

Callahan John F Jr
Form 4
February 17, 2010

FORM 4

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

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2005
Estimated average burden hours per response... 0.5

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
Callahan John F Jr

2. Issuer Name and Ticker or Trading Symbol
DEAN FOODS CO [DF]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
2515 MCKINNEY AVENUE, SUITE 1200
(Street)

3. Date of Earliest Transaction (Month/Day/Year)
02/12/2010

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
Executive Vice President

DALLAS, TX 75201

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
____ Form filed by More than One Reporting Person

(City) (State) (Zip)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V Amount (A) or (D) Price			
Common Stock	02/12/2010		M	5,290 (1) A \$ 0	68,162	D	
Common Stock	02/12/2010		F	1,401 (1) D \$ 14.56	66,761	D	
Common Stock	02/13/2010		M	11,167 (2) A \$ 0	77,928	D	
Common Stock	02/13/2010		F	2,954 (2) D \$ 14.56	74,974	D	

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

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SEC 1474
(9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Underlying (Instr. 3 and 4)	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title
Restricted Stock Units (DU003834)	\$ 0	02/12/2010		M	3,600 (1)	02/12/2008 ⁽³⁾	02/12/2017	Common Stock
Restricted Stock Units (DV005221)	\$ 0	02/12/2010		M	1,690 (1)	02/12/2008 ⁽³⁾	02/12/2017	Common Stock
Non Qualified Stock Option (right to buy-DF)	\$ 14.56	02/12/2010		A	57,935	02/12/2011 ⁽⁴⁾	02/12/2020	Common Stock
Restricted Stock Units	\$ 0	02/12/2010		A	19,640	02/12/2011 ⁽⁵⁾	02/12/2020	Common Stock
Restricted Stock Units (DU004399)	\$ 0	02/13/2010		M	11,167 (2)	02/13/2010 ⁽⁵⁾	02/13/2019	Common Stock

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Callahan John F Jr 2515 MCKINNEY AVENUE SUITE 1200 DALLAS, TX 75201			Executive Vice President	

Signatures

Katherine K. Connell,
Attorney-In-Fact

02/17/2010

__Signature of Reporting Person

Date

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) The reporting person received a total of 5,290 shares of Common Stock of the Issuer pursuant to the vesting provisions in the award of restricted stock units. A total of 1,401 shares were surrendered to satisfy tax obligations of the reporting person, resulting in the issuance of a total of 3,889 net shares of Common Stock.

(2) The reporting person received a total of 11,167 shares of Common Stock of the Issuer pursuant to the vesting provisions in the award of restricted stock units. A total of 2,954 shares were surrendered to satisfy tax obligations of the reporting person, resulting in the issuance of a total of 8,213 net shares of Common Stock.

(3) The reporting person has received an award of restricted stock units which is the right to receive shares of Common Stock of the Issuer in the future, subject to the terms and conditions of the award agreement. The restricted stock units vest annually, on a pro rata basis, over a five year period beginning on the first anniversary date of the grant.

(4) The shares of Common Stock subject to the Option vest annually, on a pro rata basis, over a three year period beginning on the first anniversary of the grant date, subject to the terms and conditions of the award agreement.

(5) The reporting person has received an award of restricted stock units, which is the right to receive shares of Common Stock of the Issuer in the future, subject to the terms and conditions of the award agreement. The units vest annually, on a pro rata basis, over a three year period beginning on the first anniversary of the grant date, subject to certain accelerated vesting provisions.

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

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