

GRILLEA THOMAS JOHN
Form 4
September 17, 2012

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

OMB APPROVAL
OMB Number: 3235-0287
Expires: January 31, 2005
Estimated average burden hours per response... 0.5

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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 *
GRILLEA THOMAS JOHN

2. Issuer Name and Ticker or Trading Symbol
UNITED NATURAL FOODS INC
[UNFI]

5. Relationship of Reporting Person(s) to Issuer
(Check all applicable)
 Director 10% Owner
 Officer (give title below) Other (specify below)
Divisional President

(Last) (First) (Middle)
C/O UNITED NATURAL FOODS, INC., 313 IRON HORSE WAY
(Street)

3. Date of Earliest Transaction (Month/Day/Year)
09/13/2012

PROVIDENCE, RI 02908

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)
			Code	V	Amount or Price		
Common Stock					3,901	D	
Common Stock	09/14/2012		M		1,939 A \$ 59.51	5,840	D
Common Stock	09/14/2012		M		1,375 A \$ 59.51	7,215	D
Common Stock	09/14/2012		M		1,283 A \$ 59.51	8,498	D
Common Stock	09/14/2012		F		4,597 D \$ 59.51	3,901	D

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Common Stock	09/14/2012	M	1,363	A	⁽⁶⁾ \$ 59.43	5,264	D	
Common Stock	09/14/2012	F	1,363	D	\$ 59.43	3,901	D	
Common Stock					⁽⁷⁾	1,165	I	See footnote ⁽¹⁾

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 Security (Instr. 3 and 4)	Amount or Number of Shares
				Code V	(A) (D)	Date Exercisable Expiration Date	Title	
Restricted Stock Unit	\$ 0 ⁽²⁾	09/13/2012		A	2,480	⁽³⁾ ⁽³⁾	Common Stock	2,480
Employee Stock Option (right to buy)	\$ 58.98 ⁽⁴⁾	09/13/2012		A	6,270	⁽⁵⁾ 09/13/2022	Common Stock	6,270
Employee Stock Option (right to buy)	\$ 24.3	09/14/2012		M	1,939	⁽⁵⁾ 09/11/2019 ⁽⁵⁾	Common Stock	1,939
Employee Stock Option (right to buy)	\$ 33.9	09/14/2012		M	1,375	⁽⁵⁾ 09/10/2020 ⁽⁵⁾	Common Stock	1,375

