

# **Lincolnshire Prescribing and Clinical Effectiveness Bulletin**

Volume 11; Number 2

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## **PRESCRIBING GLUTEN FREE FOODS (THIRD EDITION)**

### **Key Recommendations**

- In response to the Lincolnshire Medicines Management public consultation late last year, 89% of respondents felt that gluten free (GF) prescribing should be further restricted in some way as a means of reprioritizing NHS spending to meet the escalating cost and demand for healthcare.
- After careful consideration, the Lincolnshire Clinical Commissioning Groups (CCGs) have decided to restrict the prescribing of GF foods to: bread (fresh and long-life), bread mixes and flour prescribed in *Coeliac UK* approved quantities. Appendix 2 provides a detailed list of all *Drug Tariff* ACBS approved products that are included within this definition. Appendix 3 details *Coeliac UK* approved quantities.
- Bread (fresh and long-life), flour and bread mixes remain premium price in supermarkets compared to gluten-containing equivalents and can continue to be prescribed. Other products are priced more comparably with gluten-containing equivalents and should be purchased by patients from their preferred retailer as part of their regular grocery shopping.
- Only patients with established gluten enteropathy (including coeliac disease, steatorrhoea due to gluten sensitivity and dermatitis herpetiformis) with or without coexisting wheat sensitivity should receive GF foods on prescription. Where possible, gluten enteropathy should be confirmed by biopsy.
- The GF diet is potentially very restrictive and all patients should be referred to a dietitian for dietary assessment and advice as soon as possible after diagnosis. A prescribing pathway is provided as Appendix 1.
- It is important to ensure that the patient understands the diet and the complications which can occur due to poor compliance with it. As part of the dietary assessment, the patient should be advised about the restrictions to GF prescribing in Lincolnshire and the availability of a much wider range of GF products through supermarkets and other retailers, including on-line retailers.
- All patients wishing to access bread, flour and bread mixes on prescription will need to be provided with information on the range of products approved for prescribing in Lincolnshire (see Appendix 2) and appropriate quantities to order based on *Coeliac UK* age and sex specific quantities guidance (see Appendix 3).
- Prescribers are urged to review all patients currently receiving GF foods on prescription with a view to discontinuing supply of all items that are no longer approved for prescribing (i.e. anything except for

bread (fresh and long-life), bread mixes and flour (see Appendix 2)). It is estimated that over 40% of prescriptions for GF items will need to be stopped as part of this initiative; the estimated saving across Lincolnshire is nearly £100,000pa.

- Review of patients currently receiving GF foods on prescription offers an opportunity for an annual review in accordance with NICE criteria (see NICE Guideline 20: *Coeliac disease: recognition, assessment and management* (September 2015)).
- Only fresh GF bread that is available without a surcharge is approved for prescribing (i.e. products manufactured by Genius, Juvela, Glutafin, Warburtons and Ultrapharm/Lifestyle). Appendix 2 provides a detailed list of all *Drug Tariff* ACBS approved products that are approved for use.
- Over-ordering of fresh GF bread can be extremely wasteful of NHS resources, particularly if surplus quantities go out of date and are wasted. Where fresh GF bread is prescribed, patients should be advised to freeze surplus quantities immediately upon receipt as fresh GF bread deteriorates rapidly if stored at room temperature. GF bread making at home can be a more cost-effective and palatable way of ensuring that GF bread is readily available; bread mixes and different types of flour remain on prescription in Lincolnshire for this purpose.
- The following GF products should no longer be prescribed: pasta, pizza bases, cereals or grains, crackers, crispbreads, biscuits and cakes.
- Patients are free to supplement their prescribed GF diet with commercially produced GF foods available to buy from supermarkets, health food stores, some pharmacies and on-line.
- Coeliac disease does not exempt individuals from prescription charges, although a pre-payment certificate (PPC) can reduce the cost of prescriptions. If an individual receives more than 3 prescription items in three months or 12 items in twelve months, a PPC can work out cheaper than single charges for each item.
- All prescribers are advised to refer to the *Coeliac UK* website for further information [www.coeliac.org.uk](http://www.coeliac.org.uk)

