



SunOpta Announces Revenue Guidance of US\$385 Million for 2005

TORONTO--March 1, 2005--SunOpta Inc. (SunOpta) (NASDAQ:STKL)(TSX:SOY) announced today that revenue for 2004 grew 54% to a record of approximately US\$306 million, versus original guidance of US\$275 million and increased guidance of US\$300 million provided on May 5, 2004. 2004 revenue includes an internal growth rate of approximately 14.5%. Audited revenues and earnings for the year will be issued on March 8, 2005.

Based on current business conditions, revenue guidance for 2005 has been set at US\$385 million, a 26% increase over 2004. 2005 revenue guidance does not include any additional acquisitions that may be consummated during the year and will be reviewed mid year as it was during 2004.

Further details will be released on our investor call being held on March 9, 2005.

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 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 operating 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.

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