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SunOpta Inc.											
Form 4 December 13, 20)06										
FORM 4	1	STATES					E COMMISSIO		PPROVAL 3235-0287		
Check this bo	x		Wa	shington	, D.C. 2	20549		Number:			
if no longer subject to Section 16. Form 4 or Form 5	STATEM	CHANGES IN BENEFICIAL OWNERSHIP O SECURITIES Section 16(a) of the Securities Exchange Act of 1934					burden hou response	ated average hours per			
obligations may continue. <i>See</i> Instruction 1(b).	Section 17(a) of the I	Public U	tility Hol	ding Co		of 1935 or Secti				
(Print or Type Respo	onses)										
1. Name and Address of Reporting Person <u>*</u> RIZ JOSEPH			2. Issuer Name and Ticker or Trading Symbol SunOpta Inc. [stkl]				5. Relationship of Reporting Person(s) to Issuer				
(Last)	(First) (1	Middle)	3. Date of Earliest Transaction				(Check all applicable)				
36 TORONTO 850, TORONTO	(Month/Day/Year) 12/11/2006				X_ Director 10% Owner Officer (give title Other (specify below) below)						
(Street) 4. If Amendment, Date Filed(Month/Day/Year)				-	hal 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person			erson			
(City)	(State)	(Zip)	Tab	le I - Non-I	Dorivativ	va Sacuritias A	Acquired, Disposed	of or Bonoficia	lly Owned		
1.Title of 2. Tr	ransaction Date nth/Day/Year)	-	ed Date, if	3. Transactio Code (Instr. 8)	4. Secu nAcquire Dispose (Instr. 3	rities ed (A) or ed of (D) (A and 5) (A) or	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect		
Reminder: Report o	n a separate line	for each cl	ass of sect	urities bene	Pers info requ disp	sons who res rmation cont uired to resp	or indirectly. spond to the colle tained in this forn ond unless the fo ntly valid OMB co	n are not rm	SEC 1474 (9-02)		

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
 (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number	6. Date Exercisable and	7. Title and Amount of 8
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	nof Derivative	Expiration Date	Underlying Securities I
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)

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(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr. 8	8)	Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)					
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Common Options	\$ 3	12/11/2006		Х			6,000	12/11/2006	12/16/2007	Common Shares	6,000

Reporting Owners

Reporting Person

Reporting Owner Name / Addres	s	Relationsh		
	Director	10% Owner	Officer	Other
RIZ JOSEPH 36 TORONTO ST STE 850 TORONTO ONTARIO CANADA, A6 H5C2E5	Х			
Signatures				
Joe Riz	2/13/2006			
<u>**</u> Signature of	Date			

Explanation of Responses:

- * If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.