

# Community Pharmacy Gluten Free Food Service Formulary



This guideline is updated every two years or earlier if national formulary updates issued. Every effort is made to ensure its accuracy for both products and delivery costs.

Available online:

Age and sex	Number of units/month
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
3 <sup>rd</sup> trimester pregnancy	Add 1

Prescribable food item	No. of units
<400g bread	½
400-599g bread	1
600g + bread	1 ½
500g bread mix or flour mix	2
150-250g rolls/baguettes	½
251-400g rolls/ baguettes	1
<199g savoury biscuits/crackers	½
200g + savoury biscuits/crackers	1
250g pasta	1
251-499g pasta	1 ½
500g+ pasta	2
2 x 110g -180g pizza bases	1
100-170g xanthan gum	1
500g oats or 300g cereal	1½

**Products highlighted with a ■ are prescribable for those with coexisting wheat sensitivity only.**

ITEM	CODE	NO OF UNITS
<b>BREAD &amp; ROLLS (LONG-LIFE)</b>		
<b>GLUTAFIN</b>		
Baguettes -350g(2x175g)	(PIP Code: 224-0117)	1
Fibre Loaf – Sliced 300g ■	(PIP Code: 237-7356)	1/2
White Loaf – Sliced 300g ■	(PIP Code: 090-4268)	1/2
High Fibre Loaf Sliced 350g	(PIP Code: 401-4296)	1/2
Part Baked White rolls (4 pack) 200g ■	(PIP Code: 344-2753)	1/2
Part Baked Fibre rolls (4 pack) 200g ■	(PIP Code: 344-3652)	1/2
<i>Distributed by Alliance Healthcare Ltd without any administrative or delivery charges</i>		

ITEM	CODE	NO OF UNITS
<b>JUVELA</b>		
Fibre Loaf – Sliced 400g	(PIP Code: 074-8632)	1
White Loaf – Sliced 400g	(PIP Code: 074-8590)	1
Part-baked Fibre Loaf Unsliced 400g	(PIP Code: 273-6890)	1
Part-baked White Loaf Unsliced 400g	(PIP Code: 273-6882)	1
Fibre Bread Rolls (5 pack-each roll 85g) 425g	(PIP Code: 080-3668)	1
White Bread Rolls (5 pack-each roll 85g) 425g	(PIP Code: 010-5916)	1
Part Baked White rolls (5 pack) 375g	(PIP Code: 243-7267)	1
Part Baked Fibre rolls (5 pack) 375g	(PIP Code: 262-9020)	1

ITEM	CODE	NO OF UNITS
<b>HOME BAKING</b>		
<b>GLUTAFIN</b>		
Bread Mix 500g ■	(PIP Code: 298-8418)	2
Fibre Bread Mix 500g ■	(PIP Code: 298-8426)	2
Multipurpose White Mix 500g	(PIP Code:231-2981)	2
Multipurpose Fibre Mix 500g	(PIP Code:231-2973)	2
Select Bread Mix 500g	(PIP Code: 274-4951)	2
Select Fibre Bread Mix 500g	(PIP Code: 297-9912)	2
Multipurpose White Mix 500g ■	(PIP Code: 231-2981)	2
Select Multipurpose Fibre Mix 500g	(PIP Code: 004-5591)	2
Select Multipurpose White Mix 500g	(PIP Code: 004-5187)	2
<b>JUVELA</b>		
Fibre Mix 500g	(PIP Code: 023-6042)	2
Harvest White Mix 500g■	(PIP Code: 247-7875)	2
White Mix 500g	(PIP Code: 035-2161)	2

ITEM	CODE	NO OF UNITS
<b>PIZZA BASES</b>		
<b>GLUTAFIN</b>		
Pizza Bases 300g (2x150g) ■	(PIP Code: 334-1112)	1
<b>JUVELA</b>		
Pizza Bases 300g (2 x 150g)	(PIP Code: 265-4390)	1

ITEM	CODE	NO OF UNITS
<b>PASTA</b>		
<b>GLUTAFIN</b>		
Spaghetti 500g ■	(PIP Code: 211-5160)	2
Fusilli (Spirals) 500g ■	(PIP Code: 211-5178)	2
Penne 500g ■	(PIP Code: 211-5152)	2
<b>JUVELA</b>		
Fibre Penne 500g ■	(PIP Code: 332-8010)	2
Fusilli (spirals) 500g ■	(PIP Code: 280-7980)	2
Lasagne Sheets 250g ■	(PIP Code: 280-7972)	1
Macaroni 500g ■	(PIP Code: 280-8004)	2
Spaghetti 500g ■	(PIP Code: 280-7998)	2
Tagliatelle 250g ■	(PIP Code: 319-3497)	1

ITEM	CODE	NO OF UNITS
<b>CRACKERS &amp; CRISPREAD</b>		
<b>GLUTAFIN</b>		
Crisp Bread 150g ■	(PIP Code: 338-4443)	½
Mini Crackers 175g ■	(PIP Code: 353 5515)	½
Crackers 200g ■	(PIP Code: 009-3302)	1
<b>JUVELA</b>		
Crispbread 200g ■	(PIP Code: 236-6136)	1
Savoury biscuits 150g ■	(PIP Code: 310-7893)	½

ITEM	CODE	NO OF UNITS
<b>BREAKFAST CEREAL</b>		
<b>JUVELA</b>		
Fibre Flakes 300g ■	(PIP Code 371-1660)	1 ½
Flakes 300g ■	(PIP Code 371-1652)	1 ½
CornFlakes 375g ■	(PIP Code 388-2990)	1 ½
Crispy Rice 375g ■	(PIP Code 388-2982)	1 ½
Pure Oats 500g ■	(PIP Code 371-1678)	2
<b>GLUTAFIN</b>		
Cornflakes 375g ■	(PIP Code 381-3748)	1 ½

ITEM	CODE	NO OF UNITS
<b>BAKING AIDS</b>		
<b>INNOVATIVE SOLUTIONS</b>		
Pure Xanthan Gum 100g ■	(PIP Code: 282-8572)	1