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DEAN FOODS Co Form 4 See Instruction 16 StateMethods, 2007 StateMethods, 2007											
(Print or Type	•	D *							5 D L		
1. Name and BERNON	Address of Reporting ALAN J		Symbol			d Ticker or	Tradi	ng	5. Relationship of Reporting Person(s) to Issuer		
(Last)	(First) (Middle)				CO [DF]			(Check all applicable)		
(M			(Month/Day/Year) 03/05/2007					_X_ Director 10% Owner _X_ Officer (give title Other (specify below) below) President - Dean Dairy Group			
			Filed(Month/Day/Year)					6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting			
(City)	(State)	(Zip)	Tab	lo I Na	. n 1	Dorivotivo	Soour	itios A ca	Person uired, Disposed of,	or Ronoficial	v Ownod
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)		ed Date, if	3. Transa Code (Instr. 5	ctic 8)	4. Securiti or(A) or Dis (Instr. 3, 4	ies Ac sposed	quired of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form:	7. Nature of Indirect Beneficial Ownership (Instr. 4)
~				Code	V	Amount	(D)	Price	(ilisu: 5 and 4)	(111501.4)	
Common Stock	03/05/2007			Р		43,000	А	\$ 46.65	767,560.1354	D	
Common Stock	03/05/2007			Р		25,300	А	\$ 46.6	792,860.1354	D	
Common Stock	03/05/2007			Р		8,000	А	\$ 46.59	800,860.1354	D	
Common Stock	03/05/2007			Р		23,600	А	\$ 46.58	824,460.1354	D	
Common Stock	03/05/2007			Р		100	A	\$ 46.55	824,560.1354	D	
	03/06/2007			Р		18,240	А	\$ 46.7	842,800.1354	D	

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Common Stock							
Common Stock	03/06/2007	Р	2,299	А	\$ 46.69	845,099.1354	D
Common Stock	03/06/2007	Р	2,900	А	\$ 46.68	847,999.1354	D
Common Stock	03/06/2007	Р	2,000	А	\$ 46.67	849,999.1354	D

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

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. Transactio Code (Instr. 8)	5. onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)			7. Title and A Underlying S (Instr. 3 and	Securi
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amo Nun Shai
Non-Qualified Stock Option (right to buy-T0000354)	\$ 17.1835					01/14/2003(1)	01/14/2012	Common Stock	75
Non-Qualified Stock Option (right to buy-T0000616)	\$ 17.1835					06/27/2005 <u>(1)</u>	01/14/2012	Common Stock	13
Non-Qualified Stock Option (right to buy-T0000355)	\$ 17.1835					01/14/2003(1)	01/14/2012	Common Stock	50
Non-Qualified Stock Option (right to buy-T0000604)	\$ 17.1835					06/27/2005 <u>(1)</u>	01/14/2012	Common Stock	9,

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Non-Qualified Stock Option (right to buy-DF002200)	\$ 20.9355	01/06/2004 <u>(1)</u>	01/06/2013	Common Stock	78
Non-Qualified Stock Option (right to buy-T0000606)	\$ 20.9355	06/27/2005 <u>(1)</u>	01/06/2013	Common Stock	14
Non-Qualified Stock Option (right to buy-TU000143	\$ 26.3199	01/13/2005(1)	10/13/2014	Common Stock	1,
Non-Qualified Stock Option (right to buy-TU000144)	\$ 26.3199	01/13/2006(1)	01/13/2014	Common Stock	1
Non-Qualified Stock Option (right to buy-DF003299)	\$ 26.3199	01/13/2005 <u>(1)</u>	01/13/2014	Common Stock	36
Non-Qualified Stock Option (right to buy-T0000769)	\$ 26.3199	06/27/2005 <u>(1)</u>	01/13/2014	Common Stock	6,
Non-Qualified Stock Option (right to buy-TU000145)	\$ 26.8941	01/10/2006 <u>(1)</u>	01/10/2015	Common Stock	3
Non-Qualified Stock Option (right to buy-DF902107)	\$ 26.8941	01/10/2006(1)	01/10/2015	Common Stock	23
Non-Qualified Stock Option (right to buy-T0000797)	\$ 26.8941	01/10/2006(1)	01/10/2015	Common Stock	4,
Non-Qualified Stock Option (right to buy-DF004888)	\$ 37.74	01/13/2007(1)	01/13/2016	Common Stock	273
Non-Qualified Stock Option (right to buy)	\$ 42.25	02/12/2008(1)	02/12/2017	Common Stock	47
Incentive Stock Option (right to	\$ 26.8941	01/10/2006(1)	01/10/2015	Common Stock	3,

3

buy-DF902106)

Incentive Stock Option (right to buy-T0001361)	\$ 26.8941	01/10/2006(1)	01/10/2015	Common Stock	3
Incentive Stock Option (right to buy-DF004887)	\$ 37.74	01/13/2007(1)	01/13/2016	Common Stock	2,
Incentive Stock Option (right to buy)	\$ 42.25	02/12/2008 <u>(1)</u>	02/12/2017	Common Stock	2,
Restricted Stock Units (DU000424)	\$ 0	09/19/2006 <u>(2)</u>	09/19/2015	Common Stock	13
Restricted Stock Units (DU003750)	\$ 0	01/13/2007(2)	01/13/2016	Common Stock	50

Reporting Owners

Reporting Owner Name / Address		Relationships					
r u		Director	10% Owner	Officer	Other		
BERNON ALAN J 2515 MCKINNEY AVI DALLAS, TX 75201	Х		President - Dean Dairy Group				
Signatures							
Alan J. Bernon	03/06/2007						

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 shares of common stock subject to the Option vest ratably in three equal increments commencing on the first anniversary of the grant date.
- A Restricted Stock Unit, which is issued under the Company's 1989 Stock Awards Plan, is a right to receive one share of common stock
- (2) of the Issuer in the future, subject to the terms and conditions of the award agreement. The units vest annually, on a prorata basis, over a three-year period beginning on the first anniversary of the date of grant.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

**Signature of

Reporting Person