

Luttecke Kurt
 Form 4
 October 14, 2011

FORM 4

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

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

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 *
 Luttecke Kurt

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

5. Relationship of Reporting Person(s) to Issuer
 (Check all applicable)
 ___ Director ___ 10% Owner
 Officer (give title below) ___ Other (specify below)
 Western Region President

(Last) (First) (Middle)
 C/O UNITED NATURAL FOODS, INC., 313 IRON HORSE WAY
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
 10/13/2011

PROVIDENCE, RI 02908

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 Ownership (Instr. 4)		
				Code	V	Amount				(A) or (D)	Price
Common stock	10/13/2011		M			500	A	\$ 27.23	1,120	D	
Common stock	10/13/2011		M			500	A	\$ 28.32	1,620	D	
Common stock	10/13/2011		M			1,500	A	\$ 24.54	3,120	D	
Common stock	10/13/2011		M			1,000	A	\$ 25.45	4,120	D	
Common stock	10/13/2011		M			4,537	A	\$ 24.3	8,657	D	

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Common stock	10/13/2011	M	1,735	A	\$ 33.9	10,392	D	
Common stock	10/13/2011	S	10,392	D	\$ 37.94 <u>(1)</u>	0	D	
Common stock						632	I	See footnote <u>(2)</u>

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

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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 Acquired (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)	8. Amount or Number of Shares	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee stock option (right to buy)	\$ 27.23	10/13/2011		M	500	<u>(3)</u> 06/25/2017	Common Stock	500	
Employee stock option (right to buy)	\$ 28.32	10/13/2011		M	500	<u>(3)</u> 12/06/2007	Common Stock	500	
Employee stock option (right to buy)	\$ 24.54	10/13/2011		M	1,500	<u>(3)</u> 09/16/2018	Common stock	1,500	
Employee stock	\$ 25.45	10/13/2011		M	1,000	<u>(3)</u> 06/19/2019	Common stock	1,000	

option
(right to
buy)

Employee

stock

option \$ 24.3 10/13/2011 M 4,537 (3) 09/11/2019 Common
stock 4,537
(right to
buy)

Employee

stock

option \$ 33.9 10/13/2011 M 1,735 (3) 09/10/2020 Common
Stock 1,735
(right to
buy)

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

Luttecke Kurt
C/O UNITED NATURAL FOODS, INC.
313 IRON HORSE WAY
PROVIDENCE, RI 02908

Western Region President

Signatures

Lisa N'Chonon, Power-of-Attorney,
in-fact

10/14/2011

__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) The transaction price listed is a weighted average. Actual sale prices for these dispositions ranged from \$37.69 to \$38.42.

Includes 561 shares of common stock allocated to the reporting person under the United Natural Foods, Inc. Employee Stock Ownership

(2) Plan and 71 shares of common stock allocated to the reporting person under the United Natural Foods, Inc. 401(k) Plan's UNFI Stock Fund as of October 13, 2011.

(3) The stock options vest and become exercisable in four equal annual installments beginning on the first anniversary of the date of grant, and expire on the tenth anniversary of the date of grant.

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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