



# All Wales Guide to Prescribing Gluten-free Products

## **This resource has been flagged for review**

The resource underwent an assessment for review in December 2025. At that time, members of the All Wales Prescribing Advisory Group (AWPAG) agreed that the contents required revision. 'All Wales guide to prescribing gluten-free products' has been flagged for review, with publication of an updated version of the resource expected in 2026.

If you would like to be involved in the consultation process for an updated version of this resource, please get in touch at [awttc@nhs.wales.uk](mailto:awttc@nhs.wales.uk).

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This document has been endorsed by the Wales Dietetic Leadership Advisory Group, the Medicines Management Programme Board and the All Wales Medicines Strategy Group (AWMSG), and was prepared with support from the All Wales Prescribing Advisory Group (AWPAG) and the All Wales Therapeutics and Toxicology Centre (AWTTC). Please direct any queries to AWTTC:

All Wales Therapeutics and Toxicology Centre  
University Hospital Llandough  
Penlan Road  
Llandough  
Vale of Glamorgan  
CF64 2XX

[awttc@wales.nhs.uk](mailto:awttc@wales.nhs.uk)  
029 2071 6900

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## 1.0 INTRODUCTION

Gluten-free products are an essential part of the clinical treatment of coeliac disease. This guide aims to support GPs and other healthcare professionals in the management of patients with coeliac disease, and aid the decision-making process in relation to prescribing Advisory Committee on Borderline Substances (ACBS)-approved gluten-free foods (see Appendix 1).

Table 1 illustrates categories of ACBS-approved gluten-free products: the green category indicates those that are recommended for prescribing for any patient with coeliac disease, products in the amber category are recommended for prescription in exceptional circumstances only, while those in the red category are not recommended for prescribing in Wales.

**Table 1. Categories of ACBS-approved gluten-free products**

| Recommendation level*               | Type of product                                                                                                                                                                    | When to prescribe                                                                                                                                                                            |
|-------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Staple</b>                       | All types of bread, rolls or baguettes; all flour-type mixes (except cake mix); fibre-containing breakfast cereals; pasta; crackers; crispbreads; pizza bases listed in Appendix 1 | All patients with a diagnosis of gluten-sensitive enteropathies, including steatorrhoea due to gluten sensitivity, coeliac disease and dermatitis herpetiformis                              |
| <b>In exceptional circumstances</b> | Biscuits; non-fibre-containing breakfast cereals listed in Appendix 1†; oat-containing breakfast cereals (assess potential sensitivity§)                                           | Upon advice of dietitian<br><br>Patient is nutritionally at risk or compromised<br><br>Where specific snacks are required to manage childhood diabetes to optimise carbohydrate distribution |
| <b>Not recommended</b>              | Cake mixes and luxury items, such as cakes and chocolate biscuits                                                                                                                  | Prescribing not recommended                                                                                                                                                                  |

\* This advice does not affect the clinical freedom of the prescriber.

† Gluten-free non-fibre cereals are widely available.

§The introduction of oats should be carefully monitored. The British Society of Gastroenterology recommends that it may be helpful to exclude oats in the first 6–12 months of a gluten-free diet before re-introduction. Monitoring patients with coeliac serology and symptoms is recommended.

A supporting document, entitled *Gluten-free foods: a revised prescribing guide*, produced jointly by the Primary Care Society for Gastroenterology, the British Dietetic Association, the British Society of Paediatric Gastroenterology, Hepatology and Nutrition, and Coeliac UK, in addition to other Coeliac UK information, can be accessed at [www.coeliac.org.uk/gluten-free-diet-and-lifestyle/prescriptions/national-prescribing-guidelines/](http://www.coeliac.org.uk/gluten-free-diet-and-lifestyle/prescriptions/national-prescribing-guidelines/)<sup>1</sup>.

This advice does not affect the clinical freedom of the prescriber.

## 2.0 OBJECTIVES

- To enable patients with coeliac disease or dermatitis herpetiformis to follow a healthy, well-balanced, lifelong gluten-free diet in order to optimise nutrient absorption and nutritional status, and reduce the risk of long-term complications including lymphoma and osteoporosis.
- To provide clarity on recommended range, food type, quantities and units to prescribe.
- To align prescribing practice with national recommendations.

### 3.0 INDICATIONS FOR PRESCRIBING OF GLUTEN-FREE PRODUCTS

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Gluten-free products should be prescribed for patients diagnosed with gluten-sensitive enteropathies, including steatorrhoea due to gluten sensitivity, coeliac disease and dermatitis herpetiformis. Please see [National Institute for Health and Care Excellence \(NICE\) Guideline 20](#) on coeliac disease for further information<sup>2</sup>.

