

Luttecke Kurt
 Form 3/A
 July 10, 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 *		2. Date of Event Requiring Statement	3. Issuer Name and Ticker or Trading Symbol	
Â Luttecke Kurt		(Month/Day/Year)	UNITED NATURAL FOODS INC [UNFI]	
(Last)	(First)	06/19/2009		
C/O UNITED NATURAL FOODS, INC., Â 260 LAKE ROAD		4. Relationship of Reporting Person(s) to Issuer		5. If Amendment, Date Original Filed(Month/Day/Year)
(Street)		(Check all applicable)		06/23/2009
DAYVILLE, Â CT Â 06241		<input type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input checked="" type="checkbox"/> Officer <input type="checkbox"/> Other (give title below) (specify below) Western Region President		6. Individual or Joint/Group Filing(Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person
(City)	(State)	(Zip)		

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Common Stock	826	D	Â

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	06/25/2011 ⁽²⁾	06/25/2017 ⁽²⁾	Common Stock	1,800	\$ 0	D	Â
Restricted Stock Unit	12/06/2011 ⁽³⁾	12/06/2017 ⁽³⁾	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	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

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

Mark Shamber (Power of Attorney, in fact) 07/10/2009

__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 vests in three equal annual installments beginning on June 25, 2009.
 - (3) The restricted stock units vest in three equal annual installments beginning on December 6, 2009.
 - (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.
 - (7) The employee stock options vest in four equal annual installments beginning on September 16, 2009.

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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