

NHS Borders

Prescribable Gluten Free Food List (Formulary)

Gluten & Wheat Free – Highlighted in Grey
Contains Codex Wheat Starch - ▲
Co-existing Wheat Sensitivities - ■

There are national recommendations for the number of Gluten Free units that are prescribable for each person based on age and whether they are male or female. The following unit allocations are given to allow individual dietary needs to be met:

Age and Sex	Units per Month
1-3 years	10
4-6 years	11
7-10 years	13
11-14 years	15
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	+ 1
3 rd Trimester of Pregnancy	+ 4
High Physical Activity	+ 4

Each prescribable Gluten Free food product has been allocated a unit value. The following table shows how they have been calculated:

Food Item	Unit Allocation
400g bread/rolls/baguettes	1
500g flour/bread mix	2
200gbiscuits/crackers/crispbreads	1
250g pasta	1
2 pizza bases	1
300g breakfast cereal/500g oats	1.5

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For a list of gluten free products manufacturers, please ask your Community Pharmacist for a copy, or alternatively visit www.coeliac.org.uk/gluten-free-diet-and-lifestyle/gluten-free-products/

Baking Aids

Manufacturer	Item	PIP Code	Unit Size	No of Units
Ener-G	Xanthan Gum	272-4318	170g	1

Bread & Rolls

Manufacturer	Item	PIP Code	Unit Size	No of Units
Ener-G	Brown Rice Bread	221-2470	474g	1
	Rice Loaf-Yeast Free Sliced	233-5362	612g	1.5
	Seattle Brown Loaf-Sliced	288-1324	454g	1
	Six Flour Loaf-Sliced	293-5370 ■	454g	1
	Tapioca Bread-Sliced	233-5370	480g	1
	White Rice Bread-Sliced	225-9455	456g	1
	Dinner Rolls(6 pack)	317-552	280g	1
	Seattle Brown Roll Hamburger (4 Pack)	295-5870	320g	1
	Seattle Brown Rolls Hot Dog (4 pack)	295-5888	320g	1
	White Long Rolls Hot Dog (4 Pack)	327-1947 ■	220g	0.5
Genius	Original Bread White-Unsliced	357-8333	400g x 8	8
	Original Bread Brown-Unsliced	357-8325	400g x 8	8
	Original Bread White-Sliced	370-0432	400g x 8	8
	Original Bread Brown-Sliced	370-0440	400g x 8	8
	Soft and Tasty Sandwich Bread White-Sliced	379-8568	535g x 6	6
	Soft and Tasty Sandwich Bread Brown-Sliced	379-8550	535g x 6	6
	White Bloomer	379-8576	240g x 8	4

The Pharmacy need to place orders as follows:

- Before 2.00pm Mondays-for delivery the following Thursday
- Before 2.00pm Tuesdays-for delivery the following Friday
- Before 2.00pm Thursdays-for delivery the following Tuesday
- Before 2.00pm Saturdays-for delivery the following Wednesday

Bread & Rolls Cont:

Glutafin	Gluten Free Select Fresh Loaf White	290-6840 ▲	400g x 8	8
	Gluten Free Select Fresh Loaf Brown	330-6800 ▲	400g x 8	8
	Gluten Free Select Fibre Loaf	054-6101 ▲	400g	1
	Gluten Free Seeded Loaf-Sliced	308-9364 ▲	400g	1
	Gluten Free Select White Loaf-Sliced	054-6093 ▲	400g	1
	Gluten Free Select Part-Baked Long White Rolls	344-3637 ▲	150g	0.5
	Gluten Free Select Part Baked White Rolls (4 Pack)	344-2753 ▲	200g	0.5
	Gluten Free Fibre Loaf	237-7356	400g	1
	Gluten Free White Loaf	090-4268	400g	1
	Gluten Free Fibre Rolls (4 pack)	344-3645	200g	0.5
	Gluten Free White Rolls (4 Pack)	344-3645	200g	0.5
	Gluten Free Baguettes (2 Pack)	224-0117	350g	1

- Fresh loaves are supplied in cases of 8. If the Pharmacy is able to place your order before 10.00am on a Wednesday, it should be delivered by Friday. If the order is placed after 10.00am on a Wednesday, it will be delivered a week on Friday.

