

Gluten-free foods available on the NHS

There are a variety of gluten-free foods currently available on the NHS to help replace staple foods. These should be included in the diet to enable people with coeliac disease to achieve a healthy, balanced diet.

Gluten-free foods available:

Bread / bread rolls
Biscuits
Crackers and crispbreads
Flour/flour-type mixes
Pasta
Pizza bases

Number of units represented by each gluten-free food item

Gluten-free foods items have been allocated a 'unit' value based on their carbohydrate and energy content and their cost:

Gluten-free food item	No. of units
400g bread	1
Up to 400g bread rolls/baguettes	½ to 1
500g bread mix/flour mix/pastry mix/cake mix	2
100g sweet/savoury biscuits/crackers	½
150g - 200g sweet/savoury biscuits/crackers	1
250g pasta	1
500g pasta	2
2 x 110g-180g pizza bases	1

Suggested monthly gluten-free food requirements

Age group	Maximum no. units per calendar month	Example suggested monthly allowance (items can be chosen depending on customer's preference)
Male 19-59 years	18	8 x 400g loaves of bread 1 x (2 x 110/180g) pizza bases 1 x 200g crackers/crispbreads 2 x 500g pasta 2 x 500g flour/bread/cake mix
Male 60-74 years	16	8 x 400g loaves of bread 2 x 400g bread rolls 1 x 500g cake mix 1 x 200g crackers/crispbreads 1 x 500g pasta 1 x 200g biscuits
Male 75+ years	14	8 x 400g loaves of bread 1 x 200g crackers/crispbreads 1 x 500g cake mix 1 x 500g pasta 1 x 200g biscuits
Female 19-74 years	14	8 x 400g loaves of bread 1 x 400g bread rolls 2 x 200g crackers/crispbreads 1 x (2 x 110/180g) pizza bases 1 x 500g pasta
Female 75+ years	12	6 x 400g loaves of bread 1 x 200g crackers/crispbreads 1 x 500g cake mix 1 x 500g pasta 1 x 200g biscuits
3 rd Trimester Pregnancy	Add 1 Unit	1 x 200g sweet biscuits
Breastfeeding	Add 4 Units	1 x 500g pasta 1 x 400g loaf of bread 1 x 200g crackers/crispbreads

Gluten Free Food Requirements Patient Monthly Order Form

Gluten-free foods: patient guide for adults

Patient Name: _____ Date: _____

Patient NHS No: _____ Maximum no. of units per month



Only products listed in the Drug Tariff are allowable

Product	Type	Pack Size	Brand
<i>e.g. BREAD</i>	<i>white unsliced</i>	<i>1</i>	<i>Juvela</i>
BREAD			
BREAD ROLLS			
MIXES			
PASTA			
PIZZA BASES			
BISCUITS			

Sample

Introduction

Coeliac disease is unique among gastrointestinal disorders in that an effective dietary treatment is available that will restore almost all patients to full health, and help to protect against the development of complications.

The best way to ensure good health is for patients to adhere to a strict gluten-free diet for life. Adherence to the diet is often perceived by patients to be restricting and many patients find strict compliance difficult. Difficulties however, can mostly be overcome by providing patients with good, sensible and practical advice.

It has been clearly shown that good dietary compliance is aided by the ease with which patients can obtain suitable amounts of gluten-free products. Coeliac disease is a disorder readily treated by diet and every effort should be made to ensure that patients understand this and have easy access to gluten-free products suitable for their needs.

It is also apparent that those patients who are regularly reviewed adhere much better to their gluten-free diet than those who are left to their own devices.

This leaflet provides an indication of the amounts of gluten-free products that are appropriate for a range of people with coeliac disease, and provides the patient with a checklist to use when ordering their monthly supply of gluten-free foods.