

UNITED NATURAL FOODS INC
 Form 3
 December 20, 2007

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 *			2. Date of Event Requiring Statement	3. Issuer Name and Ticker or Trading Symbol	
Â KOCH CARL FREDERICK III			(Month/Day/Year)	UNITED NATURAL FOODS INC [UNFI]	
(Last)	(First)	(Middle)		4. Relationship of Reporting Person(s) to Issuer	5. If Amendment, Date Original Filed(Month/Day/Year)
260 LAKE ROAD				(Check all applicable)	6. Individual or Joint/Group Filing(Check Applicable Line)
(Street)				<input type="checkbox"/> Director <input type="checkbox"/> 10% Owner	<input checked="" type="checkbox"/> Form filed by One Reporting Person
DAYVILLE,Â CTÂ 06241				<input checked="" type="checkbox"/> Officer <input type="checkbox"/> Other (specify below)	<input type="checkbox"/> Form filed by More than One Reporting Person
(City)	(State)	(Zip)		VP, Human Resources	

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)
Restricted Common Stock	5,400 ⁽¹⁾	D	Â

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

SEC 1473 (7-02)

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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)	4. Conversion or Exercise Price of Derivative Security	5. Ownership Form of Derivative Security: Direct (D)	6. Nature of Indirect Beneficial Ownership (Instr. 5)
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	Date Exercisable	Expiration Date	Amount or Number of Shares	or Indirect (I) (Instr. 5)		
Employee Stock Option (right to buy)	12/03/2006	12/03/2012	Common Stock 3,750	\$ 12.55	D	Â
Employee Stock Option (right to buy)	12/03/2006	12/03/2013	Common Stock 914	\$ 18.655	D	Â
Employee Stock Option (right to buy)	12/03/2007	12/03/2013	Common Stock 6,586	\$ 18.655	D	Â
Employee Stock Option (right to buy)	12/01/2004	12/01/2014	Common Stock 8,500	\$ 28.14	D	Â
Employee Stock Option (right to buy)	12/08/2006	12/08/2015	Common Stock 500	\$ 25.37	D	Â
Employee Stock Option (right to buy)	Â ⁽²⁾	12/08/2015	Common Stock 1,500	\$ 25.37	D	Â
Employee Stock Option (right to buy)	Â ⁽³⁾	12/07/2016	Common Stock 3,000	\$ 36.6	D	Â
Employee Stock Option (right to buy)	Â ⁽⁴⁾	12/06/2017	Common Stock 3,000	\$ 28.32	D	Â
Restricted Stock Unit	Â ⁽⁵⁾	Â ⁽⁵⁾	Common Stock 3,600	\$ 0	D	Â

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
KOCH CARL FREDERICK III 260 LAKE ROAD DAYVILLE, CT 06241	Â	Â	Â VP, Human Resources	Â

Signatures

/s/ Lisa N'Chonon (Power of Attorney, in fact) 12/20/2007

__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 shares vest in four equal annual installments beginning on the first anniversary of the date of grant.
- (2) The employee stock option vests in three equal annual installments commencing on December 8, 2007.
- (3) The employee stock option vests in four equal annual installments commencing on December 7, 2007.
- (4) The employee stock option vests in four equal annual installments commencing on December 6, 2008.
- (5) The restricted stock units vest in four equal annual installments beginning on December 6, 2008.

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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.