Bread & Rolls Cont:

Juvela	Gluten Free Fibre Loaf-Sliced	074-8632 ▲	400g	1
	Gluten Free Fibre Loaf-Unsliced	010-1675 ▲	400g	1
	Gluten Free White Loaf-Sliced	074-8590 ▲	400g	1
	Gluten Free White Loaf-Unsliced	031-4781 ▲	400g	1
	Gluten Free Part-Baked Fibre Loaf	273-6890 ▲	400g	1
	Gluten Free Part-Baked White Loaf	273-6882 ▲	400g	1
	Fibre Rolls (5 Pack)	080-3668 ▲	425g (each roll 85g)	1
	White Rolls (5 Pack)	010-5916 ▲	425g (each roll 85g)	1
	Gluten Free Fresh Fibre Loaf-Sliced	339-9789 ▲	400g x 8	8
	Gluten Free Fresh White Loaf-Sliced	322-0217 ▲	400g x 8	8
	Fresh White Rolls (5 Pack)	355-8871	425g (Each roll 85g) x 8	8
	Fresh Fibre Rolls (5 Pack)	355-6800 ▲	425g (Each roll 85g) x 8	8
	Part-Baked Fibre Rolls (5 Pack)	262-9020 ▲	375g (Each roll 75g)	1
	Part-Baked White Rolls (5 Pack)	243-7267 ▲	375g (Each roll 75g)	1
	Mixed Fibre Loaves and Rolls (4 of each)	836-4242 ▲		8
	Mixed White Loaves and Rolls (4 of each)	836-4259 ▲		8
Livwell (Wheat, Gluten and Milk Free)	Tear drop Flat Breads (Naan-2 pack)	339-8591	180g	0.5
	Flat Breads	339-8583	220g	0.5

- Both Fresh loaves and rolls are supplied in cases of 8. You can order any combination of both fresh bread and rolls – i.e. 4 packs fresh fibre rolls and 4 packs fresh white loaves (use PIP code for individual product).
- If the Pharmacy is able to place your order before 10.00am on a Monday, it will be delivered by Wednesday. If the order is placed before 10.00am on a Wednesday, it will be delivered by Friday. If the order is placed after 10.00am on a Wednesday, it will be delivered the following Monday.
- Mixed cases and rolls will be delivered on a Friday only.

Breakfast Cereals

Manufacturer	Item	PIP Code	Unit Size	No of Units
Juvela	Gluten Free Fibre Flakes	371-1660	300g	1.5
	Gluten Free Special Flakes	371-1652	300g	1.5
	Pure Oats	371-1678	500g	1.5
Nairns	Gluten Free Porridge Oats	368-7332	500g	1.5

Crackers & Crispbreads

Manufacturer	Item	PIP Code	Unit Size	No of Units
Barkat	Round Matzo Crackers	337-8296	200g	1
Glutafin	Crispbread	338-4443 ■	150g	0.5
	Crackers	009-3302	200g	1
	High Fibre Crackers	018-7641	200g	1
	Mini Crackers	353-5515	175g	0.5
	Savoury Shorts	359-6996	130g	0.5
Juvela	Crispbread	236-6136	200g	1
	Crackers	377-9576	125g (x2 62.5g)	0.5
	Savoury Biscuits	310-7893	150g	0.5

Home Baking

Barkat	Bread Mix	051-5358	500g	2
	Flour Mix	335-6672	750g	3
Glutafin	Gluten Free Bread Mix	298-8418 ■	500g	2
	Gluten Free Fibre Bread Mix	298-8426 ■	500g	2
	Gluten Free Multipurpose Fibre Mix	231-2973	500g	2
	Gluten Free Multipurpose White Mix	231-2981	500g	2
	Gluten Free Select Bread Mix	274-4951 ▲	500g	2
	Gluten Free Select Fibre Bread Mix	297-9912 ▲	500g	2
	Gluten Free select Multipurpose Fibre Mix	004-5591 ▲	500g	2
	Gluten Free Select Multipurpose White Mix	004-5187 ▲	500g	2
Juvela	Fibre Mix	023-6042 ▲	500g	2
	Harvest White Mix	247-7875	500g	2
	White Mix	035-2161 ▲	500g	2

Pasta

Barkat	Animal Shapes Pasta	339-4913	500g	2
Ener-G	Lasagne	023-8519	454g	1.5
	Macaroni	209-7988	454g	1.5
	Small Shells	081-0648	454g	1.5
	Spaghetti	023-8493	447g	1.5
	Vermicelli	023-9061	300g	1.5
Glutafin	Lasagne	215-5091	250g	1
	Pasta Shells (Congchiglie)	250-0676	500g	2
	Pasta Spirals (Fusilli)	211-5178	500g	2
	Penne	211-5152	500g	2
	Spaghetti	211-5160	500g	2
	Tagliatelle	2115-5109	250g	1
Juvela	Fibre Penne	332-8010	500g	2
	Fusill	280-7980	500g	2
	Lasagne Sheets	280-7972	250g	1
	Macaroni	280-8004	500g	2
	Spaghetti	280-7998	500g	2
	Tagliatelle	319-3497	250g	1
Rizopia Organic Brown Rice Pasta	Fusilli	340-0074	500g	2
	Lasagne	340-0108	375g	1.5
	Penne	340-0082	500g	2
	Spaghetti	340-0090	500g	2

Pizza Bases

Barkat	Brown Rice Pizza Crust	259-2566	150g	0.5
	White Rice Pizza Crust	259-3051	150g	0.5
Glutafin	Gluten Free Pizza Bases (2 pack)	334-1112	300g	1
Juvela	Pizza Bases (2 pack)	265-4390 ▲	360g	1