## Introduction

Coeliac disease (CD) is a life-long autoimmune disease in which gluten damages the villi in the small intestine, and which improves morphologically when gluten is removed from the diet. Patients suffering from coeliac disease and dermatitis herpetiformis (DH) (another disease related to gluten intolerance) need to adhere to a lifelong gluten free (GF) diet. Many foods are naturally free of gluten and present no problems to these patients. In order to maintain a GF diet, patients need to exclude all foods containing wheat, rye and barley; manufactured GF products often contain wheat from which gluten has been removed. The vast majority of coeliac patients can include oats in their diet as long as they are uncontaminated by any other gluten containing cereal. A number of GF oat products are available to buy; they provide an important source of variety in what can be a very restricted diet. The British Society of Gastroenterology recommends that oats are excluded for the first 6-12 months of a GF diet and uncontaminated oats reintroduced if the patient wishes. Most recent NICE Guidance published in September 2016 (NG20) recommends that people with CD can choose to include GF oats in their diet at any stage following diagnosis.

In untreated CD, damage to the surface of the small intestine results in a reduced ability to digest and absorb food; this can cause malabsorption of essential nutrients

such as iron, folic acid and calcium. In infants and children this can result in faltering growth, unexplained anaemia, chronic diarrhoea and abdominal distension. In adults, presenting symptoms include general ill health, tiredness, reduced appetite, weight loss, mouth ulcers, abdominal bloating, diarrhoea, constipation and anaemia. Health risks linked to untreated CD include poor growth in childhood, osteopenia, osteoporosis, infertility, increased risk of non-Hodgkins lymphoma, Hodgkins lymphoma, intestinal malignancy and iron, vitamin B12 or folate deficiency. These risks are thought to be reduced by a strict GF diet.

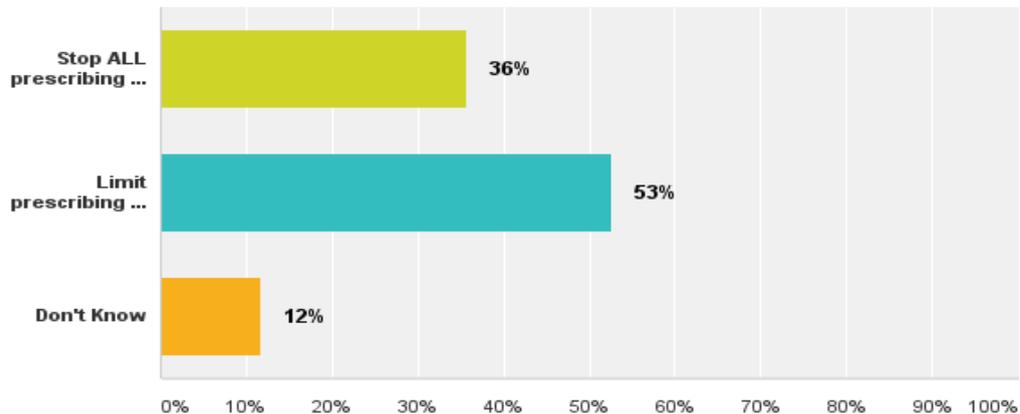
Dermatitis Herpetiformis (DH) is an itchy blistering skin eruption which is due to gluten sensitivity. The sensitivity also affects the small intestine in the majority of patients giving rise to a mild form of CD. The GF diet cures the skin rash and treats the CD and should therefore be continued for life.

Lincolnshire Medicines Management Consultation

From October 4<sup>th</sup> to November 18<sup>th</sup> 2016, the Lincolnshire CCGs conducted a consultation with the Lincolnshire public designed to gauge public opinion around proposals to restrict prescribing of certain products that are also available to buy (for example, over-the-counter medicines, gluten free foods, some baby milks and infant formulae and some nutritional supplements). The aim was to gauge public opinion around the best way to manage increasingly constrained NHS budgets while at the same time ensuring optimal management for those with the highest need. The question posed around GF prescribing was as follows:

**Q6 When considering the prioritisation of healthcare funding due to higher demands on our budget than we can meet, what is your preferred option for the future prescription of gluten-free food below**

Answered: 1,420 Skipped: 28



On reviewing this response, the Lincolnshire CCGs have taken the decision to restrict the prescribing of GF foods to bread (fresh and long-lfe), bread mixes and flour.

