

## Gluten Free Prescribing List January 2014

Every month patients authorised by their doctor to receive gluten free foods may select up to the number of units agreed with their doctor/dietician. The appropriate number of units is set up according to the table below developed by Coeliac UK. Nutritional requirements for gluten free foods vary depending on age, gender, occupation and lifestyle.

<b>Monthly Gluten Free Food Prescription Requirements</b>	
<b>Age</b>	<b>Suggested number of units per month</b>
Child 1-3 years	10
Child 4-6 years	11
Child 7-10 years	13
Child 11-14 years	15
Child 15-18 years	18
Male 19-59 years	18
Male 60-74 years	16
Male 75+ years	14
Female 19-74 years	14
Female 75+ years	12
Breastfeeding	Add 4 units
3 <sup>rd</sup> Trimester pregnancy	Add 1 unit
High physical activity level	Add 4 units
<b>Food item</b>	<b>Number of units</b>
400g loaf/bread	1
100-250g rolls/baguettes	0.5
250-400g rolls/baguettes	1
500g bread mix/flour mix	2
200g crackers/crispbreads	1
250g pasta	1
2x110-180g pizza bases	1
500g oats	1.5
300g breakfast cereal	1.5
100-170g xanthan gum	1

This list does not include all foods that are currently available on prescription but has been compiled based on the most commonly used foods in Orkney over recent months. The products on the list have also been selected as they are all readily available in pharmacy warehouses. Products have expensive delivery costs have not been included. The list will be reviewed every 6 months in order to keep it up to date and in line with patient preferences.

Gluten free products such as sweet biscuits, cookies and cakes should be self funded by the patient as they are widely available in shops and they are not thought to be essential to the diet. They are also considered to be contrary to the NHS public health messages about healthy eating and therefore are not included in this list. A small variety of plain biscuits have been included but a maximum of 3 units per month should be used by these.

Fresh bread may be ordered but the order needs to be in bulk (6-8 loaves). The maximum number of units per month should include this. In order to obtain the bread efficiently and as freshly as possible patients are advised to work with their pharmacist concerning the most appropriate ordering day.

Item	Pip code	Pack Sizes/Quantities	Units
<b><u>Baking Aids</u></b>			
<b>Ener G</b>			
Xantham Gum	272-4318	1*170g	1
<b>Innovative solutions</b>			
Pure Xantham gum	282-8572	1*100g	1
<b><u>Bread</u></b>			
<b>Ener-G (Gluten +wheat free)</b>			
Brown rice bread	221-2470	1*474g	1
Rice loaf - yeast free sliced	233-5362	1*612g	1.5
Seattle brown loaf sliced	288-1324	1*454g	1
Six flour loaf sliced **	293-6474	1*454g	1
Tapioca bread sliced	233-5370	1*480g	1
White rice bread sliced	225-9455	1*456g	1
<b>Genius (Gluten free)</b>			
Loaf unsliced brown	357-8325	8*400g	8
Loaf unsliced white	357-8333	8*400g	8
Loaf sliced fresh brown	370-0440	8*400g	8
Loaf sliced fresh white	370-0432	8*400g	8
Loaf sandwich white	379-8568	6*535g	6
<b>Glutafin (Gluten and wheat free)</b>			
Loaf sliced fibre	237-7356	1*400g	1
Loaf sliced white	090-4268	1*400g	1
<b>Glutafin Select (Gluten free)</b>			
Loaf sliced fresh brown	330-6800	8*400g	8
Loaf sliced fresh white	290-6840	8*400g	8
Loaf sliced fibre	054-6101	1*400g	1