### 4.0 DIETARY EDUCATION

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All patients newly diagnosed with coeliac disease, and those meeting the diagnostic criteria for coeliac disease, gluten-sensitive enteropathy or dermatitis herpetiformis, should be referred to a dietitian.

During the consultation, the dietitian will inform patients of the range of food products available in the retail sector, and advise them to subscribe to Coeliac UK to obtain the 'Food and Drink Directory', which is published annually. This directory lists a wide range of products that are suitable for a gluten-free diet. There is increasing availability of gluten-free supermarket items such as breads, flours, biscuits, cakes and cereals, which many patients are able to access. The dietitian will also provide education, where appropriate, on home baking.

The dietitian will then communicate the patient's specific requirements to the GP for the prescription of gluten-free products from this guide.

Local nutrition and dietetic service guidelines should be checked before referring patients with existing coeliac disease for a nutrition review.

### 5.0 GLUTEN-FREE PRODUCTS FOR PRESCRIBING

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#### 5.1 Range of products

All ACBS-approved food products that are gluten-free or gluten- and wheat-free are recommended for prescribing, except cake mixes and luxury items. However, it is recommended that the guidance in Table 1 should be applied. A full list of ACBS-approved gluten-free products for prescribers in Wales accompanies this guide, and includes weight/presentation and unit values for each product (see Appendix 1). This has been adapted from information made available to Coeliac UK by product manufacturers.

It is not recommended that practices limit themselves to a narrow formulary. As nutritional content and ingredients vary, a sufficient range of products is required to accommodate the therapeutic needs of patients, for example in cases of associated increased calcium requirements, multiple intolerances or constipation. Variety and acceptability of the diet can enhance adherence, with resulting improvements in outcomes.

#### 5.2 Quantities and units

Products should usually be prescribed within recommended monthly unit 'norms' (see Table 2). The number of units per month recommended by a dietitian may vary from the norms. It may be fewer, or greater, depending upon the assessed clinical need and indication. Unit values for gluten-free food groups can be found in Table 3 and approximate monthly requirements for various patient groups can be found in Table 4<sup>1</sup>. Appendix 1 gives the unit values for the individual products.

Prescribers should note that for some fresh products, e.g. bread, handling charges may apply; this can make the cost of small quantities disproportionately large. Prescribers and

pharmacists should work together to avoid supplying cost-ineffective volumes, and should remember that some products can be frozen for future use.

**Table 2. Recommended unit norms by age and sex<sup>1</sup>**

| Age and sex                  | Units per 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           |
| Third trimester pregnancy    | Add 1           |
| High physical activity level | Add 4           |



**Prescribing below recommended norms:**  
Some patients may not require their full recommended units each month, dependent on choice, preference and dietary intake.



**Exceeding recommended norms:**  
Units may be exceeded in exceptional circumstances.

**Table 3. Unit values for gluten-free food groups<sup>1</sup>**

| Food item                   | Weight       | Units |
|-----------------------------|--------------|-------|
| Bread, rolls or baguettes   | 400 g        | 1     |
| Flour-type mix and pasta    | 500 g        | 2     |
| Biscuits or crackers        | 150–200 g    | 1     |
| Pasta                       | 250 g        | 1     |
| Pizza bases                 | 220–360 g    | 1     |
| Breakfast cereals and oats* | Flakes 300 g | 1.5   |
|                             | Oats 500 g   | 1.5   |

\*Assess potential sensitivity. The introduction of oats should be carefully monitored. The British Society of Gastroenterology recommends that it may be helpful to exclude oats in the first 6–12 months of a gluten-free diet before re-introduction. Monitoring patients with coeliac serology and symptoms is recommended.

### 5.3 Flexibility of prescribing

Some flexibility in prescribing may be necessary to reflect patients' variable therapeutic and nutritional needs, taste preferences, lifestyle, activity and seasonal changes in eating habits. Dietary education will focus on self-management to enable the patient to identify suitable gluten-free alternatives and replace the excluded gluten-containing foods.

Changes may include:

- Addition of, or substitution with, new or alternative products, within recommended unit norms.
- Reductions or increases in quantities of each product, within recommended unit norms.
- Recommendations by the dietitian following reassessment of needs.

