FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL										
OMB Number:	3235-0287									
Estimated average burd	en									
hours per response:	0.5									

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

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

	nd Address of		2. Issuer Name and Ticker or Trading Symbol Ingredion Inc [INGR]									Relationship of Reporting Person(s) to Issuer (Check all applicable) Director							
(Last) 5 WEST	•	irst) ORPORATE CE	(Middle	-		Date of /08/20		est Tra	nsactio	n (Moi	nth/Day/Year)	X Officer (give title Other (specify below) Corporate Treasurer					specify		
(Street) WESTCHESTER IL 60154							ndmei	nt, Date	e of Ori	ginal F	iled (Month/D	Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting					on		
(City)	(S	tate)	(Zip)		-										Persor		e tnar	n One Repo	orting
		Tab	le I -	Non-Deri	vative	e Sec	urit	ies A	cquir	ed, C	Disposed (of, or E	Benefi	cially	Owned	l			
1. Title of Security (Instr. 3) 2. Transaction Date (Month/Day/Yes						Execution Date,		oate,	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 4		(A) or . 3, 4 and	l 5)	5. Amount of Securities Beneficially Owned Following Reported		6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership
								Code	v	Amount	(A) or (D)	A) or Price		Transaction(s) (Instr. 3 and 4)				(Instr. 4)	
Common	Stock			05/08/20	013	3			M		1,800	A	\$34.36		16,84	48.6868		D	
Common	Stock			05/08/20	013	3			M		7,700	A	\$25.58		24,54	548.6868		D	
Common	013	3			M		5,800	A	\$28	\$28.75		30,348.6868		D					
Common	Stock	013	3			M		1,933	A	\$47	\$47.95		32,281.6868		D				
Common	Stock	013				M		900	A		\$55.95		33,181.6868		D				
Common	Stock		013	3		S	lacksquare	18,133	D	\$70.5	819(1)	15,048	5,048.6868 ⁽²⁾		D				
Common	Stock											14.827		I	By 401(k) Plan				
		7	able								sposed of				wned				
1. Title of Derivative Security (Instr. 3)	Title of 2. 3. Transaction 3A. Deemed Execution Date Execution Date, or Exercise (Month/Day/Year)			4. Transa	. 5. Nu ransaction of code (Instr. Deriv			6. Dat				8. D S	Price of erivative ecurity nstr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s (Instr. 4)		10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)		
					Code	v	(A)	(D)	Date Exerc	cisable	Expiration Date	Title	Amo or Num of Shai	ber					
Employee Stock Options (Right to Buy)	\$34.36	05/08/2013			М			1,800	((3)	01/28/2018	Commo	1 1 8	00	\$0	0		D	
Employee Stock Options (Right to Buy)	\$25.58	05/08/2013	/08/2013		М	M 7,70		7,700	((4)	01/26/2019 Common Stock			00	\$0	0		D	
Employee Stock Options (Right to Buy)	\$28.75	05/08/2013			M			5,800	((5)	01/25/2020	Commo Stock		00	\$0	0		D	
Employee Stock Options (Right to Buy)	\$47.95	05/08/2013			M			1,933		(6)	02/07/2021	Commo Stock		33	\$0	967		D	
Employee Stock Options (Right to	\$55.95	05/08/2013			M			900		(7)	02/06/2022	Commo		00	\$0	1,800		D	

Explanation of Responses:

Ingredion Incorporated, any security holder of Ingredion Incorporated or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the ranges set forth in the immediately preceding sentence.

- 2. Includes restricted stock units acquired through deemed dividend reinvestment.
- $3.\ These\ options\ vested\ in\ three\ equal\ annual\ installments\ on\ January\ 29,\ 2009,\ 2010\ and\ 2011.$
- 4. These options vested in three equal annual installments on January 27, 2010, 2011 and 2012.
- $5. \ These \ options \ vested \ in \ three \ equal \ annual \ installments \ on \ January \ 26, \ 2011, \ 2012 \ and \ 2013.$
- 6. Two thirds of these options vested in two equal annual installments on February 8, 2012 and 2013, and the remaining one third of these options will vest on February 8, 2014.
- 7. One third of these options vested on February 7, 2013, and the remaining two thirds of these options will vest in two equal annual installments on February 7, 2014 and 2015.

Christine M. Castellano, 05/10/2013 Attorney-in-Fact

** Signature of Reporting Person

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

- * 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).

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

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 Number.