



## SunOpta Announces Third Quarter 2010 Results

TORONTO, Nov. 10, 2010 (GLOBE NEWSWIRE) -- SunOpta Inc. ("SunOpta" or "the Company") (Nasdaq:STKL) (TSX:SOY), a leading global company focused on natural, organic and specialty foods and natural health products, today announced financial results for the period ended October 2, 2010. All amounts are expressed in U.S. dollars and results are reported in accordance with U.S. GAAP, except where specifically noted. As a result of the June 11, 2010 sale of the Company's Food Distribution Assets and August 31, 2010 sale of SunOpta BioProcess Inc., all results from operations related to these businesses have been excluded from operating results and are now reported as discontinued operations for all comparable periods.

For the third quarter of 2010 the Company realized revenues of \$217.9 million versus third quarter 2009 revenues of \$212.5 million, a year over year increase of 2.5%. Revenues in SunOpta Foods were \$197.5 million, an increase of 0.9% versus the third quarter of 2009. After adjusting for movements in foreign exchange rates and commodity related pricing, revenues increased approximately 7.6% on a consolidated basis versus the third quarter of 2009, and approximately 6.4% in SunOpta Foods, reflecting continued momentum in the natural, organic and specialty foods sectors.

For the third quarter of 2010 the Company reported net income on a GAAP basis of \$34.1 million or \$0.52 per diluted common share versus net losses in the third quarter of 2009 of \$4.7 million or \$0.07 per diluted common share. Included in the results of the third quarter was a net gain on the sale of SunOpta Bioprocess Inc. of \$34.6 million after tax or \$0.52 per diluted common share, offset by non-cash goodwill and impairment charges of \$6.4 million after tax or \$0.10 per diluted common share.

Earnings from operations<sup>1</sup> for the third quarter of 2010 were \$5.3 million or \$0.08 per diluted common share. Earnings from operations<sup>1</sup> for the third quarter include additional pre-tax costs of approximately \$0.6 million related primarily to ongoing facility and operational rationalizations.

Operating income<sup>1</sup> for the third quarter increased 96.2% to \$10.0 million or 4.6% of revenues versus operating income<sup>1</sup> in the prior year of \$5.1 million or 2.4% of revenues. Operating income<sup>1</sup> in SunOpta Foods increased to \$9.7 million or 4.9% of revenues versus \$5.3 million or 2.7% in the prior year.

EBITDA<sup>1</sup> for the third quarter of 2010, excluding the net effect of discontinued operations and non-cash charges increased 52% to \$14.1 million versus \$9.3 million in 2009, indicative of the improved operating performance realized within the business.

For the year to date period ended October 2, 2010 the Company has realized revenues of \$668.5 million versus year to date third quarter 2009 revenues of \$619.8 million, a year over year increase of 7.9%. Revenues in SunOpta Foods for the year-to-date period were \$609.0 million, an increase of 6.1% versus the year-to-date period in 2009. After adjusting for movements in foreign exchange rates and commodity related pricing, revenues increased approximately 11.2% on a consolidated basis, and approximately 9.7% in SunOpta Foods. Year to date all operating segments have realized increased revenues and operating income<sup>1</sup> versus the prior year.

Year to date the Company has realized net income on a GAAP basis of \$59.1 million or \$0.90 per diluted common share versus a net loss in 2009 of \$4.5 million or \$0.07 per diluted common share. Included in the year to date results was a net gain after tax on the sale of the Canadian Food Distribution assets of \$13.8 million or \$0.21 per diluted common share and a net gain after tax on the sale of SunOpta Bioprocess Inc. of \$34.6 million or \$0.52 per diluted common share, offset by certain non-cash goodwill and impairment charges of \$6.4 million after tax or \$0.10 per diluted common share.

Earnings from operations<sup>1</sup> for the three quarters ended October 2, 2010 were \$16.6 million or \$0.25 per diluted common share. Earnings from operations in the three quarters ended October 2, 2010 also include additional pre-tax costs of approximately \$4.6 million, including legal and professional fees and costs related to ongoing facility and operational rationalizations.