**PACE Recommendation:**

In response to the Lincolnshire Medicines Management public consultation late last year, 89% of respondents felt that gluten free (GF) prescribing should be further restricted in some way as a means of reprioritizing NHS spending to meet the escalating cost and demand for healthcare. After careful consideration, the Lincolnshire Clinical Commissioning Groups (CCGs) have decided to restrict the prescribing of GF foods to: bread (fresh and long-life), bread mixes and flour prescribed in *Coeliac UK* approved quantities. Appendix 2 provides a detailed list of all *Drug Tariff* ACBS approved products that are included within this definition. Appendix 3 details *Coeliac UK* approved quantities. The following GF products should no longer be prescribed: pasta, pizza bases, cereals or grains, crackers, crispbreads, biscuits and cakes.

**Gluten Free Prescribing in Lincolnshire: Some Facts and Figures**

- In the last year, nearly £480,000 was spent on the prescribing of GF foods across the four Lincolnshire Clinical Commissioning Groups (CCGs).
- An extensive range of products were prescribed including: bread, pasta, pizza bases, breakfast cereals, crackers, cake mixes, bread mixes, biscuits and cakes. The table below illustrates how prescribing of different types of GF food breaks down in terms of food types:

	<b>LECCG</b>	<b>LWCCG</b>	<b>SLCCG</b>	<b>SWLCCG</b>	<b>Lincolnshire</b>
<b>Bread</b>	43.8%	44.2%	45.2%	44.4%	44.3%
<b>Flour</b>	0.4%	1.6%	2.8%	0.7%	1.2%
<b>Multipurpose and bread mixes</b>	14.2%	13.0%	14.8%	14.4%	13.9%
<b>Pasta</b>	13.1%	14.3%	15.2%	16.4%	14.3%
<b>Pizza bases</b>	5.8%	5.5%	5.4%	4.8%	5.5%
<b>Cereals or grains</b>	12.3%	12.8%	12.4%	12.4%	12.5%
<b>Crackers</b>	7.7%	5.7%	6.6%	7.5%	6.8%
<b>Non-staples (biscuits/ cakes/ desserts)</b>	11.4%	10.2%	6.5%	7.2%	9.6%

- Bread, flour and bread mixes constitute 59.4% of all items prescribed (Lincolnshire average; CCG range 58.4% to 62.8%).
- Restricting prescribing of GF foods to bread (fresh and long-life), flour and bread mixes will generate annual savings of nearly £100,000 across Lincolnshire (see below).

Potential saving if prescribing restricted to GF bread and flour (including multipurpose or bread mixes) subject to *Coeliac UK* quantity recommendations

	Total annual cost of GF prescribing	Total annual cost of prescribing for GF bread and flour (including multipurpose or bread mixes)	Potential Annual Saving if only GF bread and flour (including multipurpose or bread mixes) allowed on prescription
LECCG	£170,395	£136,856	£33,539
LWCCG	£153,327	£119,797	£33,530
SLCCG	£91,020	£74,068	£16,952
SWLCCG	£64,354	£51,603	£12,751
Lincolnshire	£479,096	£382,324	£96,772

**PACEF Recommendation:**

**Prescribers are urged to review all patients currently receiving GF foods on prescription with a view to discontinuing supply of all items that are no longer approved for prescribing (i.e. anything except for bread (fresh and long-life), bread mixes and flour (see Appendix 2 for a list of approved products)). It is estimated that over 40% of prescriptions for GF items will need to be stopped as part of this initiative; the estimated saving across Lincolnshire is nearly £100,000pa.**

**NICE Guideline 20: Coeliac disease: recognition, assessment and management (September 2015)**

In accordance with NG20 all patients with coeliac disease should be offered an annual review including:

- measurement of weight and height.
- review of symptoms.
- consideration of the need for dietary assessment and review of adherence to the GF diet.
- consideration of the need for specialist dietetic and nutritional advice.

