

# January Newsletter

## More Sweet Details About Beet Sugar

After our article in the September issue of the IBS Treatment Center Newsletter, we received some inquiries and did some digging. It turns out that things are more complicated than we were able to ascertain from our previous investigation. To follow is an update on beet sugar. Most importantly it has been revealed that lot numbers are extremely important.

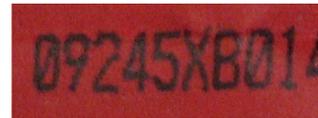
### Brown Sugar and Molasses

New information has become available concerning brown sugar and molasses. Two sources at separate companies have confirmed that all brown sugars and molasses are made with cane sugar molasses. Apparently beet sugar molasses just doesn't taste right and so all beet sugars that have added molasses, including brown sugars, contain some cane sugar. The pure white sugars, including crystal sugar, granulated sugar, powder sugar, and confectioners sugar can be pure beet sugar or can contain corn starch etc. Check the label for ingredients. Anything other than sugar should be listed.

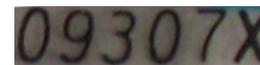
### Amalgamated Sugar Company

Information obtained through interviews with Robert Floor of the Amalgamated Sugar Company, LLC (aka Snake River Coop) on 12/10/09 and 1/11/10. Amalgamated Sugar sells "White Satin" brand beet sugar. Mr. Floor confirms that all brown sugar products contain cane sugar molasses. He says you can buy bags of pure beet sugar from their plant in a lot of places, but not always branded as such. White Satin branded products are only available in Idaho at Ridley's stores. But the company's beet sugar is sold under other brand names quite widely. The lot number is the key. The lot code will have year (09 or 10) then the day of the year (001 through 365), also known as the 'Julian' date, then X (their plant

code) then sometimes other numbers relating to the time and batch etc.



These example lot numbers are from a 5 pound bag of Western Family granulated sugar and from a bag of Western Family Powdered Sugar (with cornstarch).



Western Family brand sugar sold retail in the NW states is all from Amalgamated and will have the lot number with an X in it after the 2 digit year and 3 digit 'Julian' date. In Idaho, the 5 pound bags of Western Family Sugar (only) also have the White Satin logo also on them.



Store brands for Safeway, Albertsons, and Winco in WA, OR, ID, western MT, Northern CA, and Phoenix AZ. mostly contain beet sugar from Amalgamated – the lot number is the way to know. Starting soon Kroger stores (QFC, Fred Meyer, and other names owned by Kroger as well) will sell beet sugar from Amalgamated Sugar Company (White Satin Sugar) under their own store brands. Again, the lot number is key. A spot check of one QFC store in Seattle found that the lot numbers for Kroger brand sugars are not yet beet sugar.

Special Note: At one point last year Amalgamated purchased and added some cane sugar to their

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The IBS Treatment Center is the nation's leading facility for the successful resolution of Irritable Bowel Syndrome. January 2010 Issue. Newsletter Published Monthly.

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products. About 6% of the cane sugar they purchased went into their retail lines. However, it was the first time in 112 years that they had co-mingled cane sugar with their white beet sugar. They don't have any plans to do it again. But if you want to be ultra-sure, you can call the plant at (208) 383-6500 with your lot number. All their current production since September 2009 and planned future production is 100% beet sugar. (Editor's note: They use the same silos and machinery that they 'contaminated' with cane sugar, but due to their high volume and the small amount of cane sugar they had, any residual should be so diluted by this point that you should not be able to detect it with high quality scientific instruments.)

### **Crystal Sugar**

Crystal Sugar is marketed through United Sugars Corporation. Mary Claire Sethi in their QA department, in an interview on 1/11/09, was kind enough to provide a list of the lot number codes. Ms. Sethi confirms that they use cane sugar molasses in their brown sugar products.

Beet Sugars from the Crystal Sugar organization are marketed under lots of different store brands, primarily in the southeastern US in stores like Food Lion, Winn Dixie, etc. The log code format is PYDDD where P identifies the packaging plant (see list of identifiers below); Y identifies the last digit of the year; D identifies the Julian day of the year. For Example: E7129 is beet sugar from East Grand Forks, MN on the 129th day of 2007.

The beet sugar plant codes are: E = East Grand Forks, MN; H = Hillsboro, ND; K = Crookston, MN; M = Moorhead, MN. The plant code F is for the cane sugar plant in Florida. Note: There should be no spaces between characters in the lot code. However, materials packaged by sugar producers may have numbers or letters following the "DDD." There should be a space between the lot code and these additional characters. These designations are for the producing plant and are not a part of the lot identity. Plant codes D, S, and W are for their industrial packaging so you may see those on packaging in bakeries or restaurants.