Year to date the Company has realized operating income<sup>1</sup> of \$31.5 million or 4.7% of revenues versus operating income<sup>1</sup> in the prior year of \$9.6 million or 1.6% of revenues. Operating income<sup>1</sup> in SunOpta Foods increased to \$33.9 million or 5.6% of

revenues versus \$14.1 million or 2.4% in the prior year.

The Company has realized EBITDA<sup>1</sup> through the first three quarters ended October 2, 2010 of \$43.9 million versus \$22.4 million in the prior year, an increase of approximately 96%, excluding the net favorable benefit of dispositions offset by goodwill and impairment charges.

At October 2, 2010 the Company's balance sheet reflects a current working capital ratio of 1.61 to 1.00, long-term debt to equity ratio of 0.25 to 1.00 and total debt to equity ratio of 0.33 to 1.00. During the third quarter the Company generated cash from continuing operations of \$20.7 million. At October 2, 2010 the Company has total assets of \$517.4 million and a net book value of \$4.42 per outstanding share.

At quarter-end, the Company is in compliance with all banking covenants.

Steve Bromley, President and Chief Executive Officer of SunOpta, commented, "We are very pleased with our third quarter and year to date results which are the result of numerous operational improvement initiatives which have been implemented, combined with the benefit of the disposition of certain of our non-core assets. We continue to focus on process improvement across the organization and are very pleased that the initiatives undertaken are having the expected positive effect on our results. At the same time our balance sheet has improved significantly with lower debt leverage and improved return on net assets employed. We remain confident that our continued focus on margin improvement and asset management, when combined with strong consumer interest in health and wellness, positions our Company for long-term success."

The Company plans to host a conference call at 10:00 a.m. Eastern Time on Thursday, November 11th, 2010 to discuss these results and recent corporate developments. The conference call can be accessed via a link at the Company's website at [www.sunopta.com](http://www.sunopta.com). Additionally, the call may be accessed with the toll free dial-in number 1-877-312-9198 or 631-291-4622. A replay number can also be accessed between November 11th and 18th with the toll free dial-in number 1-800-642-1687 or 706-645-9291 followed by pass code: 16944666#.

<sup>1</sup> See discussion and reconciliation of Non-GAAP Measures

## **About SunOpta Inc.**

SunOpta Inc. is a leading global company focused on natural, organic and specialty foods and natural health products. The Company specializes in sourcing, processing and packaging of natural and organic food products, integrated from seed through packaged products; with a focus on strategically significant vertically integrated business models. The Company's core natural and organic food operations focus on value-added grains, fiber and fruit based product offerings, supported by a global infrastructure. The Company has two non-core holdings, a 66.4% ownership position in Opta Minerals Inc. (TSX:OPM), a producer, distributor, and recycler of environmentally friendly industrial materials; and a minority ownership position in Mascoma Corporation, an innovative biofuels company.

The SunOpta Inc. logo is available at <http://www.globenewswire.com/newsroom/prs/?pkgid=3958>

## **Forward-Looking Statements**

Certain statements included in this press release may be considered "forward-looking statements" within the meaning of the United States Private Securities Litigation Reform Act of 1995 and applicable Canadian securities legislation, which are based on information available to us on the date of this release. These forward-looking statements include, but are not limited to, management's continued focus on process improvement, margin improvement and asset management and positioning for long-term success. The terms and phrases "continue," "improvement," "remain confident," "positions," and other similar terms and phrases are intended to identify these forward-looking statements. Forward-looking statements are based on information available to us on the date of this release and are based on estimates and assumptions made by the Company in light of its experience and its perception of historical trends, current conditions and expected future developments as well as other factors the Company believes are appropriate in the circumstances including, but not limited to, general economic conditions, consumer interest in health and wellness, product pricing levels, current customer demand, competitive intensity, cost rationalization and product development initiatives. Whether actual timing and results will agree with expectations and predications of the Company is subject to many risks and uncertainties including, but not limited to, global economic conditions, consumer spending patterns and changes in market trends, decreases in customer demand, potential failure of product development, working capital management and continuous improvement initiatives, availability and pricing of raw materials and supplies, and other risks described from time to time under "Risk Factors" in the Company's Annual Report on Form 10-K and its Quarterly Reports on Form 10-Q (available at [www.sec.gov](http://www.sec.gov)). Consequently all forward-looking statements made herein are qualified by these cautionary statements and there can be no assurance that the actual results or developments anticipated by the Company will be realized.

