

Luttecke Kurt  
 Form 3/A  
 July 10, 2009

**FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION**  
**Washington, D.C. 20549**

OMB APPROVAL

OMB Number: 3235-0104  
 Expires: January 31, 2005  
 Estimated average burden hours per response... 0.5

**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 <b>and</b> 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	6. Individual or Joint/Group Filing(Check Applicable Line)	
(City)	(State)	<input checked="" type="checkbox"/> Officer <input type="checkbox"/> Other	_X_ Form filed by One Reporting Person	
	(Zip)	(give title below) (specify below)	___ Form filed by More than One Reporting Person	
		Western Region President		

**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)

**Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.**

**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 <sup>(1)</sup>	06/25/2017	Common Stock	2,000	\$ 27.23	D	Â
Restricted Stock	06/25/2011 <sup>(2)</sup>	06/25/2017 <sup>(2)</sup>	Common Stock	1,800	\$ 0	D	Â
Restricted Stock Unit	12/06/2011 <sup>(3)</sup>	12/06/2017 <sup>(3)</sup>	Common Stock	1,800	\$ 0	D	Â
Restricted Stock Unit	09/16/2012 <sup>(4)</sup>	09/16/2018 <sup>(4)</sup>	Common Stock	3,600	\$ 0	D	Â
Restricted Stock Unit	06/03/2013 <sup>(5)</sup>	09/16/2019 <sup>(5)</sup>	Common Stock	4,800	\$ 0	D	Â
Employee Stock Option (right to buy)	12/06/2011 <sup>(6)</sup>	12/06/2017	Common Stock	2,000	\$ 28.32	D	Â
Employee Stock Option (right to buy)	09/16/2012 <sup>(7)</sup>	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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