

BEAUDRY MICHAEL

Form 4

January 06, 2005

FORM 4**UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549**

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

OMB APPROVAL

OMB
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(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)
01/04/2005

____ Director ____ 10% Owner
__X__ Officer (give title ____ Other (specify
below) below)
Vice President of Operations

DAYVILLE, CT 06241

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

6. Individual or Joint/Group Filing(Check
Applicable Line)
__X__ 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	01/04/2005		M		1,250	A	\$ 6.5	1,250 D
Common Stock	01/04/2005		M		2,500	A	\$ 7.75	3,750 D
Common Stock	01/04/2005		M		5,000	A	\$ 11.4	8,750 D
Common Stock	01/04/2005		M		1,250	A	\$ 14.35	10,000 D
Common Stock	01/04/2005		S		3,000	D	\$ 30.13	7,000 D

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Common Stock	01/04/2005	S	2,000	D	\$ 29.7	5,000	D
Common Stock	01/04/2005	S	2,000	D	\$ 29.72	3,000	D
Common Stock	01/04/2005	S	1,900	D	\$ 30.1	1,100	D
Common Stock	01/04/2005	S	1,000	D	\$ 30.14	100	D
Common Stock	01/04/2005	S	100	D	\$ 30.11	0	D
Common Stock	01/05/2005	M	2,868	A	\$ 12.55	2,868	D
Common Stock	01/05/2005	M	882	A	\$ 12.55	3,750	D
Common Stock	01/05/2005	M	1,000	A	\$ 18.655	4,750	D
Common Stock	01/05/2005	S	1,200	D	\$ 29.25	3,550	D
Common Stock	01/05/2005	S	855	D	\$ 29.09	2,695	D
Common Stock	01/05/2005	S	800	D	\$ 29.26	1,895	D
Common Stock	01/05/2005	S	395	D	\$ 29.07	1,500	D
Common Stock	01/05/2005	S	300	D	\$ 29.1	1,200	D
Common Stock	01/05/2005	S	200	D	\$ 29.19	1,000	D
Common Stock	01/05/2005	S	200	D	\$ 29.18	800	D
Common Stock	01/05/2005	S	200	D	\$ 29.15	600	D
Common Stock	01/05/2005	S	200	D	\$ 29.14	400	D
Common Stock	01/05/2005	S	100	D	\$ 29.16	300	D
Common Stock	01/05/2005	S	100	D	\$ 29.12	200	D
Common Stock	01/05/2005	S	100	D	\$ 29.05	100	D
	01/05/2005	S	100	D	\$ 29.08	0	D

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Common Stock								
Common Stock	01/06/2005		M	4,000	A	\$ 18.655	4,000	D
Common Stock	01/06/2005		S	4,000	D	\$ 30	0	D
Common Stock							2,208 ⁽¹⁾	I
								By 401(k) Plan
Common Stock							3,822 ⁽²⁾	I
								By ESOP

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

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SEC 1474
(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)			
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option (right to buy)	\$ 6.5	01/04/2005		M		1,250		09/22/2004 ⁽³⁾	09/22/2010	Common Stock	1,250
Employee Stock Option (right to buy)	\$ 7.75	01/04/2005		M		2,500		12/06/2004 ⁽³⁾	12/06/2010	Common Stock	2,500
Employee Stock Option (right to buy)	\$ 11.4	01/04/2005		M		5,000		12/03/2004 ⁽³⁾	12/03/2011	Common Stock	5,000

Employee

Stock

Option (right to buy)	\$ 14.35	01/04/2005	M	1,250	08/01/2004 ⁽³⁾	08/01/2013	Common Stock	1,250
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Employee

Stock

Option (right to buy)	\$ 12.55	01/05/2005	M	3,750	12/03/2004 ⁽³⁾	12/03/2012	Common Stock	3,750
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Employee

Stock

Option (right to buy)	\$ 18.655	01/05/2005	M	1,000	12/03/2004 ⁽³⁾	12/03/2013	Common Stock	1,000
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Employee

Stock

Option (right to buy)	\$ 18.655	01/06/2005	M	4,000	12/03/2004 ⁽³⁾	12/03/2013	Common Stock	4,000
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Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
BEAUDRY MICHAEL 260 LAKE ROAD DAYVILLE, CT 06241			Vice President of Operations	

Signatures

Mark Shamber (Power of Attorney, in fact)	01/06/2005
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__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).

- Shares were acquired under the United Natural Foods, Inc. 401(k) Plan's UNFI Unitized Stock Fund. Based on unitized valuations
- (1) provided by the Plan Trustee, 2,208 shares of UNFI common stock exist under the UNFI Unitized Stock Fund for the benefit of Mr. Beaudry. The price is based on the closing price of UNFI common stock on The Nasdaq National Market on January 3, 2005.
 - (2) Includes 1,614 shares of common stock allocated to Mr. Beaudry under the United Natural Foods, Inc Employee Stock Ownership Plan as of December 31, 2004.
 - (3) The employee stock option is exercisable in four equal installments commencing on the first anniversary date of the 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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