



SunOpta to Present at Adams Harkness' 25th Annual Summer Seminar

TORONTO--July 11, 2005--SunOpta Inc. (SunOpta or the Company) (Nasdaq:STKL) (TSX:SOY) today announced that it will present at Adams Harkness' 25th Annual Summer Seminar in Boston. Jeremy Kendall, Chairman & CEO and Steve Bromley, President and COO, are scheduled to present to leading institutional investors on August 3, 2005.

Jeremy Kendall and Steve Bromley will join executives from more than 200 public and private companies for the Summer Seminar, one of the longest-running growth investment conferences.

"We look forward to telling the SunOpta story to some of the country's top growth investors at this year's Summer Seminar," said Jeremy Kendall, Chairman & CEO of SunOpta Inc.

"The Summer Seminar is a unique forum that allows executives to gain increased visibility among the investment community while institutions gain valuable insights and new ideas for their portfolios," said Adams Harkness director of research Eric Prouty. "Over the course of more than two decades, we've established a coveted industry conference that provides value to everyone who attends."

The Adams Harkness Annual Summer Seminar is one of the oldest and largest programs showcasing both publicly traded and privately held growth companies. This year, companies representing such diverse industries as technology, emerging therapeutics, healthy living etc, etc. will make presentations about their businesses and industries to an audience of largely small- and mid-cap investors. Most of the presenting companies are covered by Adams Harkness' team of equity analysts. In addition, the conference will feature companies outside of the Adams Harkness research universe, as well as two additional tracks of early and late stage private companies. To learn more about the Summer Seminar, please contact Nadine Miller at nmiller@adamsharkness.com.

SunOpta Inc. is an operator of high-growth ethical businesses, focusing on integrated business models in the natural and organic food markets. For the last seven consecutive years, SunOpta was included in Profit magazine's 'Profit 100' list of the 100 fastest growing companies in Canada. The Company has three business units: the SunOpta Food Group, which specializes in sourcing, processing and distribution of natural and organic food products integrated from seed through packaged products; the Opta Minerals Group, a producer, distributor, and recycler of environmentally friendly industrial materials; and the StakeTech Steam Explosion Group which engineers and markets proprietary steam explosion technology systems for the pulp, bio-fuel and food processing industries. Each of these business units has proprietary products and services that give it a solid competitive advantage in its sector.

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