**SunOpta Inc.**

## Consolidated Statements of Operations

For the quarter ended October 2, 2010 and September 30, 2009

Unaudited

(Expressed in thousands of U.S. dollars, except per share amounts)

	Quarter ended October 2, 2010 \$	Quarter ended September 30, 2009 \$	% change
<b>Revenues</b>	<b>217,905</b>	212,488	2.5%
<b>Cost of goods sold</b>	<b>184,698</b>	183,949	0.4%
<b>Gross profit</b>	<b>33,207</b>	28,539	16.4%
Warehousing and distribution expenses	702	1,036	(32.2%)
Selling, general and administrative expenses	21,412	21,747	(1.5%)
Intangible asset amortization	1,155	1,300	(11.2%)
Other expense (income), net	7,453	(270)	n/m
Goodwill impairment	1,654	8,341	(80.2%)
Foreign exchange gain	(58)	(639)	90.9%
<b>Earnings (loss) from continuing operations before the following</b>	<b>889</b>	(2,976)	129.9%
Interest expense, net	2,036	3,883	(47.6%)
<b>Loss from continuing operations before income taxes</b>	<b>(1,147)</b>	(6,859)	(83.3%)
<b>Recovery of income taxes</b>	<b>(1,258)</b>	(145)	767.6%
<b>Earnings (loss) from continuing operations</b>	<b>111</b>	(6,714)	(101.7%)
<b>Discontinued operations</b>			
Loss from discontinued operations, net of taxes	(15,415)	(150)	n/m
Gain on sale of discontinued operations, net of taxes	49,867	--	n/m
<b>Earnings (loss) from discontinued operations, net of taxes</b>	<b>34,452</b>	(150)	n/m
	<b>34,563</b>	(6,864)	603.5%
<b>Earnings (loss)</b>			
Earnings (loss) attributable to non-controlling interests	496	(2,192)	122.6%
<b>Earnings (loss) attributable to SunOpta Inc.</b>	<b>34,067</b>	(4,672)	829.2%
<b>(Loss) earnings per share ? basic</b>			
-from continuing operations	(0.01)	(0.07)	

-from discontinued operations	<u>0.53</u>	--
	<u>0.52</u>	<u>(0.07)</u>
<b>(Loss) earnings per share ? diluted</b>		
-from continuing operations	--	(0.07)
-from discontinued operations	<u>0.52</u>	--
	<u>0.52</u>	<u>(0.07)</u>

**SunOpta Inc.**

Consolidated Statements of Operations

For the three quarters ended October 2, 2010 and September 30, 2009

Unaudited

(Expressed in thousands of U.S. dollars, except per share amounts)

