

Patient Name:		D.O.B:	
Address:		Tel No:	
		Date:	
		Units allowed for month:	

NHS Fife Gluten Free Food Product List December 2023 (version 11)

This guideline is updated annually. Every effort is made to ensure its accuracy for both products and delivery costs. However, some products may not be included as they may not have been available in time for the update.

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.

There is useful guidance on the Coeliac UK website. [Coeliac UK Prescribing Guidelines](#)

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

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
500g oats or 300g cereal	1 ½

Gluten Free Product List

While NHS Fife endeavours to ensure that the information in this list is correct, NHS Fife does not warrant the accuracy and completeness of the material in the list.

PRESCRIBABLE FOODS	PIP CODE	NUMBER OF UNITS	QUANTITY
BREAD			
Genius Gluten Free Brown Sandwich Bread Sliced 535g x 6	(PIP Code 379-8550)	6 (1 each)	
Genius Gluten Free White Sandwich Bread Sliced 535g x 6	(PIP Code 379-8568)	6 (1 each)	
Genius Gluten Free Seed Brown Farmhouse Loaf sliced 535gx6	(PIP Code 403-8345)	6 (1 each)	
Glutafin Gluten Free sliced fibre loaf 300g	(PIP Code: 237-7356)	½	
Glutafin Gluten Free sliced white loaf 300g	(PIP Code: 090-4268)	½	
Glutafin Select – Gluten Free Seeded Loaf – Sliced 400g	(PIP Code: 402-3685)	8 (1 each)	
Glutafin Select – Gluten Free Seeded Loaf – Sliced 400g Long Life	(PIP Code: 308-9364)	1	
Glutafin Select – Gluten Free fresh brown loaf sliced	(PIP Code: 330-6800)	8 (1 each)	
Juvela Gluten Free Fibre Loaf – Sliced 400g	(PIP Code: 074-8632)	1	
Juvela Gluten Free White Loaf – Sliced 400g	(PIP Code: 074-8590)	1	
Juvela White bread Sliced 400g x 8	(PIP Code: 322-0217)	8 (1 each)	
Warburtons brown fresh loaf 400g x 4	(PIP Code: 368-5278)	4 (1 each)	
Warburtons white fresh bread sliced 400g x 4	(PIP Code: 368-5260)	4 (1 each)	

PRESCRIBABLE FOODS	PIP CODE	NUMBER OF UNITS	QUANTITY
ROLLS / OTHER BREADS			
Glutafin Gluten & Wheat Free Fibre Rolls (4 pack) 200g	(PIP Code: 344-3652)	½	
Glutafin Gluten & Wheat Free White Rolls (4 pack) 200g	(PIP Code: 344-3645)	½	
Glutafin Gluten & Wheat Free Part-Baked White Rolls (4 pack) 200g	(PIP Code: 344-2753)	½	
Juvela Fresh White Rolls (5 pack - each roll 85g) 425g x8	(PIP Code: 355-8871)	8 (1 each)	
Juvela Fresh Fibre Rolls (5 pack – each roll 85g) 425g x 8	(PIP Code: 355-6800)	8 (1 each)	
Warburtons Gluten Free Brown Rolls (3 per pack) 220g x4	(PIP Code: 368-5294)	2 (½ each)	
Warburtons Gluten Free White Rolls (3 per pack) 220g x4	(PIP Code: 368-5286)	2 (½ each)	

PRESCRIBABLE FOODS	PIP CODE	NO. OF UNITS	QUANTITY
PIZZA BASES			
Glutafin Pizza Bases (2 pack) 300g	(PIP Code: 334-1112)	1	
Juvela Pizza Bases (2 x 150g pack) 300g	(PIP Code: 265-4390)	1	

PRESCRIBABLE FOODS	PIP CODE	NO. OF UNITS	QUANTITY
PASTA			
Glutafin–Gluten Free fusilli (spirals) pasta 500g	(PIP Code: 211-5178)	2	
Glutafin–Gluten Free macaroni penne pasta 500g	(PIP Code: 211-5152)	2	
Juvela Glute Free fibre penne 500g	(PIP Code: 332-8010)	2	
Juvela Gluten Free lasagne pasta 250g	(PIP Code: 280-7972)	2	
Juvela Glute Free spaghetti pasta 500g	(PIP Code: 280-7998)	2	

PRESCRIBABLE FOODS	PIP CODE	NO. OF UNITS	QUANTITY
CRACKERS & CRISPBREAD			
Glutafin–Gluten Mini Crackers 175g	(PIP Code: 353 5515)	½	
Glutafin-Gluten Free Crackers 200g	(PIP Code: 009-3302)	1	
Glutafin Gluten Free Crispbread (1x150g)	(PIP Code: 338-4443)	½	

PRESCRIBABLE FOODS	PIP CODE	NO. OF UNITS	QUANTITY
BREAKFAST CEREAL			
Juvela Gluten-Free Special Flakes 300g	(PIP Code 371-1652)	1½	
Juvela Gluten-Free Fibre Flakes 300g	(PIP Code 371-1660)	1½	
Juvela Gluten-Free crispy rice cereal 375g	(PIP Code 388-2982)	1½	
Juvela Gluten Free cornflakes 375g	(PIP Code 388-2990)	1½	
Juvela Pure Oats 500g	(PIP Code 371-1678)	1½	

PRESCRIBABLE FOODS	PIP CODE	NO. OF UNITS	QUANTITY
HOME BAKING			
Glutafin G/F W/F Multipurpose White Mix 500g	(PIP Code 231-2981)	2	
Glutafin G/F W/F Multipurpose Fibre Mix 500g	(PIP Code 231-2973)	2	
Glutafin Select_G/F Bread Mix 500g	(PIP Code 274-4951)	2	
Glutafin Select_G/F Fibre Bread Mix 500g	(PIP Code 297-9912)	2	
Juvela G/F Fibre Mix 500g	(PIP Code 023-6042)	2	
Juvela G/F White Mix 500g	(PIP Code 035-2161)	2	
Juvela G/F Harvest White Mix 500g	(PIP Code 247-7875)	2	

Signature.....Date.....Tel.....

Pharmacy Use: This form should be kept in the pharmacy for 12 months

GLUTEN-FREE PRODUCTS – MANUFACTURERS

Hero UK Ltd trading as Juvela
Tel: 0800 783 1992
Email: info@juvela.co.uk
www.juvela.co.uk
Brands – **Juvela Gluten Free**

Alliance Healthcare
Tel: 020 8391 2323
Gluten free bread team: 0844 854 4998
Email: information@alliance-healthcare.co.uk

Dr Schar
Tel: 0800 988 2470
Email: glutenfree@glutafin.co.uk
www.glutafin.co.uk
Brands- **Glutafin**

AAH Pharmaceuticals
Tel: 0141 423 5888
Order Line: 0844 561 8899
Email: enquiries@aah.co.uk

Warburtons
Tel: 0800 243684
www.newburnbakehouse.com
Brands- **Warburtons**

Phoenix Healthcare Distribution Ltd
Tel: 01928 750500
www.mvp-i-n.co.uk

Genius Gluten Free
Tel: 0845 874 4000
www.geniusglutenfree.com
Brands – **Genius**