United Natural Foods, Inc. to Present at Adams Harkness Annual Summer Seminar on August 4, 2004

July 30, 2004

DAYVILLE, Conn., Jul 30, 2004 /PRNewswire-FirstCall via COMTEX/ -- United Natural Foods, Inc., (Nasdaq: UNFI) announced today that Steven Townsend, Chairman and Chief Executive Officer, and Rick Puckett, Chief Financial Officer, will make a presentation regarding the Company at the Adams Harkness 24th Annual Summer Seminar on August 4, 2004 at 2:30 p.m. ET. Interested parties can access a live audio web cast of the presentation at United Natural Foods' investor relations website at http://www.unfi.com. A replay of the presentation will be archived for 30 days.

About United Natural Foods

United Natural Foods, Inc. carries and distributes over 35,000 products to more than 18,000 customers nationwide. The Company serves a wide variety of retail formats including conventional supermarket chains, natural product superstores and independent retail operators.

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

"Safe Harbor" Statement under the Private Securities Litigation Reform Act of 1995: Statements in this press release regarding United Natural's business which 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 compe4ition and our dependence on principal customers, see "Risk Factors" in the Company's quarterly report on Form 10-Q filed with the Commission on June 14, 2004, 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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http://www.unfi.com