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Washington, D.C. 20549Check this box if no longer subject to Section 16.STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES									OMB Number: Expires: Estimated a burden hour response				
(Print or Type	Responses)												
BINDER STEVEN G Symbol				/IEL FOODS CORP /DE/					5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
(Last)	(Last) (First) (Middle) 3. Dat				st T	ransaction			Director 10% Owner X Officer (give title Other (specify				
				onth/Day/Year) /02/2005					below) below) Group Vice President				
				mendment, Date Original Ionth/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 Person				
(City)	(State)	(Zip)	Tab	le I - No	on-I	Derivative	Secu	rities Acqu	ired, Disposed of,	or Beneficial	y Owned		
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execution any		Code (Instr. 3	8)	4. Securit for Dispos (Instr. 3, -	sed of		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)		
Common Stock	08/02/2005			Μ		6,000	Α	\$ 14.6562	11,214.633	D			
Common Stock	08/02/2005			М		4,500	А	\$ 15.9062	15,714.633	D			
Common Stock	08/02/2005			F		5,126	D	\$ 31.11	10,588.633	D			
Common Stock	08/02/2005			F		1,758	D	\$ 31.11	8,830.633 <u>(2)</u>	D			

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. Transactic Code (Instr. 8)	le Securities		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8 1 5 (
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Stock Options (Right to Buy)	\$ 14.6562	08/02/2005		M <u>(1)</u>		6,000	06/18/1998	12/18/2007	Common Stock	6,000	
Stock Options (Right to Buy)	\$ 15.9062	08/02/2005		M <u>(1)</u>		4,500	06/23/1999	12/23/2008	Common Stock	4,500	

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
BINDER STEVEN G 1 HORMEL PLACE AUSTIN, MN 55912			Group Vice President					
Signatures								
Steven G. Binder, by Power of		08/02/2	2005					

Attorney
__**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) Reporting Person has exercised Stock Withholding Rights in connection with this option exercise, as reflected on Table I.

(2)

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Reporting Person also holds 2,365.482 shares of phantom stock in his deferred account; he has indirect holdings of 1,153 shares in Founders Fund.

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.