Zenuk Mark N
Form 4
January 31, 2006

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. *See* Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
Zenuk Mark N

(Last) (First) (Middle)

4666 FARIES PARKWAY

(Street)

DECATUR, IL 62526

(City) (State) (Zip)

2. Issuer Name **and** Ticker or Trading Symbol
ARCHER DANIELS MIDLAND CO [ADM]

3. Date of Earliest Transaction (Month/Day/Year)
01/31/2006

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

_____ Director _____ 10% Owner
__X__ Officer (give title below) _____ Other (specify below)
Vice President

6. Individual or Joint/Group Filing(Check Applicable Line)
_X_ Form filed by One Reporting Person
___ Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	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)			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)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	01/31/2006		M		2,929	A	$ 11.3	31,518	D	
Common Stock	01/31/2006		M		948	A	$ 13.65	32,466	D	
Common Stock	01/31/2006		M		2,923	A	$ 15.73	35,389	D	
Common Stock	01/31/2006		S		6,800	D	$ 31.85	28,589	D	
Common Stock								9,022.3243 (1)	I	By Employee Benefit

Plan

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. Transaction Code (Instr. 8)		5. Number of 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)		8 D S (I
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Employee Stock Option (right to buy)	$ 11.3	01/31/2006		M			2,929	(2)	08/08/2007	Common Stock	2,929	
Employee Stock Option (right to buy)	$ 13.65	01/31/2006		M			948	(3)	10/14/2013	Common Stock	948	
Employee Stock Option (right to buy)	$ 15.73	01/31/2006		M			2,923	(4)	08/19/2014	Common Stock	2,923	

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Zenuk Mark N 4666 FARIES PARKWAY DECATUR, IL 62526			Vice President	

Signatures

Stuart E. Funderburg, Attorney-in-fact for Mark N. Zenuk	01/31/2006
**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)	Between August 8, 2005 and January 31, 2006, the reporting person acquired 507.9719 shares of ADM Common Stock pursuant to an employee benefit plan. The information in this report is based on a plan statement dated January 31, 2006.
(2)	The option becomes exercisable in 25% increments annually commencing on August 8, 2002.
(3)	The option becomes exercisable in approximately 11.1% increments annually commencing on October 14, 2004.
(4)	The option becomes exercisable in five approximately equal annual installments beginning on August 19, 2005.

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