Option Plan on December 1, 2004, and vest immediately. Shares of common stock obtained through the exercise of options under this grant become eligible to be sold in four equal annual installments, beginning on the first anniversary of the grant date.

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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