United Natural Foods to Release Fiscal 2004 Fourth Quarter Results on August 31, 2004

August 4, 2004

DAYVILLE, Conn., Aug. 4 /PRNewswire-FirstCall/ -- United Natural Foods, Inc., (Nasdaq: UNFI) announced today that it intends to release its financial results for the fourth quarter of fiscal 2004, ended July 31, 2004, before the market opens on Tuesday, August 31, 2004. Management will conduct a conference call and audio webcast at 11:00 a.m. ET on August 31, 2004 to review the Company's quarterly results, market trends and future outlook.

The conference call dial-in number is 303-262-2140. An audio webcast of the conference call will be available to the public, on a listen-only basis, via the Internet at http://www.fulldisclosure.com or at the Investor Relations section of the Company's website at http://www.unfi.com. Please allow extra time, prior to the call, to visit the site and download the necessary software to listen to the Internet broadcast. The online archive of the webcast will be available 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 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 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. -0- 08/04/2004 /CONTACT: Rick D. Puckett, Vice President, CFO and Treasurer of United Natural Foods, +1-860-779-2800; or Joseph Calabrese of Financial Relations Board, +1-212-445-8434, for United Natural Foods/ /Web site: http://www.unfi.com http://www.fulldisclosure.com / (UNFI)