

# NHS FIFE PRESCRIBABLE GLUTEN-FREE FOOD (GFF) LIST

- Every month you may select a number of units of gluten free food from the following pages using the Gluten-Free Food Requirement Order Form each month. You may choose any combination of products to reach your allocated number of units. You will be informed of the number of units you are allowed by your Dietitian, GP or Community Pharmacist (Chemist).

## NUMBER OF MONTHLY UNITS =

- You must be registered with your chosen pharmacy to receive this service. You must be careful not to go over your monthly units when ordering. It is not possible to 'carry over' units from one month into the next.
- Only approved foods considered as 'dietary staples' that form the basis of a nutritionally balanced diet are included in the list and include breads and rolls, flours or bread/pastry mixes, pastas, crackers crispbreads, pizza bases and xanthan gum. Gluten-free foods considered 'luxury items' include biscuits, cakes and cake mixtures are not normally available on prescription.
- The list (formulary) will be applied to all Gluten Free Foods supplied across NHS Fife for people choosing to receive their foods direct from their nominated pharmacy or continuing to receive a prescription from their GP practice.
- The list does not include all foods that are currently available on prescription. This is a local Fife list which includes products mainly stocked in the pharmacy warehouses – products that have expensive delivery and handling costs are not included.
- Some of the products contain Codex wheat starch, an ingredient that is safe for people with coeliac disease. We highlight products with Codex wheat starch with a triangle ▲.
- New products may become available and some products may be deleted. Your local Community Pharmacist can keep you updated. If you have any additional diagnosed food intolerances or allergies please contact your local Dietitian for more information. This list will be reviewed every 3-months to begin with to ensure the products included remain easily available.
- If you have any problems with access to the products listed please speak to your Pharmacist who will be able to help. It is important to arrange with your pharmacist details of when the products ordered should be collected.
- Further information about the Gluten Free Food Service is available at <http://www.nhsinform.co.uk/GFFSeligibility> and an online version of the NHS Fife Gluten Free Food List is available at [www.nhsfife.org](http://www.nhsfife.org)

## Allocation of Units

- People with CD have varying nutritional requirements for gluten free foods depending on their age, gender, occupation and lifestyle. The following tables provide information regarding nationally agreed prescribing quantities through the Unit Allocation and the number of units the various prescribable products contribute. The allocation may need to be increased for people with particularly active lifestyles or occupations. Exceptions to these amounts should be on the advice of a dietitian.

Monthly gluten free food prescription requirements	
Age Group	Suggested 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
3rd trimester pregnancy	Add 1

Gluten Free Foods with their unit value	
Food	Unit value
<400g bread	½
400 – 599g bread	1
≥ 600g bread	1½
150 – 250g rolls / baguettes	½
251 - 400g rolls/baguettes	1
500g bread mix/flour mix	2
<199g savoury biscuits/crackers	½
200g savoury biscuits/crackers/ crispbreads	1
250g pasta	1
251 – 499g pasta	1½
≥ 500g pasta	2
2 x 110g -180g pizza bases	1