Loaf sliced white	054-6093	1*400g	1
Loaf sliced seeded	308-9364	1*400g	1
<b>Juvela (Gluten free)</b>			
Loaf sliced fresh fibre	339-9789	8*400g	8
Loaf sliced fresh white	322-0217	8*400g	8
Loaf sliced white	074-8590	1*400g	1
Loaf sliced fibre	074-8632	1*400g	1
Loaf unsliced white	031-4781	1*400g	1
Loaf unsliced fibre	010-1675	1*400g	1
Loaf part baked fibre	273-6890	1*400g	1
Loaf part packed white	273-6882	1*400g	1
<b>Lifestyle (Gluten free)</b>			
Loaf sliced fresh brown	087-6557	8*400g	1
Loaf sliced fresh high fibre	229-4254	8*400g	1
Loaf sliced fresh white	087-6490	8*400g	1
<b>Livwell (Gluten, wheat and milk free)</b>			
Loaf sliced white	322-1173	1*200g	0.5
Loaf sliced seeded	322-1181	1*200g	0.5
Flat breads	339-8583	1*200g	0.5
Tear drop breads naan	339-8951	2*90g	0.5
<b>Warburtons (Gluten and wheat free)</b>			
Loaf sliced white	368-5260	4*400g	4
Loaf sliced brown	368-5278	4*400g	4
<b>Breakfast cereal</b>			
<b>Barkat (Gluten free)</b>			
Porridge	260-1888	1*500g	1.5
<b>Glutafin (Gluten and wheat free)</b>			
Cornflakes	381-3748	1*375g	1.5
<b>Nairn's (Gluten free)</b>			
Porridge oats	368-7332	1*500g	1.5
<b>Juvela (Gluten free)</b>			
Flakes	371-1652	1*300g	1.5
Fibre flakes	371-1660	1*300g	1.5
Pure oats	371-1678	1*500g	1.5

<b><u>Crackers</u></b>			
<b>Glutafin (Gluten and wheat free)</b>			
Crackers plain	009-3302	1*200g	1
Crackers high fibre	018-7641	1*200g	1
Crispbread **	338-4443	1*150g	0.5
Savoury shorts	359-6996	1*130g	0.5
Mini crackers	353-5515	1*175g	0.5
<b>Juvela (Gluten free)</b>			
Crispbread	236-6136	1*200g	1
Savoury biscuits	310-7893	1*150g	0.5
<b>Warburtons (gluten and wheat free)</b>			
Bran crackers	378-4865	1*150g	0.5
<b><u>Flour mixes</u></b>			
<b>Barkat</b>			
Bread mix	051-5338	1*500g	2
Flour mix	335-6672	1*750g	3
<b>Glutafin (Gluten and wheat free)</b>			
Flour mix multipurpose fibre	231-2973	1*500g	2
Flour mix multipurpose white	231-2981	1*500g	2
Bread mix	298-8418	1*500g	2
Bread mix fibre	298-8426	1*500g	2
<b>Glutafin Select (Gluten free)</b>			
Flour mix bread fibre	297-9912	1*500g	2
Flour mix bread white	274-4951	1*500g	2
Flour mix multipurpose fibre	004-5591	1*500g	2
Flour mix multipurpose white	004-5187	1*500g	2
<b>Innovative solutions</b>			
Pure brown rice flour	325-7912	1*500g	2
Pure gluten free blended flour	282-8580	1*1kg	4
Pure potato starch flour	325-7920	1*500g	2
Pure tapioca starch	325-7946	1*500g	2
Pure brown teff flour	343-1467	1*1kg	4
Pure white teff flour	343-1483	1*1kg	4
Pure white rice flour	325-7904	1*500g	2