**Table 4. Approximate monthly requirement for various patient groups<sup>1</sup>**

Please note that some items in this table are recommended in exceptional circumstances only.

| Example of monthly gluten-free food prescription calculations |                        |                                                                                                                                                                                                        |
|---------------------------------------------------------------|------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Age group                                                     | Recommended unit norms | Example monthly prescription*                                                                                                                                                                          |
| Child<br>1–3 years                                            | 10                     | 6 x 400 g loaves of bread (or 3 x 500 g mix suitable for making bread)<br>2 x 300 g breakfast cereal<br>1 x 250 g pasta                                                                                |
| Child<br>4–6 years                                            | 11                     | 6 x 400 g loaves of bread (or 3 x 500 g mix suitable for making bread)<br>2 x 500 g pasta<br>1 (2 x 110/180 g) pizza bases                                                                             |
| Child<br>7–10 years                                           | 13                     | 8 x 400 g loaves of bread (or 4 x 500 g mix suitable for making bread)<br>1 x 500 g pasta<br>2 x 150 g digestive biscuits<br>1 (2 x 110/180 g) pizza bases                                             |
| Child<br>11–14 years                                          | 15                     | 6 x 400 g loaves of bread (or 4 x 500 g mix suitable for making bread)<br>2 x 300 g breakfast cereal<br>2 x 500 g pasta<br>2 (2 x 110/180 g) pizza bases                                               |
| Child<br>15–18 years                                          | 18                     | 8 x 400 g loaves of bread (or 4 x 500 g mix suitable for making bread)<br>4 x 500 g pasta<br>2 (2 x 110/180 g) pizza bases                                                                             |
| Male<br>19–59 years                                           | 18                     | 8 x 400 g loaves of bread (or 4 x 500 g mix suitable for making bread)<br>3 x 500 g pasta<br>1 x 500 g gluten-free oats <sup>†</sup><br>1 (2 x 110/180 g) pizza bases<br>1 x 200 g crackers/crispbread |
| Male<br>60–74 years                                           | 16                     | 8 x 400 g loaves of bread (or 4 x 500 g mix suitable for making bread)<br>1 x 300 g breakfast cereal<br>2 x 500 g pasta<br>2 x 200 g crackers/crispbread                                               |
| Male<br>75+ years                                             | 14                     | 8 x 400 g loaves of bread (or 4 x 500 g mix suitable for making bread)<br>1 x 500 g pasta<br>2 x 150 g tea biscuits<br>2 x 200 g crackers/crispbread                                                   |
| Female<br>19–74 years                                         | 14                     | 8 x 400 g loaves of bread (or 4 x 500 g mix suitable for making bread)<br>2 x 500 g pasta<br>2 x 200 g crackers/crispbread                                                                             |
| Female<br>75+ years                                           | 12                     | 6 x 400 g loaves of bread (or 3 x 500 g mix suitable for making bread)<br>1 x 500 g gluten-free oats <sup>†</sup><br>1 x 500 g pasta<br>2 x 200 g crackers/crispbread                                  |
| Breastfeeding                                                 | Add 4 units            | 1 x 500 g pasta<br>1 x 200 g crackers/crispbread<br>1 x 400 g loaf of bread                                                                                                                            |
| Third trimester pregnancy                                     | Add 1 unit             | 1 x 200 g crackers/crispbread                                                                                                                                                                          |

\* Items can be interchanged, e.g. bread mixes can be interchanged with rolls or loaves.  
<sup>†</sup>The introduction of oats should be carefully monitored. The British Society of Gastroenterology recommends that it may be helpful to exclude oats in the first 6–12 months of a gluten-free diet before re-introduction. Monitoring patients with coeliac serology and symptoms is recommended.

## REFERENCES

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1. Coeliac UK, Primary Care Society for Gastroenterology, British Dietetic Association et al. Gluten-free foods: a revised prescribing guide. 2011. Available at: <https://www.coeliac.org.uk/document-library/378-gluten-free-foods-a-revised-prescribing-guide/>. Accessed November 2018.
2. National Institute for Health and Care Excellence. NICE guideline 20. Coeliac disease: recognition, assessment and management (NG20). 2015. Available at: <https://www.nice.org.uk/guidance/ng20>. Accessed November 2018.
3. Coeliac UK. Gluten-free (Codex) wheat starch. 2018. Available at: <https://www.coeliac.org.uk/glossary/codex-wheat-starch/>. Accessed November 2018.

**APPENDIX 1. ACBS-APPROVED GLUTEN-FREE PRODUCTS CONSIDERED SUITABLE FOR PRESCRIBING IN WALES (BASED ON THE 'PRESCRIBABLE PRODUCTS LIST' PRODUCED BY COELIAC UK) (UPDATED JUNE 2018)**

