BRAUDE MICHAEL

Form 5

August 12, 2005

Reported

OMB APPROVAL FORM 5 **OMB** UNITED STATES SECURITIES AND EXCHANGE COMMISSION 3235-0362 Number: Washington, D.C. 20549 Check this box if January 31, Expires: no longer subject 2005 to Section 16. Estimated average ANNUAL STATEMENT OF CHANGES IN BENEFICIAL Form 4 or Form burden hours per 5 obligations OWNERSHIP OF SECURITIES response... 1.0 may continue. See Instruction Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, 1(b). Form 3 Holdings Section 17(a) of the Public Utility Holding Company Act of 1935 or Section Reported 30(h) of the Investment Company Act of 1940 Form 4 Transactions

BRAUDE MICHAEL Symbol			ssuer Name and Ticker or Trading mbol GP INGREDIENTS INC [MGPI]				5. Relationship of Reporting Person(s) to Issuer			
(Last)	, , , , , , , , , , , , , , , , , , ,	(Month/) 06/30/2	3. Statement for Issuer's Fiscal Year Ended (Month/Day/Year) 06/30/2005			led	(Check all applicable) _X_ Director			
5319 MISS	ION WOODS TE	RRACE					,			
	endment, Date Original nth/Day/Year)				6. Individual or Joint/Group Reporting (check applicable line)					
SHAWNEE MISSION,	E KS 66205						_X_ Form Filed by Form Filed by Person	One Reporting Po		
(City)	(State)	(Zip) Tab	ole I - Non-Der	ivative Se	curitio	es Acqı	uired, Disposed o	f, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	e 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) (A) or)) 5)	Owned at end Indirect (I) Own of Issuer's (Instr. 4) (Instr. 5 and 4)			
C				Amount	(D)	Price				
Common Stock	Â	Â	Â	Â	Â	Â	2,646	D	Â	
Common Stock	Â	Â	Â	Â	Â	Â	2,647.3597 (1)	I	By ESPP	
Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.			Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.					SEC 2270 (9-02)		

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

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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)	Number Expiration Date of (Month/Day/Year) Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3,		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
					(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Option	\$ 9.09	Â	Â	Â	Â	04/16/2005	10/15/2014	Common Stock	2,000

D

Reporting Owners

Reporting Owner Name / Address	Relationships					
. 8	Director	10% Owner	Officer	Other		
BRAUDE MICHAEL 5319 MISSION WOODS TERRACE SHAWNEE MISSION, KS 66205	ÂX	Â	Â	Â		

Signatures

Michael Braude 08/12/2005

**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) Includes 1951.0221 shares acquired between the period of 7/1/04 and 6/30/05 under ESPP in a transaction exempt under 16b-3(c).

Note: File three copies of this Form, one of which must be manually signed. If space provided 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.

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