



**SILLIKER, Inc.**  
**Illinois Laboratory**

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

**CERTIFICATE OF ANALYSIS**

COA No:	CHG-30544627-0
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
--	---------------------

**Analytical Results**

**Desc. 1:** Green Beans

**Laboratory ID:** 303003146  
**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

<b>LABEL ANALYTES</b>		<b>ANALYTICAL DATA PER 100g</b>	<b>ANALYTICAL DATA PER SERVING</b>	<b>ROUNDED DATA PER SERVING</b>	<b>% DAILY VALUE</b>
Calories		57.5	57.5	60	
Calories from Fat		28.3	28.3	30	
Total Fat	(g)	3.15	3.15	3.0	5
Saturated Fat	(g)	0.67	0.67	0.5	2
Trans Fat	(g)	<0.10	<0.10	0	
Cholesterol	(mg)	N/A	N/A	N/A	N/A
Sodium	(mg)	720	720	720	30
Total Carbohydrate	(g)	6.8	6.8	7	2
Dietary Fiber	(g)	2.51	2.51	3	12
Sugars	(g)	1.33	1.33	1	
Protein (F=6.25)	(g)	0.49	0.49	0	
Vitamin A	(IU)	449	449		8
Vitamin C	(mg)	<1.0	<1.0		*
Calcium	(mg)	28.2	28.2		2
Iron	(mg)	3.2	3.2		20

**CONTRIBUTING ANALYTES**

Moisture	(g)	87.46	87.46
Ash	(g)	2.10	2.10
Beta Carotene	(IU)	449	449
Retinol	(IU)	<5	<5
Vit A % Beta Carotene		100	

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

**SUGAR PROFILE**

Fructose	0.51	(g/100g)	Glucose	0.40	(g/100g)
Lactose	<0.10	(g/100g)	Maltose	0.24	(g/100g)
Sucrose	0.18	(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.



**SILLIKER, Inc.**  
**Illinois Laboratory**

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

**CERTIFICATE OF ANALYSIS**

COA No:	CHG-30544627-0
Supersedes:	None
COA Date	2/23/05
Page 2 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

<b>Location of Test: (except where noted)</b> Chicago Heights, IL
--

**Analytical Results**

FAT ANALYSIS BY GC Fatty Acids	% Fatty Acid in Product (Weight/Weight Basis)					Laboratory ID: 303003146	
	Saturated	Cis MUFA	Cis PUFA	Trans	Conjugated	% as Triglyceride	% FA of Total FA
4:0 Butanoic (Butyric)	0.009					0.010	0.303
5:0 Pentanoic (Valeric)	0.004					0.004	0.118
6:0 Hexanoic (Caproic)						0.000	0.000
7:0 Heptanoic (Enanthic)						0.000	0.000
8:0 Octanoic (Caprylic)	0.002					0.002	0.065
9:0 Nonanoic (Pelargonic)	0.001					0.001	0.030
10:0 Decanoic (Capric)	0.007					0.007	0.217
11:0 Undecanoic						0.000	0.000
12:0 Dodecanoic (Lauric)	0.018					0.019	0.607
12:1 Dodecenoic						0.000	0.000
14:0 Tetradecanoic (Myristic)	0.017					0.018	0.565
14:1 trans-Tetradecenoic						0.000	0.000
14:1 Tetradecenoic (Myristoleic)						0.000	0.000
15:0 Pentadecanoic	0.002					0.002	0.068
15:1 Pentadecenoic						0.000	0.000
16:0 Hexadecanoic (Palmitic)	0.414					0.435	13.767
16:1 trans-Hexadecenoic						0.000	0.000
16:1 Hexadecenoic (Palmitoleic)		0.019				0.020	0.629
17:0 Heptadecanoic (Margaric)	0.005					0.005	0.164
17:1 Heptadecenoic (Margaroleic)		0.008				0.008	0.261
18:0 Octadecanoic (Stearic)	0.189					0.197	6.281
18:1 trans-Octadecenoic (incl. Elaidic)				0.013		0.014	0.433
18:1 Octadecenoic (incl. Oleic)		0.776				0.811	25.806
18:2 trans-Octadecadienoic				0.020		0.020	0.649
18:2 Octadecadienoic (Linoleic)			1.251			1.308	41.587
20:0 Eicosanoic (Arachidic)						0.000	0.000
18:3 trans-Octadecatrienoic				0.012		0.013	0.399
18:3 g-Linolenic			0.012			0.013	0.402
20:1 trans-Eicosenoic						0.000	0.000
20:1 Eicosenoic (incl. Gadoleic)		0.024				0.025	0.785
18:3 Octadecatrienoic (Linolenic)			0.182			0.191	6.063
21:0 Heneicosanoic						0.000	0.000
18:2 conj Linoleic					0.004	0.004	0.132
18:4 Octadecatetraenoic (Moroctic)			0.004			0.004	0.120
20:2 Eicosadienoic						0.000	0.000
20:3 5,8,11-Eicosatrienoic			0.010			0.010	0.323
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			0.003			0.003	0.099

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.



**SILLIKER, Inc.**  
**Illinois Laboratory**

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

**CERTIFICATE OF ANALYSIS**

COA No:	CHG-30544627-0
Supersedes:	None
COA Date	2/23/05
Page 3 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
--	---------------------

**Analytical Results**

FAT ANALYSIS BY GC Fatty Acids	% Fatty Acid in Product (Weight/Weight Basis)					Laboratory ID: 303003146	
	Saturated	Cis MUFA	Cis PUFA	Trans	Conjugated	% as Triglyceride	% FA of Total FA
20:4 Eicosatetraenoic (Arachidonic)						0.000	0.000
23:0 Tricosanoic						0.000	0.000
22:2 Docosadienoic						0.000	0.000
24:0 Tetracosanoic (Lignoceric)	0.004					0.004	0.128
20:5 Eicosapentaenoic						0.000	0.000
24:1 Tetracosanoic (Nervonic)						0.000	0.000
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)	0.67	0.83	1.46	0.04	0.00	3.15	100.00
% of Total Fatty Acid Concentration	22.31	27.48	48.59	1.48	0.13		

**FAT ANALYSIS BY GC - SUMMARY**

Fat by Fatty Acid Profile:	3.15 (g/100g)	Total Polyunsaturated Fatty Acids:	1.46 (g/100g)
Total Saturated Fatty Acids:	0.67 (g/100g)	Total Trans Fatty Acids:	0.04 (g/100g)
Total Monounsaturated Fatty Acids:	0.83 (g/100g)	Total Conjugated Fatty Acids:	0.00 (g/100g)

  
 Randy Fleener Laboratory Director