

# NHS FIFE PRESCRIBABLE GLUTEN-FREE FOOD (GFF) LIST

- Every month you may select a number of units of gluten free food from the following pages using the Gluten-Free Food Requirement Order Form each month. You may choose any combination of products to reach your allocated number of units. There is no need to order to your unit allocation each month if not required. You will be informed of the number of units you are allowed by your Dietitian, GP or Community Pharmacist (Chemist).

## NUMBER OF MONTHLY UNITS =

- You must be registered with your chosen pharmacy to receive this service. You must be careful not to go over your monthly units when ordering. It is not possible to 'carry over' units from one month into the next.
- Only approved foods considered as 'dietary staples' that form the basis of a nutritionally balanced diet are included in the list and include breads and rolls, flours or bread/pastry mixes, pastas, crackers crispbreads, pizza bases and xanthan gum. Gluten-free foods considered 'luxury items' include biscuits, cakes and cake mixtures are not normally available on prescription.
- The list (formulary) will be applied to all Gluten Free Foods supplied across NHS Fife for people choosing to receive their foods direct from their nominated pharmacy or continuing to receive a prescription from their GP practice.
- The list does not include all foods that are currently available on prescription. This is a local Fife list which includes products mainly stocked in the pharmacy warehouses – products that have expensive delivery and handling costs are not included.
- Our reference to products with Codex wheat starch has been removed as advised by Scottish Government.
- New products may become available and some products may be deleted. Your local Community Pharmacist can keep you updated. If you have any additional diagnosed food intolerances or allergies please contact your local Dietitian for more information. This list will be reviewed every 3-months to begin with to ensure the products included remain easily available.
- If you have any problems with access to the products listed please speak to your Pharmacist who will be able to help. It is important to arrange with your pharmacist details of when the products ordered should be collected.
- Further information about the Gluten Free Food Service is available at <http://www.nhsinform.co.uk/GFFSeligibility> and an online version of the NHS Fife Gluten Free Food List is available at [www.nhsfife.org](http://www.nhsfife.org)

## Allocation of Units

- People with CD have varying nutritional requirements for gluten free foods depending on their age, gender, occupation and lifestyle. The following tables provide information regarding nationally agreed prescribing quantities through the Unit Allocation and the number of units the various prescribable products contribute. The allocation may need to be increased for people with particularly active lifestyles or occupations. Exceptions to these amounts should be on the advice of a dietitian.

Monthly gluten free food prescription requirements	
Age Group	Suggested 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
3rd trimester pregnancy	Add 1

Gluten Free Foods with their unit value	
Food	Unit value
<400g bread	1/2
400 – 599g bread	1
≥ 600g bread	1 1/2
150 – 250g rolls / baguettes	1/2
251 - 400g rolls/baguettes	1
500g bread mix/flour mix	2
<199g savoury biscuits/crackers	1/2
200g savoury biscuits/crackers/ crispbreads	1
250g pasta	1
251 – 499g pasta	1 1/2
≥ 500g pasta	2
2 x 110g -180g pizza bases	1
500g oats Or 300g cereal	1 1/2

This form can be completed for gluten free foods in line with the NHS Fife Gluten Free Foods Formulary

Patient Name.....DoB.....CHI.....  
 Address.....  
 Number of units allocated.....Date Annual Health Check due.....