**PACEF Recommendation:**

**Review of patients currently receiving GF foods on prescription offers an opportunity for an annual review in accordance with NICE criteria (see NG20).**

**Buying GF foods from supermarkets and other retailers**

PACEF do not recommend the prescribing of GF pasta, pizza bases and breakfast cereals on the NHS as these products are now available at similar prices to non-GF equivalents in supermarkets (see table below). Independent checks in Lincolnshire supermarkets have confirmed the similar cost of GF and non-GF pasta, pizza bases, cereals and flour. GF bread is more expensive in supermarkets than non-GF bread and is often available in much smaller loaves. In addition, *Coeliac UK* do not recommend the

prescribing of non-staple products such as biscuits and cake mixes as this is not consistent with NHS healthy eating messages.

The table below illustrates the difference between supermarket prices for GF products compared to gluten-containing equivalents:

Products	Supermarket price for GF product	Supermarket price for gluten-containing equivalent
<b>Loaf of bread (400-500g)</b>	<b>£1.99 to £3.00</b>	<b>£0.50 to £1.70</b>
<b>Plain flour (1kg)</b>	<b>£1.99 to £3.00</b>	<b>£1.00 to £1.89</b>
<b>Self - raising flour (1kg)</b>	<b>£1.99 to £3.00</b>	<b>£1.18 to £1.80</b>
<b>Bread mix (240-250g)</b>	<b>£2.49 to £2.68</b>	<b>£0.75 to £1.20</b>
Pizza base (each)	£0.90 to £1.00	£0.50 to £0.85
Pasta (500g)	£1.35 to £2.00	£0.29 to £2.40
Cake/pastry	£0.90 to £1.00	£0.12 to £1.00
Biscuits (200g)	£0.88 to £3.86	£0.39 to £1.50
500g oats	£2.25 to £3.00	£0.56 to £3.69
300g breakfast cereal	£1.50 to £3.25	£1.50 to £2.69

For the products highlighted in bold, the supermarket price for GF products is invariably and often significantly higher than the price for a gluten-containing equivalent. For some products, such as pizza bases, pasta and breakfast cereal the difference in price between GF and gluten-containing products is much smaller

**PACEF Recommendation:**

**Bread (fresh and long-life), flour and bread mixes remain premium price in supermarkets compared to gluten-containing equivalents and can continue to be prescribed. Other products are priced more comparably with gluten-containing equivalents and should be purchased by patients from their preferred retailer as part of their regular grocery shopping.**

**Gluten Free Foods on Prescription**

Prescribable GF foods are defined as borderline substances in the *Drug Tariff* (Part XV) and can *only* be prescribed for patients with established gluten enteropathy with or without co-existing wheat sensitivity. As these products are classified as borderline substances, each FP10 prescription should be endorsed 'ACBS'. Care should be taken to ensure that the patient's diagnosis matches one of the approved indications for the product as listed in Appendix 2 of the *BNF* or Part XV of the *Drug Tariff*.

**PACEF Recommendation:**

**Only patients with established gluten enteropathy (including coeliac disease, steatorrhoea due to gluten sensitivity and dermatitis herpetiformis) with or without co-existing wheat sensitivity should receive GF foods on prescription. Wherever possible, gluten enteropathy should be confirmed by biopsy.**

**Quantities to be prescribed**

Coeliac UK (a charity supported by the Primary Care Society for Gastro-enterology and the British Dietetic Association) has produced guidelines outlining the quantities of GF foods likely to be required by coeliac patients. Recommendations are made based on the patient's age and activity levels allowing a specific number of "units" on prescription each month (see Appendix 2). These quantities may be more than is

needed by many patients, particularly now that the range of GF foods available on prescription in Lincolnshire has been limited to bread, bread mixes and flour.

**PACEF Recommendation:**

**Prescribers should only prescribe bread (fresh or long-life), bread mixes and flour. Appendix 2 provides a detailed list of all *Drug Tariff* ACBS approved products that are included within this definition. Prescribed quantities should not exceed recommended monthly quantities as published in the *Coeliac UK* prescribing guide (see Appendix 3). These quantities are higher than needed for many patients. It is expected that the majority of patients will supplement their prescribed food items, with additional GF foods purchased from supermarkets, health food stores, pharmacies or on-line. In exceptional circumstances and subject to dietitian review, larger quantities can be agreed on prescription for patients with particular difficulties. Prescribers are urged to review all prescriptions for GF foods to ensure that patients cannot continue to order quantities in excess of the *Coeliac UK* guidance unless exceptional circumstances have been identified.**

**Gluten free, wheat-free products**

Gluten free products are not necessarily wheat free. Some patients with CD may require a fully wheat free diet if their symptoms do not subside on the gluten-free diet. As part of the review, it is important to check if the patient has any additional food allergies or intolerances.