	<b>Three quarters ended October 2, 2010</b>	Three quarters ended September 30, 2009	%
	<u>\$</u>	<u>\$</u>	<u>change</u>
<b>Revenues</b>	<b>668,539</b>	619,772	7.9%
<b>Cost of goods sold</b>	<u><b>560,721</b></u>	<u>538,859</u>	<u>4.1%</u>
<b>Gross profit</b>	<b>107,818</b>	80,913	33.3%
Warehousing and distribution expenses	<b>2,894</b>	3,034	(4.6%)
Selling, general and administrative expenses	<b>71,432</b>	64,833	10.2%
Intangible asset amortization	<b>3,474</b>	3,577	(2.9%)
Other expense (income), net	<b>8,812</b>	(342)	n/m
Goodwill impairment	<b>1,654</b>	8,341	(80.2%)
Foreign exchange gain	<u><b>(1,494)</b></u>	<u>(156)</u>	<u>(857.7%)</u>
<b>Earnings from continuing operations before the following</b>	<b>21,046</b>	1,626	n/m
Interest expense, net	<u><b>7,625</b></u>	<u>10,159</u>	<u>(24.9%)</u>
<b>Earnings (loss) from continuing operations before income taxes</b>	<b>13,421</b>	(8,533)	257.3%
<b>Provision for (recovery of) income taxes</b>	<u><b>2,672</b></u>	<u>(1,207)</u>	<u>321.4%</u>
<b>Earnings (loss) from continuing operations</b>	<b>10,749</b>	(7,326)	246.7%
<b>Discontinued operations</b>			
<b>(Loss) earnings from discontinued operations, net of taxes</b>	<b>(14,569)</b>	29	n/m
<b>Gain on sale of discontinued operations, net of taxes</b>	<u><b>63,676</b></u>	<u>--</u>	<u>n/m</u>
<b>Earnings from discontinued operations, net of taxes</b>	<b>49,107</b>	29	n/m
	<b>59,856</b>	(7,297)	
<b>Earnings (loss)</b>			n/m

Earnings (loss) attributable to non-controlling interests	<u>710</u>	<u>(2,748)</u>	125.8%
<b>Earnings (loss) attributable to SunOpta Inc.</b>	<u><b>59,146</b></u>	<u><b>(4,549)</b></u>	n/m
<b>Earnings (loss) per share ? basic</b>			
-from continuing operations	0.16	(0.07)	
-from discontinued operations	<u>0.75</u>	--	
	<u><b>0.91</b></u>	<u>(0.07)</u>	
<b>Earnings (loss) per share ? diluted</b>			
-from continuing operations	0.15	(0.07)	
-from discontinued operations	<u>0.75</u>	--	
	<u><b>0.90</b></u>	<u>(0.07)</u>	

**SunOpta Inc.**

Consolidated Balance Sheets

As at October 2, 2010 and December 31, 2009

Unaudited

(Expressed in thousands of U.S. dollars, except per share amounts)

	<b>October 2,</b>	December 31,
	<b>2010</b>	2009
	<b>\$</b>	<b>\$</b>
<b>Assets</b>		
<b>Current assets</b>		
Cash and cash equivalents	21,067	1,752
Accounts receivable	94,618	78,483
Inventories	158,049	157,541
Prepaid expenses and other current assets	13,573	10,001
Current income taxes recoverable	--	442
Deferred income taxes	5,173	5,457
Current assets held for sale	--	56,140
	<u>292,480</u>	309,816
<b>Investments</b>	<b>33,345</b>	--
<b>Property, plant and equipment</b>	<b>100,266</b>	103,561
<b>Goodwill</b>	<b>30,134</b>	31,431
<b>Intangible assets</b>	<b>48,424</b>	55,229
<b>Deferred income taxes</b>	<b>10,680</b>	15,257
<b>Other assets</b>	<b>2,037</b>	2,876
<b>Non-current assets held for sale</b>	<u>--</u>	<u>33,120</u>
	<u><b>517,366</b></u>	<u>551,290</u>
<b>Liabilities</b>		
<b>Current liabilities</b>		
Bank indebtedness	23,690	63,481

Accounts payable and accrued liabilities	<b>100,167</b>	87,519
Customer and other deposits	<b>963</b>	1,064
Incomes taxes payable	<b>1,612</b>	--
Other current liabilities	<b>1,187</b>	1,566
Current portion of long-term debt	<b>53,842</b>	52,455
Current portion of long-term liabilities	<b>373</b>	683
Current liabilities held for sale	<b>--</b>	19,135
	<b>181,834</b>	225,903

<b>Long-term debt</b>	<b>17,183</b>	34,734
<b>Long-term liabilities</b>	<b>2,595</b>	2,760
<b>Deferred income taxes</b>	<b>13,126</b>	12,708
<b>Non-current liabilities held for sale</b>	<b>--</b>	487
	<b>214,738</b>	276,592

<b>Preferred shares of a subsidiary company held for sale</b>	<b>--</b>	28,187
---	-----------	--------

