

Gluten Free Food Prescribable Product List

Patient Order Form October 2015

This Prescribable Product List will be updated annually. If in the interim products are discontinued the list will be updated in due course. Available online:

For patients: <http://www.gccprescribing.org.uk/non-medicines-formularies/>

For community pharmacists:

<http://www.staffnet.ggc.scot.nhs.uk/Acute/Division%20Wide%20Services/Pharmacy%20and%20Prescribing%20Support%20Unit/Community%20Pharmacy/Pages/NewGlutenFreeFoodService.aspx>

For other health professionals: <http://www.gccprescribing.org.uk/non-medicines-formularies/>

What products to prescribe and at what quantity

ACBS indications for gluten free foods: established gluten-sensitive enteropathies including steatorrhoea due to gluten sensitivity, coeliac disease and dermatitis herpetiformis.

ACBS indications for gluten & wheat free foods: established gluten-sensitive enteropathies with coexisting wheat sensitivity only. These products are highlighted with a square ■.

There is useful guidance on the Coeliac UK website.

[Coeliac UK Prescribing Guidelines September 2013](#)

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 rd trimester pregnancy	Add 1

Below is the number of units represented by the prescribable gluten free food item.

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+	2
2 x 110g -180g pizza bases	1
100-170g xanthan gum	1
500g oats Or 300g cereal	1½

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Products highlighted with a ■ are prescribable for those with coexisting wheat sensitivity only. Delivery dates to the Community Pharmacies for fresh products and delivery costs are correct as of April 2015. This list is intended as a reference document. While NHS GGC endeavours to ensure that the information in this list is correct, NHS GGC does not warrant the accuracy and completeness of the material in the list. Community Pharmacists have been asked not to order products which incur additional delivery costs.

ITEM	CODE	NO OF UNITS	QUANTITY
BREAD & ROLLS			
GENIUS – All Breads are Fresh			
Soft & Tasty Sandwich Bread Brown Sliced 535g x6	(PIP Code 379-8550)	6	
Soft & Tasty Sandwich Bread White Sliced 535g x6	(PIP Code 379-8568)	6	
Original Bread Brown Sliced 400g x8	(PIP Code 370-0440)	8	
Original Bread White Sliced Bread 400g x8	(PIP Code 370-0432)	8	
GLUTAFIN			
Gluten Free Fibre Loaf – Sliced 400g	(PIP Code: 237-7356)	1	
Gluten Free White Loaf – Sliced 400g	(PIP Code: 090-4268)	1	
Gluten Free Part Baked Fibre Rolls (4 pack) 200g	(PIP Code: 344-3652)	½	
Gluten Free White Rolls (4 pack) 200g	(PIP Code: 344-3645)	½	
Gluten Free Select Fresh White Loaf Sliced 400g x8	(PIP Code: 290-6840)	8	
Gluten Free Select Seeded Loaf – Sliced 400g	(PIP Code: 308-9364)	1	
Gluten Free Part-Baked Long White Rolls (2 pack) 150g	(PIP Code: 344-3637)	½	
Gluten Free Part-Baked White Rolls (4 pack) 200g	(PIP Code: 344-2753)	½	
JUST – All Breads are Fresh			
Just: gluten-free good white bread 380g x6	(PIP Code:100-0015)	6	
Just: White Sandwich Bread 600g x6	(PIP Code:100-0046)	9	
Just: gluten-free good white rolls 260g (4x 65g) x6	(PIP Code: 100-0039)	6	
JUVELA			
Gluten Free Fibre Loaf – Sliced 400g	(PIP Code: 074-8632)	1	
Gluten Free White Loaf – Sliced 400g	(PIP Code: 074-8590)	1	
Fibre Rolls (5 pack - each roll 85g) 425g	(PIP Code: 080-3668)	1	
Gluten Free Fresh Fibre Loaf - Sliced 400g x8	(PIP Code: 339-9789)	8	
Gluten Free Fresh White Loaf – Sliced 400g x8	(PIP Code: 322-0217)	8	
Fresh White Rolls (5 pack - each roll 85g) 425g x8	(PIP Code 355-8871)	8	
Part-baked White Rolls (5 pack - each roll 75g) 375g	(PIP Code: 243-7267)	1	
Part-baked Fibre Rolls (5 pack - each roll 75g) 375g	(PIP Code: 262-9020)	1	
White Rolls (5 pack - each roll 85g) 425g	(PIP Code: 010-5916)	1	
LIVWELL			
Tear Drop Flat Breads (Naan) (2 pack) 180g	(PIP Code 339-8591)	½	
Flat Breads 220g	(PIP Code: 339-8583)	½	
Ciabatta Rolls (Part Baked) Square Dinner Rolls (2 pack)160g	(PIP Code 351-8552)	½	
Baguette 140g	(PIP Code: 322-1199)	½	
White Bread – Sliced 200g	(PIP Code: 322-1173)	½	
Toasting Bread Buns (English Muffins) (4 pack) 180g	(PIP Code: 335-4735)	½	
WARBURTONS – All Breads are Fresh			
Gluten Free Sliced Brown Bread 400g x4	(PIP Code: 368-5278)	4	
Gluten Free Sliced White Bread 400g x4	(PIP Code: 368-5260)	4	
Gluten Free White Thin Rolls (4 pack x 58g) 232g x 4	(PIP Code: 391-4496)	2	

