FORM 5
Check this box if no longer

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b). Form 3 Holdings Reported

ANNUAL STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Form 4 Transactions Reported Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person – WENTZ DAVE			2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]					5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner			
(Last) 3838 WEST PARE	(First)		3. Statement for Issuer's Fiscal Year Ended (Month/Day/Year) 01/02/2010				[X Officer (give title below) C.E.O.	Other (specify	below)	
SALT LAKE CITY	(Street) Y, UT 84120		4. If Amendment, I	Date Original Fi	led(Month/	Day/Year)	, ,	6. Individual or Joint/Group Rep (check applicable _X_Form Filed by One Reporting Person	line)		
· · · · · · · · · · · · · · · · · · ·						_ Form Filed by More than One Reporting Person					
(City)	(State)	(Zip)	Table	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned							
1.Title of Security (Instr. 3)		Date (Month/Day/Year)	Execution Date, if	Code	4. Securi (A) or D (D) (Instr. 3, Amount	isposed 4 and 5 (A) or	of	Beneficially Owned at end of Issuer's Fiscal Year (Instr. 3 and 4)		Beneficial Ownership	
Common Stock		04/03/2009		G4	20,000	D	\$0	231,209	D		
Common Stock								9,474 <u>(1)</u>	Ι	401k	

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

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02)valid OMB control number.02)

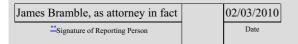
Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

	(e.g., puts, calls, warrants, options, convertible securities)													
1. Title of	2.	3. Transaction	3A. Deemed	4.	5. Nu	nber	6. Date Exer	cisable	7. Tit	le and	8. Price of	9. Number	10.	11. Nature
Derivative	Conversion	Date	Execution Date, if	Transaction	of		and Expirati	on Date	Amou	int of	Derivative	of	Ownership	of Indirect
Security	or Exercise	(Month/Day/Year)	any	Code	Deriv	ative	(Month/Day	/Year)	Unde	rlying	Security	Derivative	Form of	Beneficial
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Secur	ities			Secur	ities	(Instr. 5)	Securities	Derivative	Ownership
	Derivative				Acqui	red			(Instr	. 3 and		Beneficially	Security:	(Instr. 4)
	Security				(A) 01				4)			Owned at	Direct (D)	
					Dispo	sed						End of	or Indirect	
					of (D)								(I)	
					(Instr.	3,						Fiscal Year	(Instr. 4)	
					4, and	5)						(Instr. 4)		
										Amount				
							Dete	E india		or				
							Date Exercisable	Expiration Date	Title	Number				
							Exercisable	Date		of				
					(A)	(D)				Shares				

Reporting Owners

Reporting Owner Name / Address	Relationships							
Reporting Owner Name / Address	Director	10% Owner	Officer	Other				
WENTZ DAVE								
3838 WEST PARKWAY BLVD			C.E.O.					
SALT LAKE CITY, UT 84120								

Signatures



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) Between January 3, 2009 and January 2, 2010, the reporting person acquired 143 shares of USANA common stock in transactions pursuant to the issuer's 401(k) plan.

Note: File three copies of this Form, one of which must be manually signed. If space provided is insufficient, see Instruction 6 for procedure.

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