



Dennis W. Anderson Retires from SunOpta Board of Directors

TORONTO--May 11, 2004--SunOpta Inc. (SunOpta or the Company) (Nasdaq:STKL) (TSX:SOY) today announced that Mr. Dennis W. Anderson retired from the Board of Directors for personal reasons, effective May 11, 2004.

Mr. Anderson was the former owner of Northern Food & Dairy and a member of the Board of Directors for the past three and a half years.

Jeremy N. Kendall, Chairman and CEO of SunOpta, commented that "We want to take this opportunity to thank Dennis for his many contributions to the Company. Dennis has struggled over the past two years with health issues, and as such we understand his decision to retire from his Directorship. We offer Dennis our best wishes."

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 five 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.

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.

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