



United Natural Foods, Inc. Names Randle E. Lindberg President of the Western Region

January 30, 2006

Former President and Chief Executive Officer of Nature's Best to Oversee

Operations and Customer Support for the Company's Western Region

DAYVILLE, Conn., Jan. 30 /PRNewswire-FirstCall/ -- United Natural Foods, Inc. (Nasdaq: UNFI) (the "Company") has appointed Randle E. "Randy" Lindberg, the former President and Chief Executive Officer of Nature's Best, to the position of President of the Western Region. Mr. Lindberg, age 54, led Nature's Best for 26 years, serving as its President and CEO from 1979 until June 2005. His professional experience spans various aspects of operations, sales and marketing, analysis and implementation of acquisitions and strategic planning. During his tenure, Nature's Best expanded its geographic presence from Southern California to 11 western states, Hawaii, Alaska and certain international markets.

"As United Natural Foods continues to extend its business, we are focused on building a solid organization committed to our customers' success over the long term. Consistent with this focus, we are pleased to announce the addition of an extremely well-respected executive to our management team. Randy brings to our organization a wealth of operating experience, an extensive knowledge of our industry and strong relationships with natural food retailers and suppliers in the Western part of the United States," commented Richard Antonelli, Executive Vice President and Chief Operating Officer of United Natural Foods.

Mr. Antonelli concluded, "Additionally, as we implement initiatives to drive efficiencies throughout our Company and continue to invest in our people, facilities, equipment and technology, Randy's experience at overseeing two relocations to larger distribution facilities and the implementation of productivity and quality improvement initiatives will be invaluable to United Natural Foods."

Mr. Lindberg assumes the position effective January 30, 2006 and will report to Mr. Antonelli. The position has been vacant since December 2005 when the Company promoted Mr. Antonelli to the position of Executive Vice President, Chief Operating Officer and President of Distribution.

Prior to being appointed President and Chief Executive Officer of Nature's Best in 1979, Mr. Lindberg served in various positions within that company beginning in 1972. He was a founding member of the Santa Monica Bay Chapter of the Young Presidents Organization (YPO) and is a current member of Chief Executives Organization (CEO), World Presidents Organization (WPO), and Distribution Research and Education Foundation (DREF), a Board member and current Secretary of the National Association of Wholesaler-Distributors (NAW), and a former Board member of the National Nutritional Foods Association and Golden West Nutritional Foods Association.

About United Natural Foods

United Natural Foods, Inc. carries and distributes more than 40,000 products to more than 20,000 customers nationwide. The Company serves a wide variety of retail formats including conventional supermarket chains, natural product superstores, independent retail operators and the food service channel.

For more information on United Natural Foods, Inc., visit the Company's website at <http://www.unfi.com>.

"Safe Harbor" Statement under the Private Securities Litigation Reform Act of 1995: Statements in this press release regarding the Company's business that are not historical facts are "forward-looking statements" that involve risks and uncertainties. For a discussion of such risks and uncertainties, which could cause actual results to differ from those contained in the forward-looking statements, including but not limited to general business conditions, the impact of competition and our dependence on principal customers, see "Risk Factors" in the Company's quarterly report on Form 10-Q filed with the Commission on December 7, 2005, and its other filings under the Securities Exchange Act of 1934, as amended. Any forward-looking statements are made pursuant to the Private Securities Litigation Reform Act of 1995 and, as such, speak only as of the date made. The Company is not undertaking to update any information in the foregoing reports until the effective date of its future reports required by applicable laws. Any projections of future results of operations should not be construed in any manner as a guarantee that such results will in fact occur. These projections are subject to change and could differ materially from final reported results. The Company may from time to time update these publicly announced projections, but it is not obligated to do so.

SOURCE United Natural Foods, Inc.

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