PRESCRIBABLE FOODS	PIP CODE	NUMBER OF UNITS	QUANTITY
<b>BREAD</b>			
Genius Soft Sandwich Bread Brown Sliced 535g x 6	(PIP Code 379-8550)	6 (1 each)	
Genius Soft Sandwich Bread White Sliced 535g x 6	(PIP Code 379-8568)	6 (1 each)	
Genius Seed Brown Farmhouse Loaf 535g x 6	(PIP Code 403-8345)	6 (1 each)	
Glutafin Gluten & Wheat Free Fibre Loaf – Sliced 400g	(PIP Code: 237-7356)	1	
Glutafin Gluten & Wheat Free White Loaf – Sliced 400g	(PIP Code: 090-4268)	1	
Glutafin Select – Gluten Free Fresh Brown Loaf 400g x 8	(PIP Code: 330-6800)	8 (1 each)	
Glutafin Select – Gluten Free Fresh White Loaf 400g x 8	(PIP Code: 290-6840)	8 (1 each)	
Glutafin Select – Gluten Free Seeded Loaf – Sliced 400g	(PIP Code: 308-9364)	1	
Glutafin Select – Gluten Free White Loaf – Sliced 400g	(PIP Code: 054-6093)	1	
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 Gluten Free Fresh Fibre Sliced Loaf 400g x 8	(PIP Code: 339-9789)	8 (1 each)	
Juvela Gluten Free Fresh White Loaf – Sliced 400g x 8	(PIP Code: 322-0217)	8 (1 each)	
Juvela Gluten Free Part-baked Fibre Loaf 400g	(PIP Code: 273-6890)	1	
Juvela Gluten Free Part-baked White Loaf 400g	(PIP Code: 273-6882)	1	
Lifestyle Healthcare - Fresh High Fibre Sliced 400g x 8	(PIP Code: 229-4254)	8 (1 each)	
Lifestyle Healthcare - Fresh White Bread Sliced 400g x 8	(PIP Code: 087-6490)	8 (1 each)	
Warburtons Gluten Free Sliced Brown Bread 400gx 4	(PIP Code: 368-5278)	4 (1 each)	
Warburtons Gluten Free Sliced White Bread 400g x 4	(PIP Code: 368-5260)	4 (1 each)	
Warburtons Gluten Free Sliced Seeded Bread 400g x 4	(PIP code: 401-8867)	4 (1 each)	

PRESCRIBABLE FOODS	PIP CODE	NUMBER OF UNITS	QUANTITY								
<b>ROLLS / OTHER BREADS</b>											
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 Long White Rolls (2 pack) 150g	(PIP Code: 344-3637)	½									
Glutafin Gluten & Wheat Free Part-Baked White Rolls (4 pack) 200g	(PIP Code: 344-2753)	½									
Gluten Free Part Baked Fibre Rolls (4 pack) 200g	(PIP Code: 344-3652)	½									
Juvela Fibre Rolls (5 pack - each roll 85g) 425g	(PIP Code: 080-3668)	1									
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)									
Juvela Part-baked Fibre Rolls (5 pack - each roll 75g) 375g	(PIP Code: 262-9020)	1									
Juvela Part-baked White Rolls (5 pack - each roll 75g) 375g	(PIP Code: 243-7267)	1									
Juvela White Rolls (5 pack - each roll 85g) 425g	(PIP Code: 010-5916)	1									
Juvela Fresh <b>Mixed</b> Case (Available in packs of 8 from a combination of 4x rolls or 4x loaves that are either fibre or white) (L=Loaves R=Rolls F=Fibre W=White) <i>Please Circle:</i>	4FR + 4FL: 836-4242 4WR + 4WL:836-4259 4FL + 4WR: 839-2730 4WL+ 4FL: 839-2821 4WR+ 4FR: 839-2839 4WL+ 4FR: 839-2847	8 (min order)									
<table border="1"> <tr> <td>4x Loaves</td> <td>4x Rolls</td> <td>Fibre</td> <td>White</td> </tr> <tr> <td>4x Loaves</td> <td>4x Rolls</td> <td>Fibre</td> <td>White</td> </tr> </table>	4x Loaves	4x Rolls	Fibre	White	4x Loaves	4x Rolls	Fibre	White			
4x Loaves	4x Rolls	Fibre	White								
4x Loaves	4x Rolls	Fibre	White								
Warburtons Gluten Free Brown Sub Rolls (3 per pack) 220g x4	(PIP Code: 368-5294)	2 (½ each)									
Warburtons Gluten Free White Sub Rolls (3 per pack) 220g x4	(PIP Code: 368-5286)	2 (½ each)									
Warburtons Gluten Free Seeded Thin Rolls (4 pack x 43g) 172g x 4	(PIP Code: 402-3511)	2 (½ each)									

PRESCRIBABLE FOODS	PIP CODE	NO. OF UNITS	QUANTITY
<b>PIZZA BASES</b>			
Glutafin Pizza Bases (2 pack) 300g	(PIP Code: 334-1112)	1	
Juvela Pizza Bases (2 pack) 360g	(PIP Code: 265-4390)	1	