PATIENT NAME: \_\_\_\_\_ D.O.B: \_\_\_\_\_ ADDRESS: \_\_\_\_\_  
 NO. OF UNITS PRESCRIBABLE PER MONTH (maximum): \_\_\_\_\_ PHARMACY: \_\_\_\_\_  
 (X) = product carries Coeliac UK cross grain symbol

| <b>BREAD (400g = 1 unit)</b>                                                   |                          |                  |                   |
|--------------------------------------------------------------------------------|--------------------------|------------------|-------------------|
| <b>PRODUCT</b>                                                                 | <b>QUANTITY REQUIRED</b> | <b>PACK SIZE</b> | <b>UNIT VALUE</b> |
| <b>Barkat</b>                                                                  |                          |                  |                   |
| Home Fresh Country Loaf (X)                                                    |                          | 250g             | 1                 |
| Multigrain bread (X)                                                           |                          | 500g             | 1                 |
| White rice bread (X)                                                           |                          | 500g             | 1                 |
| Brown Rice bread (X)                                                           |                          | 500g             | 1                 |
| Par-baked white sliced bread (X)                                               |                          | 300g             | 1                 |
| Wholemeal sliced bread (X)                                                     |                          | 500g             | 1                 |
| <b>Ener-G Currently experiencing distribution issues. Often not available.</b> |                          |                  |                   |
| Brown rice bread                                                               |                          | 474g             | 1                 |
| White rice bread                                                               |                          | 456g             | 1                 |
| Rice loaf (yeast free)                                                         |                          | 612g             | 1.5               |
| Seattle brown loaf                                                             |                          | 454g             | 1                 |
| Tapioca bread                                                                  |                          | 480g             | 1                 |
| <b>Genius</b>                                                                  |                          |                  |                   |
| Soft Brown Sandwich Loaf (X)                                                   |                          | 6 x 535g         | 1 unit per 535g   |
| Soft White Sandwich Loaf (X)                                                   |                          | 6 x 535g         | 1 unit per 535g   |
| Seed brown Farmhouse Loaf (X)                                                  |                          | 6 x 535g         | 1 unit per 535g   |
| <b>Glutafin Gluten-Free</b>                                                    |                          |                  |                   |
| Fibre Sliced Loaf                                                              |                          | 300g             | 1                 |
| White Sliced Loaf                                                              |                          | 300g             | 1                 |
| High Fibre Loaf sliced                                                         |                          | 350g             | 1                 |
| <b>Glutafin Gluten-Free Select</b>                                             |                          |                  |                   |
| Fresh Brown Loaf Sliced                                                        |                          | 8 x 400g         | 1 unit per 400g   |
| Fresh White Loaf Sliced                                                        |                          | 8 x 400g         | 1 unit per 400g   |
| Seeded Loaf (sliced)                                                           |                          | 400g             | 1                 |
| Fresh Seeded Loaf Sliced                                                       |                          | 8 x 400g         | 1 unit per pack   |
| Fibre Loaf Sliced                                                              |                          | 400g             | 1                 |
| White Loaf Sliced                                                              |                          | 400g             | 1                 |
| <b>Just: Gluten Free Bakery</b>                                                |                          |                  |                   |
| White Sandwich Bread (X)                                                       |                          | 600g             | 1.5 unit per 600g |
| Good White Bread (X)                                                           |                          | 380g             | 1 unit per 380g   |
| <b>Lifestyle Healthcare</b>                                                    |                          |                  |                   |
| Brown bread sliced                                                             |                          | 8 x 400g         | 1 unit per 400g   |
| High fibre bread sliced                                                        |                          | 8 x 400g         | 1 unit per 400g   |
| White bread sliced                                                             |                          | 8 x 400g         | 1 unit per 400g   |
| <b>Warburtons Gluten Free (Pharmacy) Wheat &amp; Gluten &amp; Milk Free</b>    |                          |                  |                   |
| Sliced brown loaf (Cases of 4) (X)                                             |                          | 4 x 400g         | 1 unit per 400g   |
| Sliced white loaf (Cases of 4) (X)                                             |                          | 4 x 400g         | 1 unit per 400g   |

