

Luttecke Kurt
Form 3
June 08, 2009

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 *

Å Luttecke Kurt
(Last) (First) (Middle)

2. Date of Event Requiring Statement

(Month/Day/Year)
05/28/2009

3. Issuer Name and Ticker or Trading Symbol

UNITED NATURAL FOODS INC [UNFI]

4. Relationship of Reporting Person(s) to Issuer

5. If Amendment, Date Original Filed(Month/Day/Year)

(Check all applicable)

Director 10% Owner
 Officer Other
(give title below) (specify below)
Western Region President

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

C/O UNITED NATURAL FOODS, INC., Å 260 LAKE ROAD

(Street)

DAYVILLE, Å CT Å 06241

(City) (State) (Zip)

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)

Common Stock

2. Amount of Securities Beneficially Owned (Instr. 4)

826

3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)

D Å

4. Nature of Indirect Beneficial Ownership (Instr. 5)

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

5. Ownership Form of Derivative Security:

6. Nature of Indirect Beneficial Ownership (Instr. 5)

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	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	Security	Direct (D) or Indirect (I) (Instr. 5)	
Employee Stock Option (right to buy)	06/25/2011 ⁽¹⁾	06/25/2017	Common Stock	2,000	\$ 27.23	D	Â
Restricted Stock Unit	06/25/2011 ⁽²⁾	06/25/2017 ⁽²⁾	Common Stock	1,800	\$ 0	D	Â
Restricted Stock Unit	09/16/2012 ⁽⁴⁾	09/16/2018 ⁽⁴⁾	Common Stock	3,600	\$ 0	D	Â
Restricted Stock Unit	12/06/2011 ⁽³⁾	12/06/2017 ⁽³⁾	Common Stock	1,800	\$ 0	D	Â
Restricted Stock Unit	06/03/2013 ⁽⁵⁾	09/16/2019 ⁽⁵⁾	Common Stock	4,800	\$ 0	D	Â
Employee Stock Option (right to buy)	12/06/2011 ⁽⁶⁾	12/06/2017	Common Stock	2,000	\$ 28.32	D	Â
Employee Stock Option (right to buy)	09/16/2012 ⁽⁷⁾	09/16/2018	Common Stock	3,000	\$ 24.54	D	Â
Employee Stock Option (right to buy)	06/03/2013 ⁽⁸⁾	06/03/2019	Common Stock	4,000	\$ 26.55	D	Â

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Luttecke Kurt C/O UNITED NATURAL FOODS, INC. 260 LAKE ROAD DAYVILLE, CT 06241	Â	Â	Â Western Region President	Â

Signatures

Kurt Luttecke 06/08/2009

**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 options vest in four equal annual installments beginning on June 25, 2008.
- (2) The restricted stock units vest in four equal annual installments beginning on June 25, 2008.
- (3) The restricted stock units vest in four equal annual installments beginning on December 6, 2008.
- (4) The restricted stock units vest in four equal annual installments beginning on September 16, 2009.
- (5) The restricted stock units vest in four equal annual installments beginning on June 3, 2010.
- (6) The employee stock options vest in four equal annual installments beginning on December 6, 2008.

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(7) The employee stock options vest in four equal annual installments beginning on September 16, 2009.

(8) The employee stock options vest in four equal annual installments beginning on June 3, 2010.

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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