



SunOpta Inc. Application For NASDAQ National Market Listing

TORONTO--Jan. 3, 2006--SunOpta Inc. (NASDAQ:STKL)(TSX:SOY) announced today that it has applied for listing on the NASDAQ National Market.

The company expects to receive approval for the listing and to be trading on NASDAQ National Market in January 2006.

Consideration was given to changing the current stock symbol of STKL but it was decided to retain this symbol in order to avoid any confusion for the shareholders who have known this symbol for the past 24 years.

Jeremy Kendall, Chairman and CEO commented, "We anticipate that participation on the National Market will give SunOpta wider recognition and greater exposure to the investing community."

Mr. Kendall will be speaking on January 10th in New York at the Healthy Lifestyles Seminar sponsored by Citigroup Investment Research.

About SunOpta Inc.

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 SunOpta BioProcess 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.

Forward-Looking Statements

Certain statements included in this press release may constitute "forward-looking statements" within the meaning of the United States Private Securities Litigation Reform Act of 1995. These forward-looking statements include, but are not limited to references to business strategies, competitive strengths, goals, capital expenditure plans, business and operational growth plans and references to the future growth of the business. These forward looking statements are based on certain assumptions and analyses made by the Company in light of its experience and its interpretation of current conditions, historical trends and expected future developments as well as other factors that the Company believes are appropriate in the circumstance. However, whether actual results and developments will agree with expectations and predications of the Company is subject to many risks and uncertainties including, but not limited to; general economic, business or market risk conditions; competitive actions by other companies; changes in laws or regulations or policies of local governments, provinces and states as well as the governments of United States and Canada, many of which are beyond the control of the Company. 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.

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SOURCE: SunOpta Inc.