



United Natural Foods, Inc. Updates Fiscal 2011 Guidance to Reflect Completion of Common Stock Offering

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United Natural Foods, Inc. (Nasdaq: UNFI) (the "Company") today announced it is updating its 2011 fiscal year earnings per diluted share guidance to reflect the common stock offering completed by the Company on October 6, 2010. The Company issued 4,427,500 new shares (including shares issued to cover the underwriters' overallotment option), and the net proceeds of approximately \$138.4 million were used to repay a portion of the Company's outstanding borrowings under its revolving credit facility.

Update to Fiscal 2011 Guidance

For fiscal 2011, ending July 30, 2011, the Company expects earnings per diluted share in the range of approximately \$1.62 to \$1.71 per share, an increase of approximately 3.2% to 8.9% over fiscal 2010, reflecting the increased number of shares, partially offset by a reduction in interest expense. The Company had previously provided guidance on earnings per diluted share in the range of approximately \$1.74 to \$1.83 per share on a lower share base.

In addition, the Company is confirming its fiscal 2011 guidance for net sales in the range of approximately \$4.35 to \$4.45 billion, an increase of approximately 15.8% to 18.4% over fiscal 2010. Capital expenditures continue to be expected in the range of approximately 1% of revenues, or approximately \$42 million to \$45 million during fiscal 2011.

About United Natural Foods

United Natural Foods, Inc. (<http://www.unfi.com>) carries and distributes more than 60,000 products to more than 23,000 customer locations throughout the United States and Canada. The Company serves a wide variety of retail formats including conventional supermarket chains, natural product superstores, independent retail operators and the food service channel. United Natural Foods, Inc. was ranked by Forbes in 2005 as one of the "Best Managed Companies in America," ranked by Fortune in 2006 - 2010 as one of its "Most Admired Companies," winner of the Supermarket News 2008 Sustainability Excellence Award, and recognized by the Nutrition Business Journal for its 2009 Environment and Sustainability Award.

For more information on United Natural Foods, Inc., visit the Company's website at 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 and are based on current expectations and management estimates; actual results may differ materially. The risks and uncertainties which could impact these statements are described in the Company's filings under the Securities Exchange Act of 1934, as amended, including its annual report on Form 10-K filed with the Securities and Exchange Commission on September 27, 2010 and other filings the Company makes with the SEC, and include, but are not limited to, the Company's ability to successfully deploy its operational initiatives in the Canadian market; the Company's dependence on principal customers; the Company's sensitivity to general economic conditions, including the current economic environment, changes in disposable income levels and consumer spending trends; increased fuel costs; the Company's sensitivity to inflationary pressures; the relatively low margins and economic sensitivity of the Company's business; the ability to identify and successfully complete acquisitions of other natural, organic and specialty food and related product distributors; and management's allocation of capital and the timing of capital expenditures. 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 are based on a number of assumptions, many of which are outside the Company's control and 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.

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