

National Recommendations for Gluten Free Food Allocation

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

Food Item	Unit Allocation
400g bread/rolls/baguettes	1
500g flour/bread mix	2
200g biscuits/crackers/crispbreads	1
250g pasta	1
2 pizza bases	1
300g breakfast cereal/500g oats	1.5
100g – 250g Rolls/ Baguettes	0.5