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ITEM	CODE	NO OF UNITS	QUANTITY
HOME BAKING			
GLUTAFIN			
Gluten Free Bread Mix 500g	(PIP Code: 298-8418) ■	2	
Gluten Free Multipurpose White Mix 500g	(PIP Code: 231-2981)	2	
Gluten Free Select Bread Mix 500g	(PIP Code: 274-4951)	2	
Gluten Free Select Multipurpose White Mix 500g	(PIP Code: 004-5187)	2	
JUELA			
Fibre Mix 500g	(PIP Code: 023-6042)	2	
White Mix 500g	(PIP Code: 035-2161)	2	
Harvest White Mix 500g	(PIP Code: 247-7875)	2	
ORGRAN			
Self Raising Flour 500g	(PIP Code: 273-4762)	2	
Bread Mix Wholemeal 450g	(PIP Code: 329-9138)	2	
Plain Flour 500g	(PIP Code: 288-1415)	2	

ITEM	CODE	NO OF UNITS	QUANTITY
PIZZA BASES			
GLUTAFIN			
Gluten Free Pizza Bases (2 pack) 300g	(PIP Code: 334-1112)	1	
JUELA			
Pizza Bases (2 pack) 360g	(PIP Code: 265-4390)	1	

ITEM	CODE	NO OF UNITS	QUANTITY
BREAKFAST CEREAL			
GLUTAFIN			
Gluten-free cornflakes 375g	(PIP Code: 381-3748)	1 ½	
NAIRNS			
Gluten Free Porridge Oats 500g	(PIP Code 368-7332)	1 ½	
JUELA			
Gluten-Free Flakes 300g	(PIP Code 371-1652)	1 ½	
Gluten-Free Fibre Flakes 300g	(PIP Code 371-1660)	1 ½	
Corn Flakes 375g	(PIP Code 388-2990)	1 ½	
Crispy Rice 375g	(PIP Code 388-2982)	1 ½	

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ITEM	CODE	NO OF UNITS	QUANTITY
PASTA			
GLUTAFIN			
Lasagne 250g	(PIP Code: 215-5091)	1	
Pasta Shells (Conchiglie) 500g	(PIP Code: 250-0676)	2	
Fusilli (Spirals) 500g	(PIP Code: 211-5178)	2	
Fibre Fusilli (Spirals) 500g	(PIP Code: 386-2646)	2	
Fibre Spaghetti 500g	(PIP Code: 386-2653)	2	
Penne 500g	(PIP Code: 211-5152)	2	
Spaghetti 500g	(PIP Code: 211-5160)	2	
Tagliatelle 250g	(PIP Code: 215-5109)	1	
JUELA			
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	
ORGRAN			
Corn and Rice Spaghetti 250g	(PIP Code: 355-3435)	1	
Spaghetti Noodles 375g	(PIP Code: 303-3750)	1½	

ITEM	CODE	NO OF UNITS	QUANTITY
CRACKERS & CRISP BREAD			
GLUTAFIN			
Crackers 200g	(PIP Code: 009-3302)	1	
Crisp Bread 150g	(PIP Code: 338-4443) ■	½	
High Fibre Crackers 200g	(PIP Code: 018-7641)	1	
Savoury Shorts 130g	(PIP Code: 359-6996)	½	
Mini Crackers 175g	(PIP Code: 353 5515)	½	
ORGRAN			
Corn Crispbread Toasted 125g	(PIP Code: 351-3397)	½	
WARBURTONS			
Gluten Free Bran Crackers 150g	(PIP Code: 378-4865)	½	

ITEM	CODE	NO OF UNITS	QUANTITY
BAKING AIDS			
ENER-G			
Xanthan Gum 170g	(PIP Code: 272-4318)	1	
INNOVATIVE SOLUTIONS			
Pure Xanthan Gum 100g	(PIP Code: 282-8572)	1	

GLUTEN FREE FOOD PRODUCT MANUFACTURERS CONTACT DETAILS

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