



NORTH OF SCOTLAND (Grampian, Highland and Tayside)

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.

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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

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 North of Scotland 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 May 2023. While the North of Scotland group endeavours to ensure that the information in this list is correct, it 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*

Delivery costs to pharmacies: Genius products are distributed by Alliance without any administrative or delivery charges. See contact details. The pharmacy needs to place orders as follow:

- Before 2.00 pm Thursdays – for delivery on Tuesdays
- Before 2.00 pm Fridays – for delivery on Wednesdays
- Before 2.00 pm Saturdays – for delivery on Thursdays
- Before 2.00 pm Sundays – for delivery on Fridays

*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

Glutafin are Dr Schar products. See contact details. Glutafin products are distributed by Alliance without any administrative or delivery charges.

- Fresh Loaves are supplied in cases of 8
- Delivery of fresh brown, seeded and white bread- place the order before 2pm on Friday for delivery the following Thursday.

*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)
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		Day Delivered to Pharmacy by 5.30pm		
	Friday		Tuesday	
	Monday		Wednesday	
	Tuesday		Thursday	
	Wednesday		Friday	
*Please note as these are fresh products they must be collected on time and frozen to preserve those products not for immediate use.				

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)
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

CRACKERS & CRISPBREADS

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)
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

**GLUTEN FREE FOOD PRODUCT MANUFACTURERS
CONTACT DETAILS**

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