

UNITED NATURAL FOODS INC  
 Form 4/A  
 September 14, 2012

**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 \*  
 SPINNER STEVEN

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)  
 President and CEO

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

3. Date of Earliest Transaction  
 (Month/Day/Year)  
 09/10/2012

PROVIDENCE, RI 02908

4. If Amendment, Date Original Filed(Month/Day/Year)  
 09/12/2012

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	09/10/2012		M		5,918 A \$ 0	100,275	D
Common Stock	09/10/2012		F <sup>(1)</sup>		1,906 D \$ 60.43	98,369	D
Common Stock	09/11/2012		M		6,094 A \$ 0	104,463	D
Common Stock	09/11/2012		F <sup>(2)</sup>		2,602 D \$ 55.24	101,861	D
Common Stock						4,966	I See footnote

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

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(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			6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	Amount or Number of Shares
					Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	V	(A)	(D)	Date Exercisable		
Restricted Stock Unit	(4)	09/10/2012		M		5,918		(5)	(5)	Common Stock	5,918
Restricted Stock Unit	(4)	09/11/2012		M		6,094		(5)	(5)	Common Stock	6,094
Restricted Stock Unit	(4)	09/11/2012		D		2,031		(5)	(5)	Common Stock	2,031
Phantom Stock	\$ 0	09/11/2012		A(2)		2,031		(6)	(6)	Common Stock	2,031

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
SPINNER STEVEN C/O UNITED NATURAL FOODS, INC. 313 IRON HORSE WAY PROVIDENCE, RI 02908	X		President and CEO	

## Signatures

Lisa N'Chonon, Power-of-Attorney,  
in-fact 09/14/2012

\_\_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).

(1) On September 10, 2012, 5,918 shares of United Natural Foods, Inc. (the "Company") restricted stock units vested. The Company retained 1,906 shares on that date to satisfy certain tax withholding obligations in connection with the vesting of such shares.

(2) On September 11, 2012, 8,125 shares of the Company's restricted stock units vested. Of these shares, the reporting person had previously elected to defer 2,031 shares to the Company's Deferred Compensation Plan. The Company retained 2,602 shares on September 11, 2012 to satisfy certain tax withholding obligations in connection with the vesting of such shares.

(3) Includes 466 shares of common stock allocated to the reporting person under the United Natural Foods, Inc. Employee Stock Ownership Plan as well as 1,500 shares held by a daughter(1) of the reporting person, 1,500 shares held by a daughter(2) of the reporting person, and 1,500 shares held by the brother of the reporting person, as custodian for a daughter(3) of the reporting person as of September 11, 2012.

(4) Each restricted stock unit represents the right to receive one share of United Natural Foods, Inc. common stock upon vesting in accordance with the terms of the reporting person's restricted stock unit agreement.

(5) The restricted stock units vest in four equal annual installments beginning on the first anniversary of the date of grant.

(6) The security converts to common stock on a one-for-one basis subject to the terms of the United Natural Foods, Inc. Deferred Compensation Plan.

(7) Subsequent to the filing of the original Form 4 on September 12, 2012, an error was discovered in the calculation of tax withholding for the reporting person, and therefore the number of shares to be withheld. As a result of this correction, the Form 4 has been amended to reflect the correct withholding of 2,602 shares rather than the 1,992 shares originally reported.

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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