**Gluten free bread, bread rolls, bread mixes and flour**

Continuing to prescribe GF bread, bread mixes and flour will ensure that people can continue to draw supplies of key staples on NHS prescription to offset the cost of maintaining a GF diet. The provision of fresh GF bread on prescription can create a number of problems including:

- (1) Supply. These products are baked to order and are often only available on direct order from the manufacturer.
- (2) Cost. The cost of these products can be variable from different suppliers and wholesalers and associated delivery charges can be high (although not from all manufacturers).
- (3) Pack sizes. Many products are only available in multiples of six to eight loaves or packs of rolls (depending upon the manufacturer).
- (4) Deliveries. Fresh bread is delivered to pharmacies/dispensing practices once or twice a week.
- (5) Expiry dates. Fresh GF bread will keep for up to 8 days at room temperature and for up to 4 weeks if frozen on delivery; surplus supplies should be frozen on delivery to minimize waste.

Only fresh GF bread available without a surcharge is approved. The table below summarizes the manufacturers of fresh GF bread products available with no delivery charges:

<b>Company</b>	<b>Ordering arrangements</b>	<b>Telephone number</b>
<i>Genius</i> – Fresh bread only	No charge if ordered directly from or via Alliance Wholesalers	0845 8744000
<i>Juvela</i> – Fresh bread only	Available from UDG with no delivery charge	01773 510123

<i>Glutafin</i>	Available from UDG with no delivery charge	01773 510123
<i>Warburtons</i>	Available from UDG with no delivery charge	01773 510123
<i>Ultraparm/Lifestyle</i>	No charge if ordered from Alliance wholesalers (delivery charges apply if ordered directly from Ultraparm)	08448 544983

Manufacturers that charge for delivery of fresh bread include: Orgran, Barkat, Procelli, Innovative Solutions, Wellfoods and Lifestyle. These product ranges should not be prescribed.

Products not recommended for prescribing include:

<b>Manufacturer</b>	<b>Products</b>
Barkat	Barkat GF home fresh bread rolls Barkat GF home fresh country loaf Barkat GF par-baked baguettes Barkat GF par-baked rolls Barkat GF par-baked white bread Barkat GF par-baked white sliced bread Barkat GF wheat-free multi grain bread Barkat GF wholemeal sliced bread
Lifestyle	Lifestyle GF bread rolls Lifestyle GF brown bread Lifestyle GF high fibre bread Lifestyle GF high fibre bread rolls Lifestyle GF white bread
Procelli	Procelli part-baked baguettes
Wellfoods	Wellfoods GF burger buns Wellfoods GF loaf Wellfoods rolls Wellfoods GF sliced loaf

**PACEF Recommendation:** Continuing to prescribe GF bread, bread mixes and flour will ensure that people can continue to draw supplies of key staples on NHS prescription to offset the cost of maintaining a GF diet. Only fresh GF bread available without a surcharge is approved (i.e. products manufactured by Genius, Juvela, Glutafin, Warburtons and Ultraparm/Lifestyle). Appendix 2 provides a detailed list of all *Drug Tariff* ACBS approved products approved for use in Lincolnshire. Fresh GF bread will keep for up to 8 days at room temperature and for up to 4 weeks if frozen on delivery; surplus supplies should be frozen on delivery to minimize waste.

### **Gluten free flours and flour mixes**

Flour is considered a staple food and as such is suitable for prescribing. Bread mixes are more expensive, although they can be cost-effective if used as a substitute for fresh bread.

**PACEF Recommendation**  
GF bread making at home can be a more cost-effective and palatable way of ensuring that GF bread is available in the home.

### **Prescription Charges and Pre-Payment Certificates**

Coeliac disease does not exempt individuals from prescription charges, although a pre-payment certificate (PPC) can reduce the cost of prescriptions. If an individual receives more than 3 prescription items in three months or 12 items in twelve months, a PPC can prove cheaper than single charges for each item.