#### Equity

SunOpta Inc. shareholders' equity

<b>Capital stock</b>	<b>179,587</b>	178,694
65,299,048 common shares (December 31, 2009 ? 64,982,968)		
<b>Additional paid in capital</b>	<b>11,480</b>	7,934
<b>Retained earnings</b>	<b>93,292</b>	34,146
<b>Accumulated other comprehensive income</b>	<b>4,101</b>	12,079
	<b>288,460</b>	232,853
<b>Non-controlling interest</b>	<b>14,168</b>	13,658
<b>Total equity</b>	<b>302,628</b>	246,511
	<b>517,366</b>	551,290

#### SunOpta Inc.

Consolidated Statements of Cash Flows

For the quarter ended October 2, 2010 and September 30, 2009

Unaudited

(Expressed in thousands of U.S. dollars, except per share amounts)

	<b>Quarter ended October 2, 2010</b>	Quarter ended September 30, 2009
	<b>\$</b>	\$

#### Cash provided by (used in)

##### Operating activities

Earnings (loss)	<b>34,563</b>	(6,864)
Earnings (loss) from discontinued operations	<b>34,452</b>	(150)
Earnings (loss) from continuing operations	<b>111</b>	(6,714)

Items not affecting cash

Depreciation and amortization	<b>4,110</b>	4,187
Unrealized loss (gain) on foreign exchange	<b>829</b>	(169)

Deferred income taxes	(1,909)	(1,459)
Goodwill impairment	1,654	8,341
Impairment of long-lived assets	7,505	--
Other	21	2,254
Changes in non-cash working capital	<u>8,371</u>	<u>13,683</u>
Net cash flows from operating activities ? continuing operations	<b>20,692</b>	20,123
Net cash flows from operating activities ? discontinued operations	<u>(5,362)</u>	<u>(857)</u>
	<b>15,330</b>	19,266

#### Investing activities

Purchases of property, plant and equipment, net	(4,714)	(1,871)
Purchase of patents, trademarks and other intangible assets	(37)	(77)
Other	<u>116</u>	<u>2,041</u>
Cash flows from investing activities ? continuing operations	<b>(4,635)</b>	93
Cash flows from investing activities ? discontinued operations	<u>(12,485)</u>	<u>1,120</u>
	<b>(17,120)</b>	1,213

#### Financing activities

Decrease in line of credit facilities	(4,359)	(18,996)
Proceeds from the issuance of common shares	338	215
Repayment of long-term debt	(12,158)	(3,141)
Other	<u>(44)</u>	<u>(1)</u>
Cash flows from financing activities ? continuing operations	<b>(16,223)</b>	(21,923)
Cash flows from financing activities ? discontinued operations	<u>--</u>	<u>--</u>
	<b>(16,233)</b>	(21,923)

<b>Foreign exchange gain on cash held in a foreign currency</b>	<u>725</u>	<u>573</u>
---	------------	------------

<b>Decrease in cash and cash equivalents during the period</b>	<b>(17,288)</b>	(871)
--	-----------------	-------

#### Discontinued operations cash activity included above:

<b>Add: Balance included at beginning of period</b>	<b>17,974</b>	19,136
<b>Less: Balance included at end of period</b>	<b>--</b>	(19,400)

<b>Cash and cash equivalents ? beginning of the period</b>	<u><b>20,381</b></u>	<u>2,456</u>
--	----------------------	--------------

<b>Cash and cash equivalents ? end of the period</b>	<u><b>21,067</b></u>	<u>1,321</u>
--	----------------------	--------------

#### SunOpta Inc.

##### Consolidated Statements of Cash Flows

For the three quarters ended October 2, 2010 and September 30, 2009

Unaudited

(Expressed in thousands of U.S. dollars, except per share amounts)

	<b>Three quarters</b>	Three quarters
	<b>ended October 2,</b>	ended September 30,
	<b>2010</b>	2009
	<b>\$</b>	<b>\$</b>

#### Cash provided by (used in)

##### Operating activities

Earnings (loss)	<b>59,856</b>	(7,297)
-----------------	---------------	---------

