



PRESCRIBABLE GLUTEN-FREE FOOD LIST (Formulary)

Every month you may select a number of units of gluten free food from the following pages. You will be informed of the number of units you are allowed by your Dietitian or Community Pharmacist.

NUMBER OF MONTHLY UNITS =

Once you are allocated a maximum number of gluten-free food units for each month, this amount cannot be altered by anyone other than a registered dietitian or community pharmacist. Once your gluten-free food order form is submitted the community pharmacist creates a prescription.

The items listed on the prescription are for the sole use of the named patient. It is an offence to alter a prescription and/or alter the gluten-free food unit allocation, or for anyone other than the named patient on the prescription to use it to obtain items. Any such actions may constitute fraud and result in action being taken by NHS Counter Fraud Services.

Date: March 2022

Copyright (C) 2009 Nutrition and Dietetic Service, NHS Tayside. This publication can be used or reproduced including photocopying, for non-commercial purposes. We request that the source and Copyright owners be acknowledged and that the material is not substantially altered in any way. Applications for use outwith these terms should be forwarded in writing to the Nutrition and Dietetic Coeliac Service, Team Lead, Whitehills Health & Community Care Centre, Station Road, Forfar, DD8 3DY.

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.

<http://www.coeliac.org.uk/revisedprescribingguideline2011>

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

Gluten-free foods unit allowance - How were the monthly units worked out?

There are a large number of natural gluten-free foods and gluten-free alternatives which can be purchased from shops. People with coeliac disease are expected to obtain most of their diet from these sources. The amount of gluten-free staple food such as bread and pasta allowed on prescription is based on healthy eating guidelines and information from the National Diet and Nutrition Surveys which indicate that prescribable gluten-free foods should provide 15% of energy needs. This information has been used to work out the number of units a person can get on prescription based on their age and sex.

Keeping your Food List up to date

The food list will be updated on an annual basis. Occasionally products will become 'de-listed' and are no longer available. Delivery times to Pharmacy may also change.

Online Ordering Service

This service can be accessed at www.scotlandglutenfree.org.uk

The food list contains the most up to date information. Please make sure you refresh periodically (at least 3-4 times a year) to make sure you are using the current list.

CONTENTS	PAGE
Breakfast Cereals	4
Bread, Rolls & Baguettes	4 – 6
Bread Mixes & Flour	6
Crackers & Crispbreads	6
Pasta	7
Pizza Bases	7
Xanthum Gum	7
Drossa Products (Flour, Bread Mixes & Pasta)	8

Our reference to products with codex wheat starch has been removed as advised by Scottish Government.

The list does not include all foods that are currently available on prescription. This is a best value local Tayside list which includes products mainly stocked in the pharmacy warehouses - products that have expensive delivery and handling costs have been taken out. This has been agreed following discussion with clients' trialling the Scheme.

If you have any additional diagnosed food intolerances or allergies please contact your local Dietitian for more information.

Biscuits may be prescribed in exceptional circumstances. Please discuss this with your dietitian.

If you have any problems please speak to your Pharmacist (chemist) who will be able to help.

Delivery dates to the Community Pharmacies for fresh products and delivery costs are correct as of March 2022. While Tayside Health Board endeavours to ensure that the information in this list is correct, Tayside Health Board does not warrant the accuracy and completeness of the material in the list.

Making sure your food list is the most up to date copy

The food list is usually updated once a year, however if products are discontinued we do aim to remove them in a timely manner. You can check if there is a newer version by visiting:

- **NHS Inform website <https://www.nhsinform.scot/gffs> under food lists and allowances you will find the NHS Tayside Gluten Free Food List.**
- **Online ordering system www.scotlandglutenfree.org.uk**

BREAKFAST CEREALS

Manufacturer	Description	PIP Code	Unit Size	Unit(s)
Glutafin®	Cornflakes	381-3748	375g	1.5
Juvela®	Fibre Flakes	371-1660	300g	1.5
	Flakes	371-1652	300g	1.5
	Corn Flakes	388-2990	375g	1.5
	Crispy Rice	388-2982	375g	1.5
	Pure Oats	371-1678	500g	1.5

BREAD, ROLLS & BAGUETTES

Manufacturer	Description	PIP Code	Unit Size	Unit(s)
Genius – All breads are fresh				
Genius	Soft Brown Sandwich Loaf (Sliced)	379-8550	6 x 535g	6*
	Soft White Sandwich Loaf (Sliced)	379-8568	6 x 535g	6*
	Seeded Brown Farmhouse Loaf (Sliced) 535g x 6	403-8345	6 x 535g	6*

Please give the Pharmacist enough time to process your order. The pharmacy needs to place orders as follows:

- Before 2.00 pm Mondays – for delivery on Thursday
- Before 2.00 pm Tuesdays – for delivery on Friday
- All day Wednesday or before 2.00 pm Thursdays – for delivery on Tuesday
- Fridays, Saturdays and Sundays – for delivery on Wednesday

*Please note as these are **fresh** products they must be collected on time and frozen to preserve those products not for immediate use.