### **The Coeliac UK Food and Drink Directory**

The *Food and Drink Directory* produced by *Coeliac UK* is an invaluable reference source available to the patient that enables the GF status of a wide range of products to be easily checked. Regular updates are available online. Patients are encouraged to join *Coeliac UK* in order to receive the Directory, as well as regular updates and a wealth of other resources including help, support and advice.

### **Gluten Free Medicines**

Many medicines contain flour or starch. If a medicine contains wheat starch, this will be indicated on the label and the accompanying patient information leaflet (PIL). Wheat starch of pharmaceutical quality is highly processed and considered gluten-free; any licensed medicines that contain wheat starch are suitable for people with CD. Standard advice from the Medicines and Healthcare products Regulatory Agency (MHRA) is that all licensed pharmaceutical preparations (including licensed over-the-counter medicines) can be considered to be gluten-free. However, the GF status of unlicensed medicines, dietary supplements and other health-related products will need to be checked. Queries relating to the contents of licensed medicines can usually be answered with reference to the Summary of Product Characteristics (SPC) or Patient Information Leaflet (PIL) relating to the product. Patients should be directed to their local community pharmacist for advice. Healthcare professionals will need to seek advice from their local medicines information centre where information is not readily available. Coeliac UK themselves also provide information support from:

<https://www.coeliac.org.uk/coeliac-disease/medications-and-vaccinations/medication/>

Trent Medicines Information Service is contactable by email and telephone:

[email: medicines.info@uhl-tr.nhs.uk](mailto:medicines.info@uhl-tr.nhs.uk)

Tel: 0116 258 6491

### **The Prescription Process (see Algorithm)**

The GF diet is potentially very restrictive and all patients should be referred to a dietitian as soon as possible after diagnosis. It is very important to ensure that the patient understands the diet and the complications which can occur due to poor compliance with it.

#### **PACEF Recommendation:**

**Following initial diagnosis, the patient should be referred to a dietitian for dietary assessment and advice.**

## **United Lincolnshire Hospitals Dietetic Service**

On receipt of a dietetic referral, an appointment will be sent out urgently to the patient. At the initial appointment the patient's diet will be assessed and the GF diet will be explained, including ways of ensuring that the diet fits in with the patient's way of life. Relevant literature including a GF diet sheet, GF manufactured products booklet, GF prescribable products list and leaflets for free samples produced by the commercial companies will be provided. The referring doctor will also receive a letter giving details of the major areas discussed in the consultation. Other nutritional requirements of the patient (e.g. calcium requirements) will also be considered. Follow up appointments are offered based on individual patient requirements. Most patients will be offered an annual follow up appointment.

### **Further Information**

*Coeliac UK* is the national support group for people with CD and DH and is open to those who have been medically diagnosed with either condition. All members receive the *Food and Drink Directory* annually and copies of the magazine *Crossed Grain*. They also provide a recipe database, electronic newsletters, a patient helpline and local voluntary support groups. Dietitians usually recommend that all patients diagnosed with CD or DH should join *Coeliac UK*. For further information contact:

*Coeliac UK*  
High Wycombe Office  
3<sup>rd</sup> Floor  
Apollo Centre  
Desborough Road  
High Wycombe  
Bucks  
HP11 2QW

Tel: 0333 332 2033

All prescribers are advised to refer to the *Coeliac UK* prescribing guideline *Gluten-free foods: a revised prescribing guide 2011*  
**[www.coeliac.org.uk/revisedprescribingguideline2011](http://www.coeliac.org.uk/revisedprescribingguideline2011)**.

Detailed guidelines about diagnosis of CD were published in NICE Guideline (NG20): *Coeliac disease – recognition, assessment and management of coeliac disease* (September 2015).