Earnings from discontinued operations	<u>48,107</u>	<u>29</u>
Earnings (loss) from continuing operations	<u>10,749</u>	<u>(7,326)</u>
Items not affecting cash		
Depreciation and amortization	12,350	12,806
Unrealized gain on foreign exchange	(589)	(403)
Deferred income taxes	(784)	(354)
Goodwill impairment	1,654	8,341
Impairment of long-lived assets	7,895	--
Other	1,603	337
Changes in non-cash working capital	<u>(10,433)</u>	<u>14,628</u>
Cash flows from operating activities ? continuing operations	<u>22,444</u>	<u>28,029</u>
Cash flows from operating activities ? discontinued operations	<u>(5,439)</u>	<u>(1,808)</u>
	<u>17,005</u>	<u>26,221</u>
<b>Investing activities</b>		
Purchases of property, plant and equipment, net	(13,545)	(9,490)
Payment of deferred purchase consideration	(721)	(1,500)
Purchase of patents, trademarks and other intangible assets	(400)	(214)
Other	281	(191)
Cash flows from investing activities ? continuing operations	<u>(14,385)</u>	<u>(11,395)</u>
Cash flows from investing activities ? discontinued operations	<u>52,298</u>	<u>(1,669)</u>
	<u>37,913</u>	<u>(13,064)</u>
<b>Financing activities</b>		
Decrease in line of credit facilities	(39,155)	(9,750)
Borrowings under long-term debt	247	716
Proceeds from the issuance of common shares	850	627
Repayment of long-term debt	(16,327)	(9,670)
Other	(287)	60
Net cash flows from financing activities ? continuing operations	<u>(54,672)</u>	<u>(18,017)</u>
Net cash flows from financing activities ? discontinued operations	<u>--</u>	<u>--</u>
	<u>(54,672)</u>	<u>(18,017)</u>
<b>Foreign exchange gain on cash held in a foreign currency</b>	<u>98</u>	<u>826</u>
<b>Increase (decrease) in cash and cash equivalents during the period</b>	<u>344</u>	<u>(4,034)</u>
<b>Discontinued operations cash activity included above:</b>		
<b>Add: Balance included at beginning of period</b>	18,971	22,877
<b>Less: Balance included at end of period</b>	--	(19,400)
<b>Cash and cash equivalents ? beginning of the period</b>	<u>1,752</u>	<u>1,878</u>
<b>Cash and cash equivalents ? end of the period</b>	<u>21,067</u>	<u>1,321</u>

**SunOpta Inc.**

Segmented Information

For the quarter ended October 2, 2010 and September 30, 2009

Unaudited

(Expressed in thousands of U.S. dollars)

				Quarter ended October 2, 2010
	SunOpta Foods \$	Opta Minerals \$	Corporate Services \$	Consolidated \$
<b>Total revenues from external customers</b>	<b>197,484</b>	<b>20,421</b>	<b>--</b>	<b>217,905</b>
<b>Segment Operating Income</b>	<b>9,710</b>	<b>2,792</b>	<b>(2,506)</b>	<b>9,996</b>

SunOpta Foods has the following segmented reporting:

	Quarter ended October 2, 2010				
	Grains and Foods Group \$	Ingredients Group \$	Fruit Group \$	International Foods Group \$	SunOpta Foods \$
<b>Total revenues from external customers</b>	<b>86,952</b>	<b>17,134</b>	<b>34,824</b>	<b>58,574</b>	<b>197,484</b>
<b>Segment Operating Income</b>	<b>5,353</b>	<b>3,104</b>	<b>707</b>	<b>546</b>	<b>9,710</b>

				Quarter ended September 30, 2009
	SunOpta Foods \$	Opta Minerals \$	Corporate Services \$	Consolidated \$
<b>Total revenues from external customers</b>	<b>195,743</b>	<b>16,745</b>	<b>--</b>	<b>212,488</b>
<b>Segment Operating Income</b>	<b>5,292</b>	<b>1,290</b>	<b>(1,487)</b>	<b>5,095</b>