Glutafin® Fresh Breads				
	Select Brown Loaf - sliced x 8	330-6800	8 x 400g	8*
	Select Seeded Loaf – sliced x 8	402-3685	8 x 400g	8*
	Select White Loaf - sliced x 8	290-6840	8 x 400g	8*
Glutafin® Longer Life Breads				
	Select Fibre Loaf - Sliced	054-6101	400g	1
	Select Seeded Loaf – Sliced	308-9364	400g	1
	Select White Loaf – Sliced	054-6093	400g	1
	High Fibre Loaf – Sliced	401-4296	350g	0.5
	Fibre Loaf – Sliced	237-7356	300g	0.5
	White Loaf – Sliced	090-4268	300g	0.5
Glutafin® Longer Life Rolls				
	Part Baked Fibre Rolls (4 pack – 4 x 50g)	344-3652	200g	0.5
	Part-Baked Long White Rolls (2 pack – 2 x 75g)	344-3637	150g	0.5
	Part-Baked White Rolls (4 pack – 4 x 50g)	344-2753	200g	0.5
	White Rolls (4 pack - 4 x 50g)	344-3645	200g	0.5
Glutafin® Baguettes				
	Part Baked Baguettes (2 pack)	224-0117	350g	1

Please give the Pharmacist enough time to process your order. The pharmacy needs to place orders as follows:

- **Fresh** loaves are supplied in cases of 8
- Delivery of **fresh** brown, white & seeded bread - place the order before 2pm on Friday for delivery the following Wednesday
- Delivery of **fresh** white bread only - place the order before 10am on Tuesday to be delivered the following Friday

*Please note as these are **fresh** products they must be collected on time and frozen to preserve those products not for immediate use.

Bread, Rolls & Baguettes continued

Bread, Rolls & Baguettes continued

Manufacturer	Description	PIP Code	Unit Size	Unit(s)
JUST Gluten Free Bakery – All breads are fresh				
JUST	Good White Bread – Sliced x 6	845-3821	6x380g	3*
	White Sandwich Bread x 6	845-3813	6x600g	9*
	Good White Rolls (4 pack) x 6	845-3839	6x(4x65g)	6*
Please give the Pharmacist enough time to process your order. The pharmacy needs to place orders by Sunday for delivery on Thursday.				
*Please note as these are fresh products they must be collected on time and frozen to preserve those products not for immediate use.				

Juvela® Fresh Breads				
	White Bread – Sliced x 8	322-0217	8 x 400g	8*
	Fibre Bread - Sliced x 8	339-9789	8 x 400g	8*
Juvela® Longer Life Breads				
	Fibre Part-baked Loaf unsliced	273-6890	400g	1
	White Part-baked unsliced	273-6882	400g	1
	Fibre Loaf – Sliced	074-8632	400g	1
	Fibre Loaf – Unsliced	010-1675	400g	1
	White Loaf – Sliced	074-8590	400g	1
	White Loaf – Unsliced	031-4781	400g	1
*Please note as these are fresh products they must be collected on time and frozen to preserve those products not for immediate use.				

Juvela® Fresh Rolls				
	White Rolls (5 pack) x 8	355-8871	8 x (5 x 85g)	8*
	Fibre Rolls (5 pack) x 8	355-6800	8 x (5 x 85g)	8*
Juvela® Longer Life Rolls				
	Fibre Part-baked Rolls (5 pack)	262-9020	5 x 75g	1
	White Part-baked Rolls (5 pack)	243-7267	5 x 75g	1
	Fibre Bread Rolls (5 pack)	080-3668	5 x 85g	1
	White Bread Rolls (5 pack)	010-5916	5 x 85g	1
Juvela® Mixed Cases				
	Mixed Case Fresh White (20x85g rolls + 4x400g loaves sliced)	836-4259	20 x 85g +4 x 400g	8*
	Mixed Case Fresh Fibre (20x85g rolls + 4x400g loaves sliced)	836-4242	20 x 85g + 4 x 400g	8*
	Mixed Case Fresh Loaves (4x400g fibre + 4x400g white)	839-2821	8 x 400g	8*
	Mixed Case Fresh Rolls (20x85g rolls fibre + 20x85g rolls white)	839-2839	40 x 85g	8*
	Mixed Case Fresh Loaves and Rolls (4x400g White Loaves + 20x85g Fibre Rolls)	839-2847	4x400g +20 x85g	8*
	Mixed Case Fresh Loaves and Rolls (4x400g Fibre Loaves + 20x85g white rolls)	839-2730	4 x 400g +20 x 85g	8*