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| <b>BAGUETTES, BUNS, ROLLS &amp; SPECIALITY BREADS (400g = 1 unit)</b>           |                          |                  |                   |
|---------------------------------------------------------------------------------|--------------------------|------------------|-------------------|
| <b>PRODUCT</b>                                                                  | <b>QUANTITY REQUIRED</b> | <b>PACK SIZE</b> | <b>UNIT VALUE</b> |
| <b>Barkat</b>                                                                   |                          |                  |                   |
| Par-baked Baguette (X)                                                          |                          | 200g             | 1                 |
| Home Fresh baguettes (X)                                                        |                          | 200g             | 1                 |
| Home Fresh bread rolls (X)                                                      |                          | 300g             | 1                 |
| Par-baked Rolls (X)                                                             |                          | 2 x 100g         | 1                 |
| <b>Energ-G Currently experiencing distribution issues. Often not available.</b> |                          |                  |                   |
| Dinner Rolls (6 pack)                                                           |                          | 280g             | 1                 |
| Seattle Brown Rolls Hamburger (4 pack)                                          |                          | 320g             | 1                 |
| Seattle Brown Rolls Hot Dog (4 pack)                                            |                          | 320g             | 1                 |
| <b>Glutafin</b>                                                                 |                          |                  |                   |
| Part baked 2 Long White Rolls                                                   |                          | 150g             | 0.5               |
| Part Baked 4 Fibre Rolls                                                        |                          | 200g             | 0.5               |
| Part Baked 4 white rolls                                                        |                          | 200g             | 0.5               |
| 4 White rolls                                                                   |                          | 200g             | 0.5               |
| Baguettes                                                                       |                          | 2 x 175g         | 1                 |
| <b>Just: Gluten Free Bakery</b>                                                 |                          |                  |                   |
| Good White Rolls (4 rolls) (X)                                                  |                          | 6 x 260g         | ½ per 260g        |
| <b>Lifestyle Healthcare</b>                                                     |                          |                  |                   |
| Brown Rolls (5 pack)                                                            |                          | 5 x 80g          | 1                 |
| High Fibre Rolls (5 pack)                                                       |                          | 5 x 80g          | 1                 |
| White (5 pack)                                                                  |                          | 5 x 80g          | 1                 |
| Brown 'n' Fibre Mixed Case (bread & rolls)                                      |                          | 8 x 400g         | 1 unit per 400g   |
| White Mixed Case (bread & rolls)                                                |                          | 8 x 400g         | 1 unit per 400g   |
| <b>Proceli</b>                                                                  |                          |                  |                   |
| Vienes Baguettes                                                                |                          | 2 x 125g         | 1                 |
| <b>Warburtons Gluten Free (Pharmacy) (Wheat, Gluten &amp; Dairy Free)</b>       |                          |                  |                   |
| 3 Brown rolls (case of 4 packs) (X)                                             |                          | 220g             | 0.5 unit per pack |
| 3 White Rolls (case of 4 packs) (X)                                             |                          | 220g             | 0.5 unit per pack |
| <b>BREAKFAST CEREALS</b>                                                        |                          |                  |                   |
| <b>PRODUCT</b>                                                                  | <b>QUANTITY REQUIRED</b> | <b>PACK SIZE</b> | <b>UNIT VALUE</b> |
| <b>Juvela</b> Fibre flakes (X)                                                  |                          | 300g             | 1.5               |
| <b>Glutafin</b> fibre flakes                                                    |                          | 300g             | 1.5               |
| <b>CRACKERS, CRISPBREADS &amp; BREADSTICKS (150–200g = 1 unit)</b>              |                          |                  |                   |
| <b>PRODUCT</b>                                                                  | <b>QUANTITY REQUIRED</b> | <b>PACK SIZE</b> | <b>UNIT VALUE</b> |
| <b>Barkat</b>                                                                   |                          |                  |                   |
| Crackers (X)                                                                    |                          | 200g             | 1                 |
| Round Matzo Crackers (X)                                                        |                          | 200g             | 1                 |
| Crispbread (X)                                                                  |                          | 150g             | 0.5               |
| <b>Glutafin</b>                                                                 |                          |                  |                   |
| Crackers                                                                        |                          | 210g             | 1                 |
| Crispbread                                                                      |                          | 150g             | 1                 |
| High Fibre Crackers                                                             |                          | 200g             | 1                 |
| Mini Crackers                                                                   |                          | 175g             | 1                 |
| <b>Juvela</b>                                                                   |                          |                  |                   |
| Crispbread (X)                                                                  |                          | 200g             | 1                 |
| <b>Nairn's</b>                                                                  |                          |                  |                   |
| Wholegrain Crackers (X)                                                         |                          | 114g             | 1                 |
| <b>Organ</b>                                                                    |                          |                  |                   |
| Toasted Corn Crispbread                                                         |                          | 125g             | 0.5               |
| <b>Warburtons Gluten Free (Pharmacy)</b>                                        |                          |                  |                   |
| Bran Crackers                                                                   |                          | 150g             | 1                 |