SunOpta Foods has the following segmented reporting:

	Quarter ended September 30, 2009				
	Grains and Foods Group \$	Ingredients Group \$	Fruit Group \$	International Foods Group \$	SunOpta Foods \$
<b>Total revenues from external customers</b>	<b>86,290</b>	<b>17,385</b>	<b>35,870</b>	<b>56,198</b>	<b>195,743</b>
<b>Segment Operating Income</b>	<b>5,257</b>	<b>2,859</b>	<b>(1,745)</b>	<b>(1,079)</b>	<b>5,292</b>

(Segment Operating Income is defined as "Earnings before the following" excluding the impact of "other expense (income), net" and "Goodwill impairment")

#### SunOpta Inc.

Segmented Information

For the three quarters ended October 2, 2010 and September 30, 2009

Unaudited

(Expressed in thousands of U.S. dollars)

	<b>Three quarters ended October 2, 2010</b>			
	SunOpta Foods \$	Opta Minerals \$	Corporate Services \$	Consolidated \$
<b>Total revenues from external customers</b>	<b>609,046</b>	<b>59,493</b>	<b>--</b>	<b>668,539</b>
<b>Segment Operating Income</b>	<b>33,919</b>	<b>6,224</b>	<b>(8,631)</b>	<b>31,512</b>

SunOpta Foods has the following segmented reporting:

	<b>Three quarters ended October 2, 2010</b>				
	Grains and Foods Group \$	Ingredients Group \$	Fruit Group \$	International Foods Group \$	SunOpta Foods \$
<b>Total revenues from external customers</b>	<b>257,885</b>	<b>52,932</b>	<b>119,476</b>	<b>178,753</b>	<b>609,046</b>
<b>Segment Operating Income</b>	<b>17,557</b>	<b>10,322</b>	<b>3,867</b>	<b>2,173</b>	<b>33,919</b>

	<b>Three quarters ended September 30, 2010</b>			
	SunOpta Foods \$	Opta Minerals \$	Corporate Services \$	Consolidated \$
<b>Total revenues from external customers</b>	<b>573,962</b>	<b>45,810</b>	<b>--</b>	<b>619,772</b>
<b>Segment Operating Income</b>	<b>14,051</b>	<b>429</b>	<b>(4,855)</b>	<b>9,625</b>

SunOpta Foods has the following segmented reporting:

	<b>Three quarters ended September 30, 2009</b>				
	Grains and Foods Group \$	Ingredients Group \$	Fruit Group \$	International Foods Group \$	SunOpta Foods \$
<b>Total revenues from external customers</b>	<b>250,346</b>	<b>47,138</b>	<b>113,331</b>	<b>163,147</b>	<b>573,962</b>
<b>Segment Operating Income</b>	<b>14,405</b>	<b>5,571</b>	<b>(2,279)</b>	<b>(3,646)</b>	<b>14,051</b>

(Segment Operating Income is defined as "Earnings before the following" excluding the impact of "other expense (income), net" and "Goodwill impairment")

#### *Non-GAAP Measures*

In addition to reporting financial results in accordance with generally accepted accounting principles ("GAAP"), the Company provides information regarding Operating Income, Earnings before interest, taxes, depreciation and amortization ("EBITDA") and Earnings from Operations as additional information about its operating results, which are not measures in accordance with

GAAP. The Company believes that these non-GAAP measures assist investors in comparing performance across reporting periods on a consistent basis by excluding items that are not indicative of the Company's core operating performance. The non-GAAP measures of operating income, EBITDA, and earnings from operations should not be considered in isolation or as a substitute for performance measures calculated in accordance with GAAP.

The Company defines Operating Income as "Earnings from continuing operations before the following" excluding the impact of "Other expense (income), net" and "Goodwill Impairment;" and EBITDA as Operating Income plus depreciation and amortization. The following is a tabular presentation of Operating Income and EBITDA, including a reconciliation to GAAP earnings for the period, which the Company believes to be the most directly comparable GAAP financial measure.