Please give the Pharmacist enough time to process your order. Both **Fresh** Loaves and Rolls are supplied in cases of 8. (1 x 8 or 2 x 4s). Mixed cases are also available. You can also order any combination of both **fresh** bread & rolls. For a mixed case you need to request the combination you want on 2 separate lines on your order form, for example 4 x 400g **fresh** loaves AND 4 x (5 x 85g) packs **Fresh** Fibre Rolls or use PIP code as detailed above. For all **fresh** bread, mixed cases and roll orders:

Pharmacy ordering **deadline before 10am**

Friday
Monday
Tuesday
Wednesday

Day Delivered to Pharmacy by 5.30pm

Tuesday
Wednesday
Thursday
Friday

*Please note as these are **fresh** products they must be collected on time and frozen to preserve those products not for immediate use.

Bread, Rolls & Baguettes continued

Manufacturer	Description	PIP Code	Unit Size	Unit(s)
Warburtons – Fresh Breads				
	Sliced Brown Bread x 4	368-5278	4 x 400g	4*
	Sliced White Bread x 4	368-5260	4 x 400g	4*
Warburtons – Fresh Rolls				
	Brown Sub Rolls (3 pack) x 4	368-5294	4 x 220g	2*
	White Sub Rolls (3 pack) x 4	368-5286	4 x 220g	2*
Please give the Pharmacist enough time to process your order				
<ul style="list-style-type: none"> Both Fresh Loaves and Rolls are supplied in minimum cases of 4. If ordering rolls 2 x packs will need to be ordered to make a total of 4. Products ordered by 12pm on Thursdays are delivered to pharmacies on Mondays/Tuesdays. 				
*Please note as these are fresh products they must be collected on time and frozen to preserve those products not for immediate use.				

BREAD MIXES & FLOUR

Manufacturer	Description	PIP Code	Unit Size	Unit(s)
Finax (Drossa) – see page 8				
Glutafin® Gluten Free	Bread Mix	298-8418	500g	2
	Fibre Bread Mix	298-8426	500g	2
	Multipurpose Fibre Mix	231-2973	500g	2
	Multipurpose White Mix	231-2981	500g	2
	Select Bread Mix	274-4951	500g	2
	Select Fibre Bread Mix	297-9912	500g	2
	Select Multipurpose Fibre Mix	004-5591	500g	2
	Select Multipurpose White Mix	004-5187	500g	2
PURE	Bakery Blend (a blend of brown and white rice flour, potato and tapioca starch)	282-8580	1kg	4
	Brown Rice Flour	325-7912	500g	2
	Brown Teff Flour	343-1467	1kg	4
	Potato Starch Flour	325-7920	500g	2
	Tapioca Starch Flour	325-7946	500g	2
	White Rice Flour	325-7904	500g	2
	White Teff Flour	343-1483	1kg	4
Juvela®	Fibre Mix	023-6042	500g	2
All Purpose Mixes	Harvest White Mix	247-7875	500g	2
	White Mix	035-2161	500g	2
Mum's Mill (Drossa) – see page 8				

CRACKERS & CRISPREADS

Manufacturer	Description	PIP Code	Unit Size	Unit(s)
Glutafin® Gluten Free	Crackers	009-3302	200g	1
	Crispbread	338-4443	150g	0.5
	Mini Crackers	353-5515	175g	0.5
Juvela®	Crispbread	236-6136	200g	1
	Savoury Biscuits	310-7893	150g	0.5

PASTA

Manufacturer	Description	PIP Code	Unit Size	Unit(s)
--------------	-------------	----------	-----------	---------

BiAlimenta (Drossa) – see page 8

Glutafin® Gluten Free	Fusilli (Spirals)	211-5178	500g	2
	Penne	211-5152	500g	2
	Spaghetti (Long cut)	211-5160	500g	2

Juvela®	Fibre Penne	332-8010	500g	2
	Fusilli (Spirals)	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

PIZZA BASES

Manufacturer	Description	PIP Code	Unit Size	Unit(s)
--------------	-------------	----------	-----------	---------

Glutafin®	Pizza Bases (2 x 150g) individually wrapped	334-1112	300g	1
-----------	---	----------	------	---

Juvela®	Pizza Bases (2 x 150g)	265-4390	300g	1
---------	------------------------	----------	------	---

XANTHAN GUM (Baking Aid)

Manufacturer	Description	PIP Code	Unit Size	Unit(s)
--------------	-------------	----------	-----------	---------

PURE	Xanthan Gum	282-8572	100g	1
------	-------------	----------	------	---

DROSSA PRODUCTS

A minimum order weight of 2.7kg is required to avoid delivery costs.

