

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

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

OMB APPROVAL	
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1. Name and Address of Reporting Person* OBRIEN THOMAS M (Last) (First) (Middle) ONE TECHNOLOGY PARK DRIVE (Street) WESTFORD MA 01886 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol KADANT INC [KAI]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) CFO, EXECUTIVE VICE PRESIDENT
	3. Date of Earliest Transaction (Month/Day/Year) 05/21/2007	
4. If Amendment, Date of Original Filed (Month/Day/Year)		

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	05/21/2007		M		400	A	\$13.05	17,495	D	
Common Stock	05/21/2007		S		400	D	\$28.26	17,095	D	
Common Stock	05/21/2007		M		400	A	\$13.05	17,495	D	
Common Stock	05/21/2007		S		400	D	\$28.25	17,095	D	
Common Stock	05/21/2007		M		1,000	A	\$13.05	18,095	D	
Common Stock	05/21/2007		S		1,000	D	\$28.24	17,095	D	
Common Stock	05/21/2007		M		700	A	\$13.05	17,795	D	
Common Stock	05/21/2007		S		700	D	\$28.23	17,095	D	
Common Stock	05/21/2007		M		100	A	\$13.05	17,195	D	
Common Stock	05/21/2007		S		100	D	\$28.22	17,095	D	
Common Stock	05/21/2007		M		1,100	A	\$13.05	18,195	D	
Common Stock	05/21/2007		S		1,100	D	\$28.21	17,095	D	
Common Stock	05/21/2007		M		800	A	\$13.05	17,895	D	
Common Stock	05/21/2007		S		800	D	\$28.2	17,095	D	
Common Stock	05/21/2007		M		200	A	\$13.05	17,295	D	
Common Stock	05/21/2007		S		200	D	\$28.19	17,095	D	
Common Stock	05/21/2007		M		500	A	\$13.05	17,595	D	
Common Stock	05/21/2007		S		500	D	\$28.18	17,095	D	
Common Stock	05/21/2007		M		200	A	\$13.05	17,295	D	
Common Stock	05/21/2007		S		200	D	\$28.16	17,095	D	
Common Stock	05/21/2007		M		600	A	\$13.05	17,695	D	
Common Stock	05/21/2007		S		600	D	\$28.15	17,095	D	
Common Stock	05/21/2007		M		300	A	\$13.05	17,395	D	
Common Stock	05/21/2007		S		300	D	\$28.14	17,095	D	
Common Stock	05/21/2007		M		100	A	\$13.05	17,195	D	
Common Stock	05/21/2007		S		100	D	\$28.13	17,095	D	
Common Stock	05/21/2007		M		500	A	\$13.05	17,595	D	
Common Stock	05/21/2007		S		500	D	\$28.12	17,095	D	
Common Stock	05/21/2007		M		100	A	\$13.05	17,195	D	
Common Stock	05/21/2007		S		100	D	\$28.11	17,095	D	

**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 Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Employee Stock Option (Right To Buy)	\$13.05	05/18/2007		M			7,000	12/10/2001	12/10/2008	Common Stock	7,000	\$0	12,300	D	

Explanation of Responses:

Remarks:

THE TRANSACTIONS REPORTED ON THIS FORM 4 WERE EXECUTED PURSUANT TO A RULE 10b-5-1 TRADING PLAN.

by Sandra L. Lambert for
Thomas M. O'Brien 05/23/2007

** Signature of Reporting Person Date

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

* 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).

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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