### **Michigan Sugar**

Information about Michigan Sugar was obtained in a phone interview with Carol Kunitzer on 1/13/10. Michigan Sugar sells under the Pioneer and Big Chief brands. Those brands are available primarily in Michigan, Ohio, and Indiana in grocery chains like Spartan, Meijer, some Nash Finch

stores, and some Kroger stores, as well as a smattering of others. Their beet sugar is also sold under a variety of store brands, primarily in the Midwest. To determine if your store brand is beet sugar from Michigan Sugar, check the lot code. The lot code for these beet sugars will be in the format PDDAYS and possibly have a single digit number after (for example Y001K1). The P (first letter) is their plant code and can be Y or J. The next three numbers are the day of the year (Julian date), followed by a letter code for the year. 2009 was K and 2010 is A. The number after that, if any, is the shift code. So you can tell you have Michigan Sugar beet sugar in your store brand if the lot code printed on the bag is J357K1, Y007A or something like that, starting with Y or J.

Ms. Kunitzer confirmed that they use cane sugar molasses for all their brown sugar products. Also, she noted that they add cornstarch to the powdered sugar products, but obviously this will be on the ingredients list.

### **Western Sugar**

Western Sugar has plants in Colorado, Montana, Wyoming, and Nebraska. A phone interview with Mary Johnston in customer service on 1/11/10 revealed that Western Sugar sells under its own brand fairly widely. The GW brand is available in stores like Kings Super Markets (NJ headquartered), Safeway, Albertsons, and others. Unlike all the other beet sugar processors, representatives of Western Sugar were unwilling to share their lot code format or provide information about where their products are available geographically. They do sell under store brands such as Walmart, Safeway, and Albertsons, but you will have to do your own sleuthing to figure out how questions regarding lot number were directed, reported that the lot number used on GW branded products and store branded products is the same. So if you can find GW branded products in your area, you can try to match lot code formats on store branded products. But they were not forthcoming with much more information, directing inquiries to their website.

### **Spreckels**

We reported earlier that the Spreckels Sugar Company markets their brand "Spreckels - All Natural Sugar". Spreckels is a subsidiary of Southern Minnesota Beet Sugar Cooperative and markets primarily in the western U.S. Unfortunately they only sell sugar in 50 pound bags and larger quantities so they are not available to the retail-buying public. But if you have a relationship with a restaurant or bakery to the extent that you can ask about the sugar they use and they tell you it is Spreckels, then you know it is beet sugar.

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### **More about sugar beets**

More information on sugar beets can be found at [http://en.wikipedia.org/wiki/Sugar\\_beets](http://en.wikipedia.org/wiki/Sugar_beets) including some fascinating history. Did you know that Napoleon was instrumental in the growth of the cultivation of the sugar beet? Although the first sugar beet processing plant was in what is now Poland, sugar from sugar cane grown in the Caribbean dominated the market until 1807 when the English blockaded France. A French scientist developed an improved process for extracting sugar from sugar beets and Napoleon's policies over the next few years resulted in a blossoming of the European sugar beet industry.

### **The Beet Sugar Companies**

- The "White Satin" brand is produced by The Amalgamated Sugar Company (aka Snake River Sugar Company) in Boise, Idaho  
<http://srcoop.com>.

- "Crystal Sugar" brand beet sugar products are made by American Crystal Sugar Company  
<http://www.crystalsugar.com/>

- Michigan Sugar Company produces under the "Pioneer" and "Big Chief" brand names  
<http://www.michigansugar.com/>

- Great Western brand, usually seen on labels as "GW Pure Sugar" is the mark of The Western Sugar Cooperative  
<http://www.westernsugar.com/>

- Spreckels Sugar Company - "Spreckels – All Natural Sugar" is a subsidiary of Southern Minnesota Beet Sugar Cooperative and markets primarily in the western U.S. No retail sales.  
<http://www.spreckelssugar.com/>

## ANNOUNCEMENT

### *New Online Home for Central Seattle Gluten Intolerance*

The Innate Health Foundation, which sponsors the IBS and Central Seattle Gluten Intolerance Group, announces that it is now hosting a Google Group for the support group. Even if you are not able to attend meetings, or have not yet attended a Seattle meeting, anyone is welcome to join the group online at

<http://groups.google.com/group/IBSCSSG>.

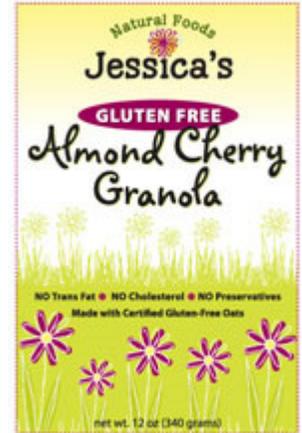
The Google Group will be an online home where individuals with food allergies/intolerances (including celiac disease) and/or IBS can get together (virtually) for education and support.



