

Shamber Mark
Form 4
December 01, 2006

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 *
Shamber Mark

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, P.O. BOX 999
(Street)

3. Date of Earliest Transaction (Month/Day/Year)
11/30/2006

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
VP and Chief Financial Officer

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 Ownership (Instr. 4) |
|---------------------------------|--------------------------------------|--|--------------------------------|---|---|--|-----------------------------------|
| | | | | (A) or (D) Price | | | |
| Common Stock | 11/30/2006 | | M | 3,750 A | \$ 13.73 10,950 | D | |
| Common Stock | 11/30/2006 | | M | 3,750 A | \$ 18.655 14,700 | D | |
| Common Stock | 11/30/2006 | | S | 200 D | \$ 35.51 14,500 | D | |
| Common Stock | 11/30/2006 | | S | 300 D | \$ 35.52 14,200 | D | |
| Common Stock | 11/30/2006 | | S | 200 D | \$ 35.53 14,000 | D | |

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| | | | | | | | | |
|--------------|------------|---|-------|---|----------|----------------------|---|--------------|
| Common Stock | 11/30/2006 | S | 300 | D | \$ 35.54 | 13,700 | D | |
| Common Stock | 11/30/2006 | S | 900 | D | \$ 35.55 | 12,800 | D | |
| Common Stock | 11/30/2006 | S | 200 | D | \$ 35.56 | 12,600 | D | |
| Common Stock | 11/30/2006 | S | 300 | D | \$ 35.57 | 12,300 | D | |
| Common Stock | 11/30/2006 | S | 300 | D | \$ 35.58 | 12,000 | D | |
| Common Stock | 11/30/2006 | S | 300 | D | \$ 35.65 | 11,700 | D | |
| Common Stock | 11/30/2006 | S | 453 | D | \$ 35.66 | 11,247 | D | |
| Common Stock | 11/30/2006 | S | 947 | D | \$ 35.67 | 10,300 | D | |
| Common Stock | 11/30/2006 | S | 800 | D | \$ 35.68 | 9,500 | D | |
| Common Stock | 11/30/2006 | S | 400 | D | \$ 35.69 | 9,100 | D | |
| Common Stock | 11/30/2006 | S | 1,000 | D | \$ 35.7 | 8,100 | D | |
| Common Stock | 11/30/2006 | S | 900 | D | \$ 35.71 | 7,200 ⁽¹⁾ | D | |
| Common Stock | | | | | | 420 ⁽²⁾ | I | See Footnote |
| Common Stock | | | | | | 302 ⁽³⁾ | I | See Footnote |

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

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.

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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) | 6. Date Exercisable and Expiration Date (Month/Day/Year) | 7. Title and Amount of Underlying Securities (Instr. 3 and 4) |
|--|--|--------------------------------------|--|--------------------------------|--|--|---|
|--|--|--------------------------------------|--|--------------------------------|--|--|---|