## NHS FIFE GLUTEN FREE FOOD FORMULARY

PRESCRIBABLE FOODS	PIP CODE	NUMBER OF UNITS
<b>BREAD</b>		
<b>GENIUS</b>		
Original Bread White Unsliced 400g x 8	(PIP Code 357-8333)	8 (1 each)
Original Bread Brown Unsliced 400g x 8	(PIP Code 357-8325)	8 (1 each)
Original Bread Brown Sliced 400g x 8	(PIP Code 370-0440)	8 (1 each)
Original Bread White Sliced 400g x 8	(PIP Code 370-0432)	8 (1 each)
Soft & Tasty Sandwich Bread Brown Sliced 535g x6	(PIP Code 379-8550)	6 (1 each)
Soft & Tasty Sandwich Bread White Sliced 535g x6	(PIP Code 379-8568)	6 (1 each)
<b>GLUTAFIN</b>		
<b>GLUTEN &amp; WHEAT FREE</b>		
Fibre Loaf – Sliced 400g	(PIP Code: 237-7356)	1
White Loaf – Sliced 400g	(PIP Code: 090-4268)	1
<b>SELECT GLUTEN FREE</b>		
Fresh Brown Loaf 400g x 8	(PIP Code: 330-6800)▲	8 (1 each)
Fresh White Loaf 400g x 8	(PIP Code: 290-6840)▲	8 (1 each)
Seeded Loaf – Sliced 400g	(PIP Code: 308-9364)▲	1
White Loaf – Sliced 400g	(PIP Code: 054-6093)▲	1
<b>JUVELA</b>		
Gluten Free Fibre Loaf – Sliced 400g	(PIP Code: 074-8632)▲	1
Gluten Free White Loaf – Sliced 400g	(PIP Code: 074-8590)▲	1
Gluten Free Fresh Fibre Sliced Loaf 400g x 8	(PIP Code: 339-9789)▲	8 (1 each)
Gluten Free Fresh White Loaf – Sliced 400g x 8	(PIP Code: 322-0217)▲	8 (1 each)
Gluten Free Part-baked Fibre Loaf 400g	(PIP Code: 273-6890)▲	1
Gluten Free Part-baked White Loaf 400g	(PIP Code: 273-6882)▲	1
<b>LIFESTYLE HEALTHCARE</b>		
Fresh High Fibre Sliced 400g x 8	(PIP Code: 229-4254)	8 (1 each)
Fresh White Bread Sliced 400g x 8	(PIP Code: 087-6490)	8 (1 each)
<b>WARBURTONS</b>		
Wheat & Gluten Free Sliced Brown Bread 400g x 4	(PIP Code: 368-5278)	4 (1 each)
Wheat & Gluten Free Sliced White Bread 400g x 4	(PIP Code: 368-5260)	4 (1 each)

  

PRESCRIBABLE FOODS	PIP CODE	NUMBER OF UNITS
<b>ROLLS / OTHER BREADS</b>		
<b>GLUTAFIN</b>		
<b>GLUTEN &amp; WHEAT FREE</b>		
Fibre Rolls (4 pack) 200g	(PIP Code: 344-3652)	½
White Rolls (4 pack) 200g	(PIP Code: 344-3645)	½
<b>SELECT GLUTEN FREE</b>		
Part-Baked Long White Rolls (2 pack) 150g	(PIP Code: 344-3637)▲	½
Part-Baked White Rolls (4 pack) 200g	(PIP Code: 344-2753)▲	½
<b>LIVWELL</b>		
Tear Drop Flat Breads (Naan) (2 pack) 180g	(PIP Code 339-8591)	½
Ciabatta Rolls –Square Dinner Rolls (2 pack)160g	(PIP Code 351-8552)	½
<b>JUVELA</b>		
Fibre Rolls (5 pack - each roll 85g) 425g	(PIP Code: 080-3668)▲	1
Fresh White Rolls (5 pack - each roll 85g)425g x8	(PIP Code: 355-8871)▲	8 (1 each pack)
Part-baked Fibre Rolls (5 pack - each roll 75g) 375g	(PIP Code: 262-9020)▲	1
Part-baked White Rolls (5 pack - each roll 75g) 375g	(PIP Code: 243-7267)▲	1
White Rolls (5 pack - each roll 85g) 425g	(PIP Code: 010-5916)▲	1
<b>WARBURTONS</b>		
Gluten Free Brown Sub Rolls (3 per pack) 220g x4	(PIP Code: 368-5294)	2 (½ each)
Gluten Free White Sub Rolls (3 per pack) 220g x4	(PIP Code: 368-5286)	2 (½ each)

PRESCRIBABLE FOODS	PIP CODE	NUMBER OF UNITS
<b>PIZZA BASES</b>		
<b>ENER-G</b>		
Wheat free Pizza Base (3 pack) 372g	(PIP Code: 295-5896)	1
<b>GLUTAFIN</b>		
Pizza Bases (2 pack) 300g	(PIP Code: 334-1112)	1
<b>JUELA</b>		
Pizza Bases (2 pack) 360g	(PIP Code: 265-4390)▲	1

