



## **SunOpta Inc. Amends Date of Release of Financial Results -- Conference Call Date & Time Remains Unchanged**

TORONTO, Jul 14, 2004 -- SunOpta Inc. (Nasdaq:STKL)(TSX:SOY) announced today that due to logistics relating to the Company's quarterly Board of Directors Meeting it will issue its financial results for the second quarter ended June 30, 2004 on Monday, August 9, 2004 at 7:00 am Eastern, rather than releasing on the close of Friday, August 6.

SunOpta's Chairman and CEO, Jeremy Kendall, also plans to host a conference call at 10:00 AM Eastern Time on Monday, August 9, 2004, to discuss second quarter results and recent corporate developments. After opening remarks, there will be a question and answer period. This conference call can be accessed with the toll free dial-in number 1 (800) 262-1292 or (719) 457-2680 followed by pass code: 226516#. The call will also be distributed live over CCBN's Investor Distribution Network to both institutional and individual investors. Individual investors may listen to the call via [www.companyboardroom.com](http://www.companyboardroom.com), and institutional investors may listen via [www.streetevents.com](http://www.streetevents.com). Additionally, the call may be accessed via a link at the Company's website at [www.sunopta.com](http://www.sunopta.com). To listen to the live call over the Internet, please go to one of the websites at least 15 minutes early to register, download and install any necessary audio software. If you are unable to listen live, the conference call will be archived and can be accessed for approximately 90 days at the websites. A replay number can also be accessed between August 9 and 18 with the toll free dial-in number (888) 203-1112 or (719) 457-0820 followed by pass code: 226516#.

SunOpta Inc. is an owner/operator of high-growth ethical businesses, focusing on integrated business models in the natural and organic food markets. For the last six 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 that engineers and markets clean pulping systems using patented steam explosion technology. Each of these business units has proprietary products and services that give it a solid competitive advantage in its sector.

For further information, please contact:

SunOpta Inc.

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Note: This news release may contain forward-looking information. Actual future results may differ materially. The risks, uncertainties, and other factors that could influence actual results are described in the Company's annual report to shareholders and in SEC filings. The attached consolidated balance sheet and consolidated statement of earnings has been summarized from the 2003 audited financial statements and includes unaudited information. The information provided here should be considered in conjunction with the other information included within the audited financial statements.

SOURCE: SunOpta Inc.

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