<b>Juvela (Gluten free)</b>			
Flour Mix fibre	023-6042	1*500g	2
Flour mix plain	035-2161	1*500g	2
Flour mix harvest	247-7875	1*500g	2
<b>Orgran</b>			
SR Flour	273-4762	1*500g	2
Plain Flour	288-1415	1*500g	2
<b><u>Pasta</u></b>			
<b>Ener G (gluten and wheat free)</b>			
Macaroni	209-7988	1*454g	1.5
Spaghetti	023-8493	1*447g	1.5
Rice Pasta Shells small	081-0648	1*454g	1.5
<b>Glutafin (Gluten and wheat free)</b>			
Pasta lasagne	215-5091	1*250g	1
Pasta penne	211-5152	1*500g	2
Pasta shells	250-0676	1*500g	2
Pasta spirals/fusilli	211-5178	1*500g	2
Pasta spaghetti	211-5160	1*500g	2
Pasta tagliatelle	215-5109	1*250g	1
<b>Juvela (Gluten free)</b>			
Pasta fusilli	280-7980	1*500g	2
Pasta lasagne	280-7972	1*250g	1
Pasta macaroni	280-8004	1*500g	2
Pasta spaghetti	280-7998	1*500g	2
Pasta tagliatelle	319-3497	1*250g	1
Pasta penne fibre	332-8010	1*500g	2
<b><u>Pizza bases</u></b>			
<b>Barkat</b>			
Brown rice pizza crust	259-2566	1*150g	0.5
White rice pizza crust	259-3051	1*150g	0.5
<b>Glutafin</b>			
Pizza bases (2 pack) 300g	334-1112	1*300g	1
<b>Juvela</b>			
Pizza bases (2 pack) 300g	265-4390	1*300g	1
<b><u>Rolls</u></b>			

<b>Ener-G (gluten+wheat free)</b>			
Dinner rolls (6 pack)	317-5502	1*280g	1
Seattle brown rolls hamburger (4 pack)**	295-5870	1*320g	1
Seattle brown rolls hot dog (4 pack)	295-5888	1*320g	1
White long rolls hot dog (4 Pack)**	327-1947	1*220g	0.5
<b>Glutafin (Gluten and wheat free)</b>			
Rolls fibre	344-3652	4*50g	0.5
Rolls white	344-3645	4*50g	0.5
Baguette	224-0117	1*350g	1
<b>Glutafin Select (Gluten free)</b>			
Rolls part baked white	344-2753	4*50g	0.5
Rolls part baked long	344-3637	2*75g	0.5
<b>Juvela (Gluten free)</b>			
Rolls fresh fibre (5 per pack)	355-6800	5*85g	1
Rolls fresh white (5 per pack)	355-8871	5*85g	1
Rolls part-baked fibre	262-9020	5*85g	1
Rolls part-baked white	243-7267	5*85g	1
Rolls fibre	080-3668	5*85g	1
Rolls white	010-5916	5*85g	1
<b>Lifestyle (Gluten free)</b>			
Rolls fresh brown (5 per pack)	264-1322	8 packs of 5*80g	8
Rolls fresh high fibre (5 per pack)	224-0125	8 packs of 5*80g	8
Rolls fresh white (5 per pack)	087-6706	8 packs of 5*80g	8
<b>Livwell (Gluten, wheat and milk free )</b>			
Bagette white	322-1199	1*250g	1
Buns/muffins for toasting	335-4735	4*50g	0.5
Rolls white	322-1207	4*60g	0.5
Rolls part-baked bagel	335-4750	2*90g	0.5
Rolls square dinner	351-8552	2*80g	0.5
<b>Warburtons (Gluten and wheat free)</b>			
Rolls white (220g, 3 per pack )	368-5286	4*3packs	1.5
Rolls brown (220g, 3 per pack)	368-5294	4*3packs	1.5
<b><u>Sweet biscuits ( maximum of 3 units per month allowed)</u></b>			
<b>Glutafin (Gluten and wheat free)</b>			

Biscuits	022-8387	1*200g	1
Digestives	017-0225	1*150g	0.5
Shortbread biscuits	316-7848	1*100g	0.5
Sweet biscuits	024-2966	1*150g	0.5
Tea biscuits	018-5868	1*150g	0.5
<b>Juvela (Gluten free)</b>			
Digestive biscuits	210-0923	1*150g	0.5
Sweet biscuits	276-4959	1*150g	0.5
Tea biscuits	210-0915	1*150g	0.5