| <b>PIZZA BASES (220–360g = 1 unit)</b>       |                          |                  |                   |
|----------------------------------------------|--------------------------|------------------|-------------------|
| <b>PRODUCT</b>                               | <b>QUANTITY REQUIRED</b> | <b>PACK SIZE</b> | <b>UNIT VALUE</b> |
| <b>Barkat</b> Brown Rice Pizza Crust (X)     |                          | 1 x 150g         | <b>0.5</b>        |
| <b>Barkat</b> White Rice Pizza Crust (X)     |                          | 1 x 150g         | <b>0.5</b>        |
| <b>Glutafin</b> 2 Pizza Base                 |                          | 2 x 150g         | <b>1</b>          |
| <b>Proceli</b> Pizza Bases                   |                          | 2 x 125g         | <b>1</b>          |
| <b>BAKING AIDS (1 tub = 1 unit)</b>          |                          |                  |                   |
| <b>PRODUCT</b>                               | <b>QUANTITY REQUIRED</b> | <b>PACK SIZE</b> | <b>UNIT VALUE</b> |
| <b>Ener-G</b> Xantham Gum                    |                          | 170g             | <b>1</b>          |
| <b>Innovation Solutions</b> Pure Xantham Gum |                          | 100g             | <b>1</b>          |
| <b>FLOUR MIXES (500g = 2 units)</b>          |                          |                  |                   |
| <b>PRODUCT</b>                               | <b>QUANTITY REQUIRED</b> | <b>PACK SIZE</b> | <b>UNIT VALUE</b> |
| <b>Barkat</b>                                |                          |                  |                   |
| Bread Mix (X)                                |                          | 500g             | <b>2</b>          |
| All Purpose Flour Mix (X)                    |                          | 500g             | <b>2</b>          |
| <b>Glutafin</b>                              |                          |                  |                   |
| Bread mix                                    |                          | 500g             | <b>2</b>          |
| Fibre bread mix                              |                          | 500g             | <b>2</b>          |
| Multi purpose white mix                      |                          | 500g             | <b>2</b>          |
| Fibre mix                                    |                          | 500g             | <b>2</b>          |
| <b>Glutenex</b>                              |                          |                  |                   |
| Gluten Free White Bread Mix                  |                          | 500g             | <b>2</b>          |
| <b>Innovative Solutions (Pure)</b>           |                          |                  |                   |
| Gluten free blended flour (plain)            |                          | 1kg              | <b>4</b>          |
| Potato starch                                |                          | 500g             | <b>2</b>          |
| Brown Rice flour                             |                          | 500g             | <b>2</b>          |
| White Rice flour                             |                          | 500g             | <b>2</b>          |
| Tapioca starch                               |                          | 500g             | <b>2</b>          |
| Brown Teff flour                             |                          | 1kg              | <b>4</b>          |
| White Teff flour                             |                          | 1kg              | <b>4</b>          |
| <b>Juvela</b>                                |                          |                  |                   |
| Harvest white mix (X)                        |                          | 500g             | <b>2</b>          |
| <b>Mrs Crimble's</b>                         |                          |                  |                   |
| Home Bake Bread Mix (X)                      |                          | 275g             | <b>1</b>          |
| <b>Mum's Mill</b>                            |                          |                  |                   |
| Quick Bread Mix                              |                          | 1kg              | <b>4</b>          |
| <b>Orgran</b>                                |                          |                  |                   |
| Bread Mix                                    |                          | 450g             | <b>2</b>          |
| Pizza & Pastry mix                           |                          | 375g             | <b>2</b>          |
| Self Raising Flour                           |                          | 500g             | <b>2</b>          |
| Wholemeal Bread Mix                          |                          | 450g             | <b>2</b>          |
| Plain Flour                                  |                          | 500g             | <b>2</b>          |
| <b>Proceli</b>                               |                          |                  |                   |
| Basic Mix                                    |                          | 1kg              | <b>4</b>          |
| <b>Tobia Teff</b>                            |                          |                  |                   |
| Brown teff flour                             |                          | 1kg              | <b>4</b>          |
| White teff flour                             |                          | 1kg              | <b>4</b>          |