## PRODUCT REVIEW

### *Jessica's Natural Foods Gluten-Free All Natural Granola*

Having a passion for natural foods and having mastered the science of cooking as a hobby, Jessica created a gluten-free granola for a relative who discovered he was gluten-intolerant. Jessica used gluten-free oats, ground flaxseed, coconut, honey, pure vanilla extract and real maple syrup to create three flavors of granola. Her granola creations reflect her love of cooking. Currently available are Almond Cherry, Chocolate Chip and Vanilla Maple Granola. Even though Jessica's Granola has no gluten, no artificial flavors or colors, no preservatives, no highly-refined sweeteners, no trans fat and no cholesterol, anyone would immensely enjoy eating this granola.



Note from our clinic: We have sampled this granola and give it a big thumbs up.

## ANNOUNCEMENT

### *Central Seattle GIG Support Group*

**Next Meeting: Tuesday, February 2nd from 6:30 to 8 PM.**

The Central Seattle GIG Support Group meets monthly at the IBS Treatment Center and is open to the public. The Group welcomes anyone with gluten or non-gluten food allergies or intolerances. Meetings are always fun and informational and usually include a presentation, time for open group discussion, and “ask the doctor” with Dr. Wangen.

On the suggestions and input from support group attendees, the February meeting will be an open forum discussion with special emphasis on BREAKFAST. Come ready to talk about the first (and most important) meal of the day, and to share solutions you have found to allergen-free breakfast challenges. We look forward to getting to know one another better and learning tips and tricks that work well.

The March Meeting will feature Sue Gauen, author of *Celebrating Food: 121 Gluten-Free Recipes for a Healthier You*.

#### **From Wikipedia the Free Encyclopedia:**

*Breakfast is the first meal of the day. The word is a compound of “break” and “fast,” referring to the conclusion of fasting since the previous day's last meal. Breakfast meals vary widely in different cultures around the world but often include a carbohydrate such as cereal or rice, fruit and/or vegetable, protein, sometimes dairy, and beverage.*

*Nutritional experts have referred to breakfast as the most important meal of the day. This is based on studies of the large numbers of people in the West who skip breakfast, to adverse effect on their concentration, metabolism and weight.*

## Recipe and Cookbook

### *A word from the author and chef*

*Our family loves Mexican food—here is a good meal idea and can easily be prepared without the cheese—this recipe involves very little work (is gluten, dairy and egg free) and tastes terrific. The pork roast is also a very affordable cut of meat made fantastic by the long cooking time. If you own a slow cooker by all means use that. You can quickly assemble this and put it in the oven for an entire day of cooking while you are at work. Enjoy! -- Karen*



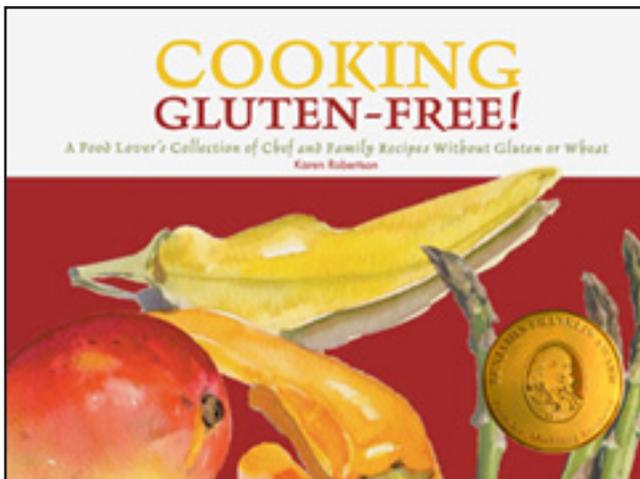
### *Pulled Pork*

Untie a pork butt roast and lay it out in an even layer in a roasting pan. Over the pork pour a 12 ounce bottle of green taco sauce (La Victoria is GF), an 8 ounce can of chopped green chiles, and about a ¼ cup of water. Cover pan tightly with foil and bake for 3-4 hours in a 250 degree oven. (If you plan to use your slow cooker, add a little additional water.) The pork will be “pull apart” tender and may be used “as is” in steamed corn tortillas with jack cheese. Another option is to quickly pan-fry the pork in a little oil in a non-stick skillet to impart a lightly crispy texture to the meat. Serve with some refried beans. If you have time you can make a quick salsa with chopped tomatoes, cilantro, jalapeno, and onion with a squeeze of lime juice.

Recipe reprinted with permission from Karen Robertson, Celiac Publishing, 2010

### *Notice to Newsletter Readers*

Karen Robertson’s popular cookbook ***Cooking Gluten-Free!***, which is illustrated throughout with vibrant watercolor images, is currently on backorder. However, as a special offer to our newsletter readers a special CD-ROM version is available immediately.