	Quarter ended October 2, 2010	Quarter ended September 30, 2009
	\$	\$
<b>Earnings (loss) from continuing operations</b>	<b>111</b>	<b>(6,714)</b>
<b>Recovery of income taxes</b>	<b>(1,258)</b>	<b>(145)</b>
Interest expense, net	<b>2,036</b>	3,883
Other expense (income), net	<b>7,453</b>	(270)
Goodwill impairment	<u><b>1,654</b></u>	<u>8,341</u>
Operating income	<b>9,996</b>	5,095
Depreciation and amortization	<u><b>4,110</b></u>	<u>4,187</u>
Earnings before interest, taxes, depreciation and amortization (EBITDA)	<u><b>14,106</b></u>	<u>9,282</u>
	<b>Three quarters ended October 2, 2010</b>	<b>Three quarters ended September 30, 2009</b>
	<b>\$</b>	<b>\$</b>
<b>Earnings (loss) from continuing operations</b>	<b>10,749</b>	<b>(7,326)</b>
<b>Provision for (recovery of) income taxes</b>	<b>2,672</b>	<b>(1,207)</b>
Interest expense, net	<b>7,625</b>	10,159
Other expense (income), net	<b>8,812</b>	(342)
Goodwill impairment	<u><b>1,654</b></u>	<u>8,341</u>
Operating income	<b>31,512</b>	9,625
Depreciation and amortization	<u><b>12,350</b></u>	<u>12,806</u>
Earnings before interest, taxes, depreciation and amortization (EBITDA)	<u><b>43,862</b></u>	<u>22,431</u>

Earnings from operations and diluted earnings from operations per share are non-GAAP measures. During the quarter and three quarters ended October 2, 2010, the Company recognized certain gains and recorded specific expenses against income that we do not believe are reflective of normal business operations. As a result, earnings attributable to SunOpta Inc. and earnings per diluted share are adjusted to arrive at earnings from operations and earnings from operations per diluted common share. The following is a tabular presentation of earnings from operations and earnings from operations per diluted common share, including a reconciliation to GAAP earnings attributable to SunOpta Inc. and diluted earnings per share, which the Company believes to be the most directly comparable GAAP financial measure.

	Quarter Ended October 2, 2010	Diluted Earnings per Share for the Period
<b>Earnings attributable to SunOpta Inc.</b>	<b>34,067</b>	0.52
Adjusted for:		
Gain on sale of discontinued operations, net of taxes	<b>(49,867)</b>	(0.76)
Costs included in discontinued operations incurred as a result of the sale of SunOpta BioProcess		

Inc.	<b>15,281</b>	0.23
Impairment of long-lived assets and goodwill, net of taxes of \$2,321	<b>6,367</b>	0.10
Reversal of tax valuation allowance	<b>(549)</b>	(0.01)
Earnings from operations	<b>5,299</b>	0.08

	<b>Three Quarters Ended October 2, 2010</b>	Diluted Earnings per Share for the Period
<b>Earnings attributable to SunOpta Inc.</b>	<b>\$ 59,146</b>	0.90
Adjusted for:		
Gain on sale of discontinued operations, net of taxes	<b>(63,676)</b>	(0.97)
Costs included in discontinued operations incurred as a result of the sale of the Canadian food distribution assets and SunOpta BioProcess Inc., net of taxes of \$388	<b>16,183</b>	0.25
Severance costs related to restructuring plan at our natural health products operation, net of taxes of \$223	<b>413</b>	0.01
Gain on dilution of SBI's ownership position in Xylitol Canada	<b>(1,242)</b>	(0.02)
Impairment of long-lived assets and goodwill, net of taxes of \$2,321	<b>6,367</b>	0.10
Reversal of tax valuation allowance	<b>(549)</b>	(0.01)
Earnings from operations	<b>16,642</b>	0.25

CONTACT: SunOpta Inc.

Steve Bromley, President & CEO

Eric Davis, Vice President & CFO

Tony Tavares, Chief Operating Officer

Susan Wiekenkamp, Information Officer

susan.wiekenkamp@sunopta.com

905-455-2528, ext 103

www.sunopta.com