| <b>PASTA (250g = 1 unit)</b>           |                          |                  |                   |
|----------------------------------------|--------------------------|------------------|-------------------|
| <b>PRODUCT</b>                         | <b>QUANTITY REQUIRED</b> | <b>PACK SIZE</b> | <b>UNIT VALUE</b> |
| <b><i>Barkat</i></b>                   |                          |                  |                   |
| Alphabet shapes pasta (X)              |                          | 500g             | 2                 |
| Animal shapes pasta (X)                |                          | 500g             | 2                 |
| Buckwheat pasta penne (X)              |                          | 250g             | 1                 |
| Buckwheat pasta spirals (X)            |                          | 250g             | 1                 |
| Macaroni (X)                           |                          | 500g             | 2                 |
| Short Cut Tagliatelle (X)              |                          | 500g             | 2                 |
| Spaghetti (X)                          |                          | 500g             | 2                 |
| Spirals (X)                            |                          | 500g             | 2                 |
| Pasta Shells (X)                       |                          | 500g             | 2                 |
| Lasagne Sheets (X)                     |                          | 250g             | 1                 |
| Potato Pasta Gnocchi (X)               |                          | 250g             | 1                 |
| <b><i>BiAlimenta</i></b>               |                          |                  |                   |
| Pasta Grains Acini di pepe             |                          | 6 x 500g         | 2 units per 500g  |
| Pasta formati misti (Pack of 4 shapes) |                          | 6 x 500g         | 2 units per 500g  |
| Pasta Penne                            |                          | 6 x 500g         | 2 units per 500g  |
| Potato pasta perle di gnocchi          |                          | 6 x 500g         | 2 units per 500g  |
| Potato pasta gnocchi                   |                          | 6 x 500g         | 2 units per 500g  |
| Pasta Sagnette                         |                          | 6 x 500g         | 2 units per 500g  |
| Pasta Spirali (spirals)                |                          | 6 x 500g         | 2 units per 500g  |
| Pasta Tubetti                          |                          | 6 x 500g         | 2 units per 500g  |
| <b><i>Glutafin</i></b>                 |                          |                  |                   |
| Pasta penne                            |                          | 500g             | 2                 |
| Pasta Spirals                          |                          | 500g             | 2                 |
| Pasta Shells                           |                          | 500g             | 2                 |
| Pasta long-cut Spaghetti               |                          | 500g             | 2                 |
| Pasta Fibre Fusilli                    |                          | 500g             | 2                 |
| <b><i>Juvela</i></b>                   |                          |                  |                   |
| Spaghetti (X)                          |                          | 500g             | 2                 |
| Fusilli (X)                            |                          | 500g             | 2                 |
| Macaroni (X)                           |                          | 500g             | 2                 |
| Lasagne sheets (X)                     |                          | 250g             | 1                 |
| Fibre Penne (X)                        |                          | 500g             | 2                 |
| Tagliatelle (X)                        |                          | 250g             | 1                 |
| Fibre Linguine (X)                     |                          | 500g             | 2                 |
| <b><i>Orgran</i></b>                   |                          |                  |                   |
| Corn Spirals                           |                          | 250g             | 1                 |
| Rice & Corn Mini Lasagne Sheets        |                          | 200g             | 1                 |
| Rice & Corn Macaroni                   |                          | 250g             | 1                 |
| Rice & Corn Spirals                    |                          | 250g             | 1                 |
| Rice and Millet spirals                |                          | 250g             | 1                 |
| Rice Spirals                           |                          | 250g             | 1                 |
| Rice & Corn Spaghetti Noodles          |                          | 375g             | 1.5               |
| <b><i>Rizopia</i></b>                  |                          |                  |                   |
| Pasta Fusilli (X)                      |                          | 500g             | 2                 |
| Pasta Lasagne (X)                      |                          | 375g             | 1.5               |
| Pasta Penne (X)                        |                          | 500g             | 2                 |
| Pasta Spaghetti (X)                    |                          | 500g             | 2                 |

| <b>The products listed below contain Codex Wheat Starch<sup>3</sup></b>            |                          |                  |                    |
|------------------------------------------------------------------------------------|--------------------------|------------------|--------------------|
| <b>BREAD (400g = 1 unit)</b>                                                       |                          |                  |                    |
| <b>PRODUCT</b>                                                                     | <b>QUANTITY REQUIRED</b> | <b>PACK SIZE</b> | <b>UNIT VALUE</b>  |
| <b>Juvela</b>                                                                      |                          |                  |                    |
| Fibre Loaf sliced (X)                                                              |                          | 400g             | 1                  |
| Fibre Loaf unsliced (X)                                                            |                          | 400g             | 1                  |
| Fresh Fibre Bread (X)                                                              |                          | 8 x 400g         | 1 unit per 400g    |
| Fresh White Bread (X)                                                              |                          | 8 x 400g         | 1 unit per 400g    |
| Fibre Part Baked Loaf (X)                                                          |                          | 400g             | 1                  |
| White Part Baked Loaf (X)                                                          |                          | 400g             | 1                  |
| White Loaf Sliced (X)                                                              |                          | 400g             | 1                  |
| White Loaf Unsliced (X)                                                            |                          | 400g             | 1                  |
| <b>BAGUETTES, BUNS &amp; ROLLS (400g = 1 unit)/PIZZA BASES (220–360g = 1 unit)</b> |                          |                  |                    |
| <b>PRODUCT</b>                                                                     | <b>QUANTITY REQUIRED</b> | <b>PACK SIZE</b> | <b>UNIT VALUE</b>  |
| <b>Juvela</b>                                                                      |                          |                  |                    |
| Fresh fibre rolls (case of 8 packs) (X)                                            |                          | 5 x 85g          | 1 unit per pack    |
| Fresh white rolls (case of 8 packs) (X)                                            |                          | 5 x 85g          | 1 unit per pack    |
| White Part baked rolls (X)                                                         |                          | 5 x 75g          | 1                  |
| Fibre Part baked rolls (X)                                                         |                          | 5 x 75g          | 1                  |
| White rolls (X)                                                                    |                          | 5 x 85g          | 1                  |
| Fibre Rolls (X)                                                                    |                          | 5 x 85g          | 1                  |
| Pizza Base (X)                                                                     |                          | 2 x 180g         | 1                  |
| Savoury Biscuits (X)                                                               |                          | 150g             | 1                  |
| <b>FLOUR MIXES (500g = 2 units)</b>                                                |                          |                  |                    |
| <b>PRODUCT</b>                                                                     | <b>QUANTITY REQUIRED</b> | <b>PACK SIZE</b> | <b>UNIT VALUE</b>  |
| <b>Finax</b>                                                                       |                          |                  |                    |
| Coarse flour mix                                                                   |                          | 3 x 900g         | 3.5 units per 900g |
| Fibre bread mix                                                                    |                          | 3 x 1kg          | 4 units per 1kg    |
| Flour mix                                                                          |                          | 3 x 900g         | 3.5 units per 900g |
| <b>Glutafin Select</b>                                                             |                          |                  |                    |
| Bread Mix                                                                          |                          | 500g             | 2                  |
| Fibre bread mix                                                                    |                          | 500g             | 2                  |
| Multi-Purpose Fibre Mix                                                            |                          | 500g             | 2                  |
| Multi-Purpose White Mix                                                            |                          | 500g             | 2                  |
| <b>Juvela</b>                                                                      |                          |                  |                    |
| White Mix (X)                                                                      |                          | 500g             | 2                  |
| Fibre Mix (X)                                                                      |                          | 500g             | 2                  |
| <b>TOTAL NUMBER OF UNITS :</b>                                                     |                          |                  |                    |

