

BEAUDRY MICHAEL  
Form 4  
December 16, 2005

**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 \*  
BEAUDRY MICHAEL

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)  
260 LAKE ROAD  
  
(Street)

3. Date of Earliest Transaction  
(Month/Day/Year)  
12/14/2005

\_\_\_\_ Director  
 Officer (give title below) \_\_\_\_\_ Other (specify below)  
Vice President of Distribution

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)
			Code	V Amount (A) or (D) Price			
Common Stock	12/14/2005		M	5,000 A \$ 11.4	12,200	D	
Common Stock	12/14/2005		M	3,750 A \$ 12.55	15,950	D	
Common Stock	12/14/2005		M	1,250 A \$ 14.35	17,200	D	
Common Stock	12/14/2005		M	5,000 A \$ 18.655	22,200	D	
Common Stock	12/14/2005		S	5,000 D \$ 28.95	17,200	D	

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Common Stock	12/14/2005	S	5,000	D	\$ 28.9	12,200	D	
Common Stock	12/14/2005	S	5,000	D	\$ 28.85	7,200	D	
Common Stock						4,825	I	See footnote (1)

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

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**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)	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)	\$ 11.4	12/14/2005		M	5,000	12/03/2005 <sup>(2)</sup> 12/03/2011	Common Stock	5,000	
Employee Stock Option (right to buy)	\$ 12.55	12/14/2005		M	3,750	12/03/2005 <sup>(2)</sup> 12/03/2012	Common Stock	3,750	
Employee Stock Option (right to buy)	\$ 14.35	12/14/2005		M	1,250	08/01/2003 <sup>(2)</sup> 08/01/2013	Common Stock	1,250	
Employee Stock Option	\$ 18.655	12/14/2005		M	5,000	12/03/2005 <sup>(2)</sup> 12/03/2013	Common Stock	5,000	

