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MILLS STE Form 4	EVEN RICHARD										
January 03, FORN	ЛЛ									PPROVAL	
Washington, D.C. 20549								OMB Number:	3235-0287		
Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. STATEMENT OF CHAI Filed pursuant to Section Section 17(a) of the Public U				SECU (6(a) of t (tility Ho	RITIES he Secur lding Co	ities I mpan	Exchange by Act of	e Act of 1934, 1935 or Section	Expires:January 3 200Estimated average burden hours per response0		
See Instr 1(b).	ruction	50(II)	of the fi	ivestinen	it Compa	пу А	ct 01 194	0			
(Print or Type	Responses)										
MILLS STEVEN RICHARD Sym				Issuer Name and Ticker or Trading abol CHER DANIELS MIDLAND [ADM]				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Montl				te of Earliest Transaction th/Day/Year) 0/2004				Director 10% Owner X Officer (give title Other (specify below) below) Group V.P. & Controller			
DECATUR	(Street) R, IL 62526			endment, I nth/Day/Ye	Date Origin ar)	al		6. Individual or Jo Applicable Line) _X_ Form filed by O Form filed by M Person	One Reporting P	erson	
(City)	(State)	(Zip)	Tab	le I - Non-	Derivative	e Secu	rities Acq	uired, Disposed of	, or Beneficia	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Transaction Date 2A. Deemed			4. Securi or(A) or D (Instr. 3,	ties A ispose	cquired d of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. 7. Nature of Ownership Indirect Form: Beneficial Direct (D) Ownership or Indirect (Instr. 4) (I) (Instr. 4)		
Common Stock	12/30/2004			M	3,100	A A	\$ 9.0703	90,868	D		
Common Stock	12/30/2004			F	1,269	D	\$ 22.155	89,599	D		
Common Stock	12/31/2004			G	600	D	\$0	88,999	D		
Common Stock								25,002.13 <u>(1)</u>	I	By Employee Benefit Plan	

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

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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. Transacti Code (Instr. 8)	5. Number onof 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 Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option (right to buy)	\$ 9.0703	12/30/2004		М	3,100	(2)	05/01/2010	Common Stock	3,100

Reporting Owners

Reporting Owner Name / Address	Relationships							
reporting officer (unit) (read of	Director	10% Owner	Officer	Other				
MILLS STEVEN RICHARD 4666 FARIES PARKWAY DECATUR, IL 62526			Group V.P. & Controller					
Signaturaa								

Signatures

Stuart E. Funderburg, Attorney-in-Fact for Steven R. Mills

**Signature of Reporting Person

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 November 19, 2004 and December 30, 2004, the reporting person acquired 85.3 shares of ADM Common Stock pursuant to an employee benefit plan. The information in this report is based on a plan statement dated December 30, 2004.

01/03/2005

Date

(2) The option was granted in three tranches (A, B and C). The option becomes exercisable in eight equal annual installments commencing on May 1, 2002; provided that the three tranches become exercisable sequentially commencing with Tranche A.

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

Reporting Owners

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