### **Acknowledgements**

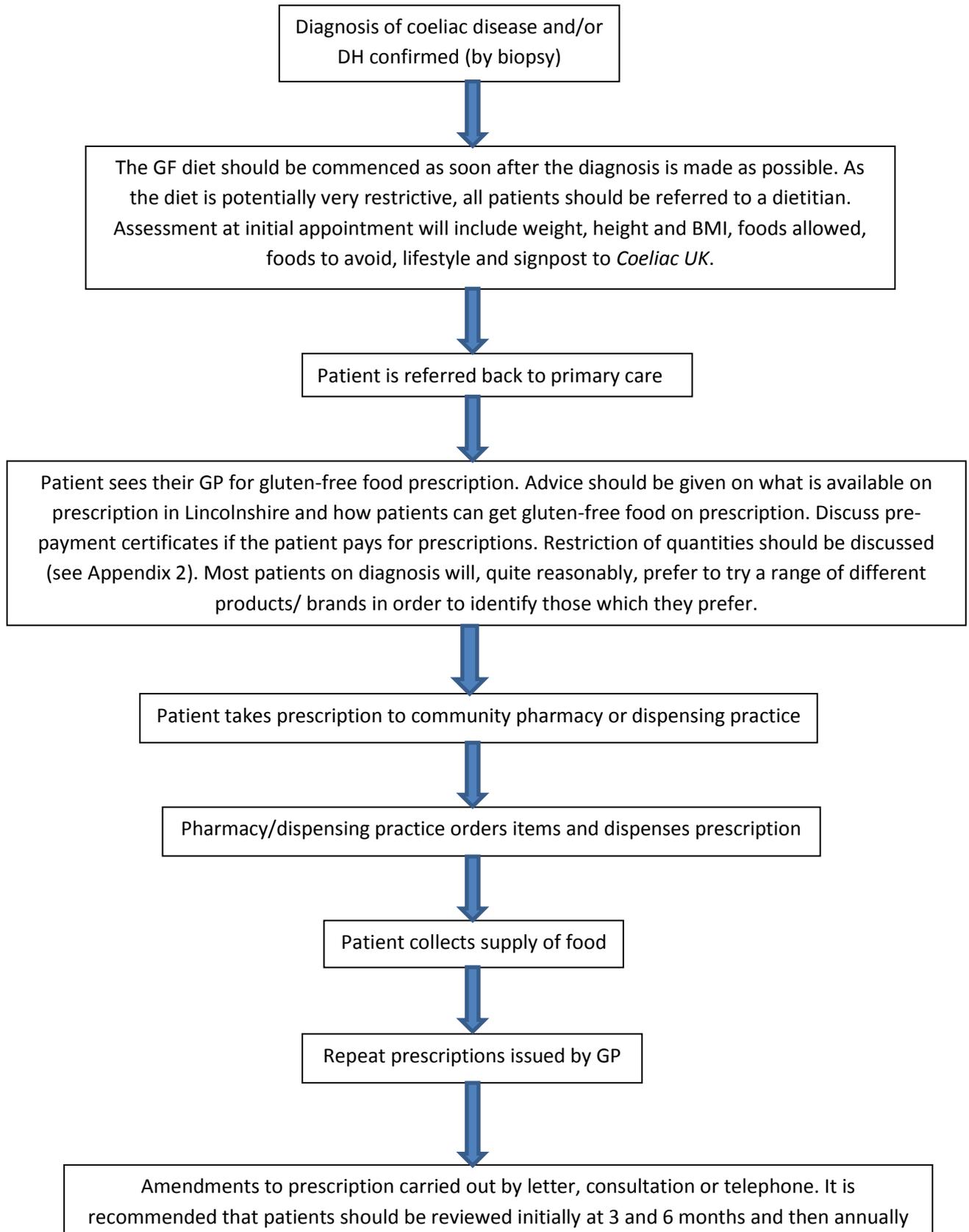
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Revised and updated: February 2017.

