

## Patient/carer information: Gluten free foods on prescription

### Who can have gluten free food on prescription?

Gluten free foods can only be prescribed for people who have been formally diagnosed with Coeliac disease or Dermatitis Herpetiformis.

**It is very important that people with these conditions do not eat any foods that contain gluten.**

Over the last few years gluten free foods have become easier to find in supermarkets (including smaller stores), broadening the available choices.

### How much gluten free food can GPs prescribe?

These days everyone understands that the NHS can no longer afford to pay for everything that we might want it to. In order to keep our NHS running efficiently, we all need to play our part in keeping costs down.

To help with this Buckinghamshire is following Oxfordshire and East Berkshire in recommending a maximum quantity of gluten free products per patient per month:

- **8 units of gluten free food per patient, per month** - which can be gluten free bread or bread mixes follows

Food group	Quantity	Usual pack size
Bread, rolls, baguettes	1 unit = 400g	Bread and bread rolls come in a variety of pack sizes from 150g (1/2 unit) – 612g (1½ units)
Mixes	1 unit = 250g	Most gluten free mixes are available in 500g (2 units) or 1000g (4 units) packs

**For example** each month you could request:

6 loaves of bread (6 units) + 1 bag 500g bread mix (2 units) = 8 units

Some manufacturers of gluten free foods will even send sample packs of gluten free foods for people to try. This can be a good way to find out which products you prefer before they are prescribed.

### What about other gluten free foods?

In January 2018 the Government decided to restrict gluten free prescribing to bread (including rolls and baguettes), bread mixes and flours mixes, following the [March 2017 consultation](#) on the availability of gluten-free foods on NHS prescription.

Buckinghamshire CCG envisage that 8 units per month of prescribed gluten free foods, together with naturally occurring gluten free foods will be adequate to maintain a healthy diet for the majority of patients.

If you wish to buy extra gluten free foods, the cost of this extra food should not be more than someone without coeliac disease would pay for one month's supply of gluten containing foods from the same food groups as above.

If you think that you or someone you care for might need more than 8 units of gluten free food

### **Which gluten free foods can GPs prescribe?**

Appendix 1 provides a list of gluten free bread, rolls, baguettes, flour mix and bread mixes recommended by Buckinghamshire CCG to prescribe.

### **What can be used instead of prescribed gluten free foods?**

If you do not wish to buy any extra gluten free foods, there are a number of naturally gluten free starchy foods available, which can be used instead of foods like bread and pasta.

These include:

- Potatoes
- Rice
- Quinoa
- Lentils and chickpeas

There are also a number of ingredients which can be used in recipes instead of wheat flour:

- Rice flour
- Chickpea (gram) flour
- Coconut flour
- Corn flour
- Soya flour
- Millet flour
- Potato flour
- Tapioca flour

### **Where can I get more information on a gluten free diet?**

Registered Dietitians can help you to choose a healthy, gluten free diet. If you would like to see a Dietitian, ask your GP to refer you.

Coeliac UK is a charity which provides information and support - including access to a comprehensive gluten free food directory for coeliac patients.

Coeliac UK can be contacted via their helpline telephone number on 0333 332 2033 or via their website <https://www.coeliac.org.uk/home/>

**Appendix 1:** List of gluten free bread, rolls, baguettes, flour mix and bread mixes available on prescription

Type and name of gluten free food	Individual pack size (g)	No. of packs per case	Total units per case (rounded to nearest 0.5 units)
<b>Bread</b>			
Lifestyle® (Brown bread)	400	1	1
Genius Gluten Free® (Seeded brown farmhouse)	535	6	8
Genius Gluten Free® (Sandwich brown bread)	535	6	8
Genius Gluten Free® (Sandwich white bread)	535	1	8
Warburtons® (Brown bread sliced)	400	1	1
Warburtons® (White bread sliced)	400	1	1
Just GF bakery (White sandwich bread)	600	6	9
Barkat® (Wholemeal bread sliced)	500	1	1
Juvela® GF (Fresh fibre loaf sliced)	400	8	8
Glutafin® Select (Fibre loaf sliced)	400	1	1
Glutafin® Select (Fresh brown bread)	400	1	1
Glutafin® Select (Fresh seeded bread)	400	1	1
Glutafin® Select (Fresh white bread)	400	1	1
Glutafin® Select (Seeded loaf sliced)	400	1	1
Glutafin® Select (White loaf sliced)	400	1	1
Juvela® GF (Fibre loaf sliced)	400	6	6
Juvela® GF (Fibre loaf unsliced)	400	6	6
Juvela® GF (White loaf sliced)	400	6	6
Juvela® GF (White loaf unsliced)	400	6	6
Ener-G (Rice loaf sliced)	612	1	1.5
Juvela® GF (Fresh white loaf sliced)	400	8	8
Juvela® GF (Part Baked fibre loaf)	400	6	6
Glutafin® (High fibre loaf sliced)	350	1	1
Glutafin® (White loaf sliced)	300	1	1
Glutafin® (fibre loaf sliced)	300	1	1
Juvela® GF (Part Baked white loaf)	400	6	6
<b>Rolls</b>			
Lifestyle® (5 x brown bread rolls)	400	1	1
Lifestyle® (5 x high fibre bread rolls)	400	1	1
Lifestyle® (5 x white bread rolls)	400	1	1
Juvela® GF (5 x fresh fibre rolls)	425	8	9
Juvela® GF (5 x fresh white rolls)	425	8	9
Juvela® GF (5 x white rolls)	425	6	6
Juvela® GF (5 x fibre rolls)	425	6	6
Warburton® (3 x brown rolls)	220	4	2
Warburton® (3 x white rolls)	220	4	2
<b>Baguettes</b>			
Glutafin® (2 x baguettes)	350	1	1
Proceli® (2 x part baked baguettes)	250	1	0.5

Type and name of gluten free food	Individual pack size (g)	No. of packs per case	Total units per case (rounded to nearest 0.5 units)
Flour Mix			
Tritamyl® (Flour mix)	2000	1	8
Barkat® (All-purpose flour mix)	500	1	2
Finax® (Course flour mix)	900	3	11
Finax® (Regular flour mix)	900	3	11
Proceli® (Basic mix)	1000	1	4
Bread Mix			
Tobia (Teff brown bread mix)	1000	1	4
Tobia (Teff white bread mix)	1000	1	4
Tritamyl® (Brown bread mix)	1000	1	4
Tritamyl® (White bread mix)	2000	1	8
Finax® (Fibre Bread Mix)	1000	3	12
Mums Mill® (Quick Bread mix)	1000	3	12

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