Mixed orders can be placed, for example:

4 x 500g pasta and 1 x Finax/Mum's Mill Flour or Mix, or

2 x 500g pasta and 2 x Finax/Mum's Mill Flour or Mix

Manufacturer	Description	PIP Code	Unit Size	Unit(s)
--------------	-------------	----------	-----------	---------

Bread Mixes & Flours				
Finax	Course Flour Mix	364-1024	900g	3.5
	Fibre Bread Mix	359-4942	1kg	4
	Flour Mix	364-1032	900g	3.5
Mum's Mill	Quick Bread Mix 1kg	339-0116	1kg	4
A minimum of 3 packs (10.5 – 12 units) MUST be ordered, a combination of mixes can be chosen or combined with BiAlimenta Pasta – see information below.				

Pasta				
BiAlimenta	Potato Gnocchi	351-1961	500g	2
	Pasta Spirali (spirals)	364-1073	500g	2
	Pasta Penne	364-1040	500g	2
	Acini di Pepe/Pasta Grains	364-1057	500g	2
A minimum of 6 packs (12 units) of BiAlimenta pastas MUST be ordered, a mixture of pastas can be chosen or combined with the above flour and bread mixes – see information above.				

Pasta				
BiAlimenta Variety Pack/FormatiMisi				
	2 x Pasta Grains, 2 x Penne, 1 x Spirali, 1 x Sagnette	364-1438	6 x 500g	12
The variety pack comprises of 6 x 500g packs of pasta. 3kg (12 units) is the minimum order.				

**GLUTEN FREE FOOD PRODUCT MANUFACTURERS
CONTACT DETAILS**

DROSSA LTD

Tel: 020 3393 0859
Pharmacists go to: www.drossa.ltd.uk
Consumer / Retail go to www.drossa.co.uk
Email: enquiries@drossa.co.uk
Orders: orders@drossa.co.uk
Brands - BIALIMENTA, FINAX, MUM's MILL

DR SCHAR

Glutafin,
Dr Schar,
Units 1-2, Station Court
442 Stockport Road
Warrington, WA4 2GW
Tel: 0800 988 2470
Email: glutenfree@glutafin.co.uk
www.glutafin.co.uk
Tel: ordering 0844 854 4998,
<http://www.glutafin.co.uk/healthcare-professionals/glutafin-fresh-bread-ordering/>
Brands - GLUTAFIN

GENIUS GLUTEN FREE

Genius Foods
22 Northumberland Street South
West Lane
Edinburgh EH3 6JD
Tel: 0845 874 4000
www.geniusglutenfree.com
Brands - GENIUS

GLUTEN FREE FOODS LTD

Unit 270, Centennial Park
Centennial Avenue
Elstree
Borehamwood
Hertfordshire WD6 3SS
Tel: 020 8953 4444
Fax: 020 8953 8285
Email: info@glutenfree-foods.co.uk
www.glutenfree-foods.co.uk
Brands - BARKAT & TRITAMYL

HERO UK LTD trading as JUELA

19 De Havilland Drive
Liverpool L24 8RN
Tel: 0800 783 1992
Email: info@juvela.co.uk
www.juvela.co.uk
Brands - JUELA GLUTEN FREE

INNOVATIVE SOLUTIONS UK LTD

Mayfield Centre
Mayfield Street
Rochdale OL16 2UZ
Tel: 01706 746 713 Fax: 01706 341 357
Email: info@pureglutenfree.co.uk
www.pureglutenfree.co.uk
Brands - PURE

JUST: GLUTEN FREE BAKERY

Block 21 Unit 7
Motherwell Food Park
ML4 3NP
T: 01698 841559
E: info@justglutenfree.co.uk
www.justglutenfree.co.uk
Community pharmacy to order by email using
all of the addresses below:
admin@justglutenfree.co.uk
ronnie@justglutenfree.co.uk
ola@justglutenfree.co.uk
Brands - JUST

WARBURTONS

Hereford House
Hereford Street
Bolton
BL1 8JB
Tel: 0800 243684
www.newburnbakehouse.com
Brands – WARBURTONS