## Appendix 1

### Prescribing of Gluten Free Foods Pathway



**Appendix 2: Drug Tariff ACBS Approved Gluten Free Products Approved for Prescribing in Lincolnshire**

<b>Manufacturer</b>	<b>Products</b>
Barkat	Barkat GF all-purpose flour mix Barkat GF bread and cake mix Barkat GF bread mix Barkat GF brown rice bread Barkat GF high fibre bread mix Barkat GF white rice bread
Dietary Specials	Dietary Specials GF white multigrain sliced loaf
Ener-G	Ener-G GF brown rice bread Ener-G GF dinner rolls Ener-G GF rice loaf Ener-G GF Seattle brown loaf Ener-G GF Seattle brown rolls (hamburger) Ener-G GF Seattle brown rolls (hotdogs) Ener-G GF tapioca bread Ener-G GF white long rolls Ener-G GF white rice bread Ener-G GF white round rolls
Finax	Finax GF coarse flour mix Finax GF fibre bread mix Finax GF flour mix
Genius	Genius GF brown bread Genius GF white bread Genius GF sandwich bread (brown sliced) Genius GF sandwich bread (white sliced) Genius GF sliced brown bread Genius GF sliced white bread
Glutafin	Glutafin GF four white rolls Glutafin GF baguettes Glutafin GF bread mix Glutafin GF fibre bread mix Glutafin GF fibre loaf sliced Glutafin GF high fibre loaf Glutafin GF multi-purpose white mix Glutafin GF part-baked two long white rolls Glutafin GF part-baked four fibre rolls Glutafin GF part-baked four white rolls Glutafin GF white loaf sliced Glutafin GF Select bread mix Glutafin GF Select fibre bread mix Glutafin GF Select fibre loaf sliced Glutafin GF Select fresh brown loaf sliced Glutafin GF Select fresh seeded loaf sliced Glutafin GF Select fresh white loaf sliced Glutafin GF Select multi-purpose fibre mix Glutafin GF Select multi-purpose white mix Glutafin GF Select seeded loaf sliced Glutafin GF Select white loaf sliced Glutafin GF wheat-free fibre mix
Glutenex	Glutenex GF white bread mix
Heron Foods	Heron Foods Organic GF bread mix Heron Foods Organic GF hi-fibre bread mix
Innovative Solutions	Innovative Solutions Pure brown rice flour Innovative Solutions Pure potato flour

	Innovative Solutions Pure blended flour Innovative Solutions Pure tapioca flour Innovative Solutions Pure teff brown flour Innovative Solutions Pure teff white flour Innovative Solutions Pure white rice flour
Just	Just GF good white bread Just GF good white rolls Just GF white sandwich bread
Juvela	Juvela GF bread rolls Juvela GF fibre bread rolls Juvela GF fibre loaf (sliced and unsliced) Juvela GF fibre mix Juvela GF fresh fibre rolls Juvela GF fresh white rolls Juvela GF fresh sliced fibre loaf Juvela GF fresh sliced white loaf Juvela GF harvest mix Juvela GF loaf (sliced and unsliced) Juvela GF mix Juvela GF part-baked bread rolls Juvela GF part-baked fibre bread rolls Juvela GF part-baked fibre loaf Juvela GF part-baked loaf
Livwell	Livwell GF baguette Livwell GF flat-bread Livwell GF sliced white bread Livwell GF square dinner rolls (part-baked) Livwell GF tear drop flat breads Livwell GF toasting bread buns Livwell GF white baguette
Mrs Crimbles	Mrs Crimble's GF bread mix Mrs Crimble's GF fresh bread
Mum's Mill	Mum's Mill GF quick bread mix
Orgran	Orgran bread mix Orgran self-raising flour
Procelli	Procelli white flour
Tobia Teff	Tobia Teff brown flour Tobia Teff white flour
Tritamyl	Tritamyl GF brown bread mix Tritamyl GF flour mix Tritamyl GF white bread mix
Warburton	Warburton's GF brown bread Warburton's GF brown rolls Warburton's GF seeded loaf Warburton's GF seeded thin rolls Warburton's GF white baguettes Warburton's GF white bread Warburton's GF white rolls Warburton's GF white thin rolls
Wellfoods	Wellfoods GF flour alternative

**Appendix 3: Quantities to be prescribed**

**Number of units represented by prescribable GF food items**

<b>Prescribable food item</b>	<b>No of units</b>
400g bread	1
100 to 250g rolls/baguettes	0.5
250 to 400g rolls/baguettes	1
500g bread mix/flour mix	2

**Approximate monthly requirement (units) for various patient groups**

<b>Age group</b>	<b>Recommended number of units</b>
1–3years	10
4-6years	11
7–10years	13
11–14years	15
15–18years	18

Male: 19–59years	18
Male: 60–74 years	16
Male: 75 + years	14
Female: 19–74 years	14
Female: 75 + years	12
Breast Feeding	Add 4 units
3 <sup>rd</sup> trimester pregnancy	Add 1 unit

Additional units may be required; this should be assessed on an individual basis by a dietitian.