<b>PASTA</b>		
<b>GLUTAFIN</b>		
<b>GLUTEN &amp; WHEAT FREE</b>		
Lasagne 250g	(PIP Code: 215-5091)	1
Pasta Shells (Conchiglie) 500g	(PIP Code: 250-0676)	2
Pasta Spirals (Fusilli) 500g	(PIP Code: 211-5178)	2
Penne 500g	(PIP Code: 211-5152)	2
Spaghetti 500g	(PIP Code: 211-5160)	2
<b>JUELA</b>		
Fibre Penne 500g	(PIP Code: 332-8010)	2
Fusilli 500g	(PIP Code: 280-7980)	2
Macaroni 500g	(PIP Code: 280-8004)	2
Spaghetti 500g	(PIP Code: 280-7998)	2
Tagliatelle 250g	(PIP Code: 319-3497)	1

<b>CRACKERS &amp; CRISPBREAD</b>		
<b>GLUTAFIN</b>		
<b>GLUTEN &amp; WHEAT FREE</b>		
High Fibre Crackers 200g	(PIP Code: 018-7641)	1
Savoury Shorts 130g	(PIP Code: 0359-6996)	½
Mini Crackers 175g	(PIP Code: 353 5515)	½
<b>JUELA</b>		
Crispbread 200g	(PIP Code: 236-6136)	1

<b>HOME BAKING</b>		
<b>GLUTAFIN</b>		
G/F W/F Bread Mix 500g	(PIP Code 298-8418)	2
Select_G/F Bread Mix 500g	(PIP Code 274-4951)▲	2
Select_G/F Multipurpose White Mix 500g	(PIP Code 004-5187)▲	2
<b>JUELA</b>		
G/F Fibre Mix 500g	(PIP Code 023-6042)	2
G/F Mix White 500g	(PIP Code 035-2161)	2
<b>ORGRAN</b>		
Orgran_G/F Self Raising Flour 500g	(PIP Code 273-4762)	2
<b>BAKING AIDS</b>		
<b>ENER-G</b>		
Xanthan Gum 170g	(PIP Code: 272-4318)	1

## GLUTEN-FREE PRODUCTS – MANUFACTURERS

<p>Community Foods Tel: 020 8208 2966 Email: <a href="mailto:enquiries@communityfoods.co.uk">enquiries@communityfoods.co.uk</a> <a href="http://www.communityfoods.co.uk">www.communityfoods.co.uk</a> Brands – <b>Orgran</b></p> <p>Dr Schar Tel: 0800 988 2470 Email: <a href="mailto:glutenfree@glutafin.co.uk">glutenfree@glutafin.co.uk</a> <a href="http://www.glutafin.co.uk">www.glutafin.co.uk</a> Brands- <b>Glutafin</b></p> <p>General Dietary Ltd Tel: 0203 044 2933 Email: <a href="mailto:info@generaldietary.com">info@generaldietary.com</a> <a href="http://www.generaldietary.com">www.generaldietary.com</a> Brands – <b>Ener-G</b></p> <p>Genius Gluten Free Tel: 0845 874 4000 <a href="http://www.geniusglutenfree.com">www.geniusglutenfree.com</a> Brands – <b>Genius</b></p>	<p>Juvela Tel: 0800 783 1992 Email: <a href="mailto:info@juvela.co.uk">info@juvela.co.uk</a> <a href="http://www.juvela.co.uk">www.juvela.co.uk</a> Brands – <b>Juvela</b></p> <p>Lifestyle Healthcare Ltd/Ultrapharm Ltd Tel: 0845 270 1400 Email: <a href="mailto:sales@gfdiet.com">sales@gfdiet.com</a> <a href="http://www.gfdiet.com">www.gfdiet.com</a> Brands – <b>Lifestyle</b></p> <p>Livwell Tel: 0845 874 4000 Email: <a href="mailto:info@livwell.eu">info@livwell.eu</a> <a href="http://www.livwell.eu">www.livwell.eu</a> Brands – <b>Livwell</b></p> <p>Warburtons Tel: 01204 531004 <a href="http://www.glutenandwheatfree.co.uk">www.glutenandwheatfree.co.uk</a> Brands- <b>Warburtons</b></p>
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