PRESCRIBABLE FOODS	PIP CODE	NO. OF UNITS	QUANTITY
<b>PASTA</b>			
Glutafin–Gluten & Wheat Free Pasta Shells (Conchiglie) 500g	(PIP Code: 250-0676)	2	
Glutafin–Gluten & Wheat Free Pasta Spirals (Fusilli) 500g	(PIP Code: 211-5178)	2	
Glutafin–Gluten & Wheat Free Penne 500g	(PIP Code: 211-5152)	2	
Glutafin–Gluten & Wheat Free Spaghetti 500g	(PIP Code: 211-5160)	2	
Juvela Fibre Penne 500g	(PIP Code: 332-8010)	2	
Juvela Fusilli 500g	(PIP Code: 280-7980)	2	
Juvela Lasagne sheets 250g	(PIP Code: 280-7972)	1	
Juvela Macaroni 500g	(PIP Code: 280-8004)	2	
Juvela Spaghetti 500g	(PIP Code: 280-7998)	2	
Juvela Tagliatelle 250g	(PIP Code: 319-3497)	1	

PRESCRIBABLE FOODS	PIP CODE	NO. OF UNITS	QUANTITY
<b>CRACKERS &amp; CRISPREAD</b>			
Glutafin–Gluten & Wheat Free High Fibre Crackers 200g	(PIP Code: 018-7641)	1	
Glutafin–Gluten & Wheat Free Mini Crackers 175g	(PIP Code: 353 5515)	½	
Glutafin-Gluten Free Wheat Free Crackers 200g	(PIP Code: 009-3302)	1	
Glutafin Gluten Free Crispbread (1x150g)	(PIP Code: 338-4443)	½	
Juvela Crispbread 200g	(PIP Code: 236-6136)	1	

PRESCRIBABLE FOODS	PIP CODE	NO. OF UNITS	QUANTITY
<b>BREAKFAST CEREAL</b>			
Juvela Gluten-Free Special Flakes 300g	(PIP Code 371-1652)	1½	
Juvela Gluten-Free Fibre Flakes 300g	(PIP Code 371-1660)	1½	
Nairns Gluten Free Porridge Oats 500g	(PIP Code 368-7332)	1½	

PRESCRIBABLE FOODS	PIP CODE	NO. OF UNITS	QUANTITY
<b>HOME BAKING</b>			
Glutafin G/F W/F Bread Mix 500g	(PIP Code 298-8418)	2	
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	
Glutafin Select_G/F Multipurpose White Mix 500g	(PIP Code 004-5187)	2	
Glutafin Select G/F Multipurpose Fibre Mix 500g	(PIP Code 004-5591)	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	
<b>BAKING AIDS</b>			
Ener-G Xanthan Gum 170g	(PIP Code: 272-4318)	1	

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

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

## GLUTEN-FREE PRODUCTS – MANUFACTURERS

Community Foods  
 Tel: 020 8208 2966  
 Email: [enquiries@communityfoods.co.uk](mailto:enquiries@communityfoods.co.uk)  
[www.communityfoods.co.uk](http://www.communityfoods.co.uk)  
 Brands – **Orgran**

Dr Schar  
 Tel: 0800 988 2470  
 Email: [glutenfree@glutafin.co.uk](mailto:glutenfree@glutafin.co.uk)  
[www.glutafin.co.uk](http://www.glutafin.co.uk)  
 Brands- **Glutafin**

General Dietary Ltd  
 Tel: 0203 044 2933  
 Email: [info@generaldietary.com](mailto:info@generaldietary.com)  
[www.generaldietary.com](http://www.generaldietary.com)  
 Brands – **Ener-G**

Genius Gluten Free  
 Tel: 0845 874 4000  
[www.geniusglutenfree.com](http://www.geniusglutenfree.com)  
 Brands – **Genius**

Juvela  
 Tel: 0800 783 1992  
 Email: [info@juvela.co.uk](mailto:info@juvela.co.uk)  
[www.juvela.co.uk](http://www.juvela.co.uk)  
 Brands – **Juvela**

Lifestyle Healthcare Ltd/Ultrapharm Ltd  
 Tel: 0845 270 1400  
 Email: [sales@gfdiet.com](mailto:sales@gfdiet.com)  
[www.gfdiet.com](http://www.gfdiet.com)  
 Brands – **Lifestyle**

Nairns Oatcakes Ltd  
 Tel: 0131 620 7000  
 Brands - **Nairns**

Warburtons  
 Tel: 01204 531004  
[www.glutenandwheatfree.co.uk](http://www.glutenandwheatfree.co.uk)  
 Brands- **Warburtons**