The CD contains the full collection of recipes from the book in easy-to-use PDF file format. Readers will be able to pull up any recipe instantly and print the page from their kitchen computer. CD is available now for \$14.99. Or \$29.98 for the book and CD. Credit card will be charged \$14.99 now for the CD, and \$14.99 when the book is available to ship. Shipping is free.

[www.cookingglutenfree.com](http://www.cookingglutenfree.com)

## Recipe

### *Vegan, Gluten-Free Pecan Pie*

#### **Ingredients:**

Standard 10 inch pre-baked Gluten-Free pie crust  
3 cups of chopped pecans,  
2 tablespoons of brown rice syrup  
1 cup of maple syrup  
1 ½ tblsp of pure vanilla extract  
1 tsp ground ginger  
1/8 tsp salt  
2 tsp of arrowroot flour  
3 ½ tblsp of flax seeds  
1/3 cup soymilk

#### **Instructions:**

1. Preheat the oven to 350 degrees F. When it gets to 350, spread the pecans on a baking tray in a single layer and put them on the middle rack for 5 minutes to roast them. Remove them from the oven and set aside.
2. Mix the syrups, salt, vanilla, and ground ginger in a quart saucepan and simmer while stirring, to mix in the ginger. Keep the heat low, but high enough to get the simmer going. After a few minutes, remove from heat and set aside.
3. Mix the soymilk, arrowroot flour, and flax seeds and put them in a blender.
4. Use the blender to blend together the soymilk, flax and starch and the syrup mixture until the flax seeds are pretty well ground up. This is tricky so try using pulse mode to avoid getting the flax seeds flung all over the inside of the vessel. Short pulses work best.
5. Pour the pecans in a large mixing bowl, then pour the contents of the blender over them and mix until evenly distributed. Then pour into your piecrust and into the oven.
6. Bake for 30 minutes. Let cool at least 30 minutes before cutting or serving. Overnight works great.

## Dr. Wangen's Scheduled Presentations

### Tumwater/Olympia, WA

Saturday, January 16th, 2010 at 1 PM

Dr. Wangen will be speaking about gluten intolerance at the Tyee Event Center, 5757 Littlerock Road SW, Tumwater WA 98512

### Everett, WA

Friday, January 22, 2010 at 7 PM

Dr. Wangen will be signing his book and speaking at the newly opened Janell's Gluten-Free Market in Everett.

### Des Moines, WA

Saturday, February 20th, 2010 at 2 PM

### North Bend, WA

Saturday, February 27th, 2010 at 2 PM

Dr. Wangen will be speaking at the King County Public Libraries in Des Moines and North Bend, WA.

### Atlanta, GA

Saturday, March 6th, 2010 at 10 AM

The Atlanta Metro Celiac support group will host Dr. Wangen at their membership meeting to be held in the main auditorium at Children's Healthcare of Atlanta at Scottish Rite, 1001 Johnson Ferry Road NE, Atlanta.

## OREGON TOUR MARCH 2010

### Eugene, OR

Thursday, March 11, 2010 at 6:30 PM

Dr. Wangen will be presenting to the Eugene GIG during their monthly meeting held at the Lakewood Clubhouse, 1800 Lakewood Court. For more information contact [dianecon@comcast.net](mailto:dianecon@comcast.net)

### Salem, OR

Friday, March 12, 2010 at 6:30 PM

The Mid Willamette and Salem GIGs are hosting a dinner and presentation by Dr. Wangen at the Marco Polo Global Restaurant, 300 Liberty St. SE Salem, OR 97301.

### Portland, OR

Saturday, March 13th, 2010 at 10 AM

Dr. Wangen will address the Portland Metro GIG group. Meeting held at Emanuel Hospital, in Room 1075.

## EAST COAST TOUR SPRING 2010

### Wellesley Hills, MA

Sunday, April, 18th, 2010 at 11:30 AM

Dr. Wangen will be speaking to Healthy Villi, also known as Greater Boston Celiac/DH Support Group. Mass Bay Community College, Wellesley Hills Campus, 50 Oakland Street, Wellesley Hills, MA 02481.

### Livingston & Long Branch, NJ

Monday, April 19th and Tuesday, April 20th, 2010 both events begin at 6:30 PM

Dr. Wangen will be speaking to the Kogan Celiac Support Groups of New Jersey.

For additional info go to <http://www.saintbarnabas.com/SERVICES/celiac/index.html>.

### Rochester, NY

Wednesday, April 21, 2010 at 7 PM

Dr. Wangen will be the guest speaker at the Rochester Celiac Support Group -GIG meeting.