**APPENDIX 2. GLUTEN-FREE EXCEPTIONAL PRESCRIBABLE ITEMS (BASED ON THE 'PRESCRIBABLE PRODUCTS LIST' PRODUCED BY COELIAC UK) (UPDATED JUNE 2018)**

PATIENT NAME: D.O.B: ADDRESS:  
 No. OF UNITS PRESCRIBABLE PER MONTH (maximum): PREFERRED PHARMACY:  
 (X) = product carries Coeliac UK cross grain symbol

| <b>BISCUITS (150–200g = 0.5 unit)</b>           |                          |                  |                   |
|-------------------------------------------------|--------------------------|------------------|-------------------|
| <b>PRODUCT</b>                                  | <b>QUANTITY REQUIRED</b> | <b>PACK SIZE</b> | <b>UNIT VALUE</b> |
| <b><i>Barkat</i></b>                            |                          |                  |                   |
| Coffee biscuits (X)                             |                          | 200g             | <b>0.5</b>        |
| Digestive biscuits (X)                          |                          | 175g             | <b>0.5</b>        |
| <b><i>Ener-G</i></b>                            |                          |                  |                   |
| Vanilla cookies                                 |                          | 435g             | <b>1</b>          |
| <b><i>Glutafin</i></b>                          |                          |                  |                   |
| Digestive biscuits                              |                          | 150g             | <b>0.5</b>        |
| Shortbread biscuits                             |                          | 100g             | <b>0.5</b>        |
| Tea biscuits                                    |                          | 150g             | <b>0.5</b>        |
| <b><i>Juvela</i></b>                            |                          |                  |                   |
| Digestive biscuits (X)                          |                          | 150g             | <b>0.5</b>        |
| Sweet biscuits (X)                              |                          | 150g             | <b>0.5</b>        |
| Tea biscuits (X)                                |                          | 150g             | <b>0.5</b>        |
| <b>BREAKFAST CEREALS (300–500g = 1.5 units)</b> |                          |                  |                   |
| <b>PRODUCT</b>                                  | <b>QUANTITY REQUIRED</b> | <b>PACK SIZE</b> | <b>UNIT VALUE</b> |
| <b><i>Barkat</i></b>                            |                          |                  |                   |
| Cornflakes (X)                                  |                          | 250g             | <b>1</b>          |
| Porridge Flakes (X)                             |                          | 500g             | <b>2</b>          |
| <b><i>Glutafin</i></b>                          |                          |                  |                   |
| Cornflakes                                      |                          | 375g             | <b>1.5</b>        |
| <b><i>Juvela</i></b>                            |                          |                  |                   |
| Flakes (X)                                      |                          | 300g             | <b>1.5</b>        |
| Pure Oats (X)                                   |                          | 500g             | <b>1.5</b>        |
| Corn Flakes (X)                                 |                          | 375g             | <b>1.5</b>        |
| Crispy Rice (X)                                 |                          | 375g             | <b>1.5</b>        |
| <b><i>Nairn's</i></b>                           |                          |                  |                   |
| Scottish Porridge Oats (X)                      |                          | 500g             | <b>1.5</b>        |
| <b>TOTAL NUMBER OF UNITS :</b>                  |                          |                  |                   |