



SILLIKER, Inc.
Illinois Laboratory

1304 Halsted Street
 Chicago Heights, IL 60411
 708/ 756 3210 Fax 708/ 756 0049

CERTIFICATE OF ANALYSIS

COA No:	CHG-30544626-0
Supersedes:	None
COA Date	2/23/05
Page 1 of 3	

TO:

Mr. Jeff Gillespie
 QA Manager
 Giles Enterprises
 2750 Gunter Park Drive
 Montgomery, AL 36109

Received From:	Montgomery, AL
Received Date:	2/3/05

Location of Test: (except where noted)	Chicago Heights, IL
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Analytical Results

Desc. 1: Coleslaw

Laboratory ID: 303003123
 Condition Rec'd: NORMAL
 Temp Rec'd (°C): 5

Analyte

Nutrition - Vegetables Package

Test Date Loc.
 2/23/2005

NUTRITIONAL ANALYSIS

Serving Size: 100 g
 Household Measure: 100 grams

LABEL ANALYTES		ANALYTICAL	ANALYTICAL	ROUNDED	% DAILY VALUE
		DATA PER 100g	DATA PER SERVING	DATA PER SERVING	
Calories		109.9	109.9	110	
Calories from Fat		61.0	61.0	60	
Total Fat	(g)	6.78	6.78	7	11
Saturated Fat	(g)	1.10	1.10	1.0	5
Trans Fat	(g)	<0.10	<0.10	0	
Cholesterol	(mg)	N/A	N/A	N/A	N/A
Sodium	(mg)	362	362	360	15
Total Carbohydrate	(g)	11.3	11.3	11	4
Dietary Fiber	(g)	1.68	1.68	2	8
Sugars	(g)	8.73	8.73	9	
Protein (F=6.25)	(g)	0.93	0.93	<1	
Vitamin A	(IU)	332	332		6
Vitamin C	(mg)	6.13	6.13		10
Calcium	(mg)	35.3	35.3		4
Iron	(mg)	0.71	0.71		4

CONTRIBUTING ANALYTES

Moisture	(g)	79.79	79.79
Ash	(g)	1.24	1.24
Beta Carotene	(IU)	332	332
Retinol	(IU)	<5	<5
Vit A % Beta Carotene		100	

* Contains less than 2% of the Daily Value of this nutrient.

SUGAR PROFILE

Fructose	4.04	(g/100g)	Glucose	4.69	(g/100g)
Lactose	<0.10	(g/100g)	Maltose	<0.10	(g/100g)
Sucrose	<0.10	(g/100g)			

The results of these tests relate only to the samples tested. This report shall not be reproduced except in full, without the written approval of the laboratory.



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Analytical Results

FAT ANALYSIS BY GC Fatty Acids	% Fatty Acid in Product (Weight/Weight Basis)					Laboratory ID: 303003123	
	Saturated	Cis MUFA	Cis PUFA	Trans	Conjugated	% as Triglyceride	% FA of Total FA
4:0 Butanoic (Butyric)	0.012					0.014	0.186
5:0 Pentanoic (Valeric)	0.002					0.003	0.035
6:0 Hexanoic (Caproic)						0.000	0.000
7:0 Heptanoic (Enanthic)						0.000	0.000
8:0 Octanoic (Caprylic)	0.002					0.002	0.031
9:0 Nonanoic (Pelargonic)						0.000	0.000
10:0 Decanoic (Capric)	0.005					0.005	0.074
11:0 Undecanoic						0.000	0.000
12:0 Dodecanoic (Lauric)	0.017					0.018	0.259
12:1 Dodecenoic						0.000	0.000
14:0 Tetradecanoic (Myristic)	0.015					0.016	0.230
14:1 trans-Tetradecenoic						0.000	0.000
14:1 Tetradecenoic (Myristoleic)						0.000	0.000
15:0 Pentadecanoic	0.002					0.002	0.035
15:1 Pentadecenoic						0.000	0.000
16:0 Hexadecanoic (Palmitic)	0.726					0.762	11.195
16:1 trans-Hexadecenoic						0.000	0.000
16:1 Hexadecenoic (Palmitoleic)		0.012				0.012	0.179
17:0 Heptadecanoic (Margaric)	0.007					0.007	0.109
17:1 Heptadecenoic (Margaroleic)		0.007				0.007	0.105
18:0 Octadecanoic (Stearic)	0.301					0.314	4.639
18:1 trans-Octadecenoic (incl. Elaidic)				0.011		0.012	0.175
18:1 Octadecenoic (incl. Oleic)		1.557				1.627	24.018
18:2 trans-Octadecadienoic				0.030		0.032	0.467
18:2 Octadecadienoic (Linoleic)			3.201			3.346	49.377
20:0 Eicosanoic (Arachidic)						0.000	0.000
18:3 trans-Octadecatrienoic				0.024		0.025	0.363
18:3 g-Linolenic			0.020			0.021	0.314
20:1 trans-Eicosenoic						0.000	0.000
20:1 Eicosenoic (incl. Gadoleic)		0.045				0.047	0.700
18:3 Octadecatrienoic (Linolenic)			0.437			0.457	6.745
21:0 Heneicosanoic						0.000	0.000
18:2 conj Linoleic					0.007	0.008	0.114
18:4 Octadecatetraenoic (Moroctic)			0.004			0.004	0.066
20:2 Eicosadienoic						0.000	0.000
20:3 5,8,11-Eicosatrienoic			0.023			0.024	0.362
22:0 Docosanoic (Behenic)						0.000	0.000
20:3 8,11,14-Eicosatrienoic (gamma)						0.000	0.000
22:1 trans-Docosanoic (Brassicidic)						0.000	0.000
22:1 Docosanoic (Erucic)						0.000	0.000
20:3 11,14,17-Eicosatrienoic						0.000	0.000

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	Saturated	Cis MUFA	Cis PUFA	Trans	Conjugated	% as Triglyceride	% FA of Total FA
20:4 Eicosatetraenoic (Arachidonic)			0.003			0.003	0.042
23:0 Tricosanoic						0.000	0.000
22:2 Docosadienoic						0.000	0.000
24:0 Tetracosanoic (Lignoceric)	0.008					0.009	0.127
20:5 Eicosapentaenoic						0.000	0.000
24:1 Tetracosanoic (Nervonic)		0.004				0.004	0.055
22:3 Docosatrienoic						0.000	0.000
22:4 Docosatetraenoic						0.000	0.000
22:5 Docosapentaenoic						0.000	0.000
22:6 Docosahexaenoic						0.000	0.000
Total (g per 100g)	1.10	1.62	3.69	0.07	0.01	6.78	100.00
% of Total Fatty Acid Concentration	16.92	25.06	56.91	1.00	0.11		

FAT ANALYSIS BY GC - SUMMARY

Fat by Fatty Acid Profile:	6.78 (g/100g)	Total Polyunsaturated Fatty Acids:	3.69 (g/100g)
Total Saturated Fatty Acids:	1.10 (g/100g)	Total Trans Fatty Acids:	0.07 (g/100g)
Total Monounsaturated Fatty Acids:	1.62 (g/100g)	Total Conjugated Fatty Acids:	0.01 (g/100g)


 Randy Fleener Laboratory Director