

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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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
 ____ 10% Owner
 ____ 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) |
|---------------------------------|--------------------------------------|--|--------------------------------|---|---|--|---|
| | | | | (A) or (D) | Price | | |
| | | | | Code | V | Amount | |
| Common Stock | 03/10/2006 | | M | A | 7,500 | \$ 12.255 | 8,700 D |
| Common Stock | 03/10/2006 | | M | A | 432 | \$ 18.655 | 9,132 D |
| Common Stock | 03/10/2006 | | S | D | 1,973 | \$ 34.58 | 7,159 D |
| Common Stock | 03/10/2006 | | S | D | 400 | \$ 34.6 | 6,759 D |
| Common Stock | 03/10/2006 | | S | D | 2,600 | \$ 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.

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.

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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 (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 |
|--|-----------|------------|---|-----|------------|------------|-----------------|-----|

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 |
|--|------------|

__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.

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