

# Gluten Free Food Prescribable Product List January 2021

This Prescribable Product List will be updated annually. If in the interim products are discontinued the list will be updated in due course.

Up to date, online versions of this list are available to patients, the public and health professionals here: [Online Gluten Free Food Formulary](#)

**“Important:** Only the version of this document available from [www.ggcprescribing.org.uk](http://www.ggcprescribing.org.uk) is maintained. Any printed copies should be viewed as ‘uncontrolled’ and may not necessarily contain the latest updates”.

**For community pharmacy staff:** [further information on GFFS including forms and resources](#)

## 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.

[Coeliac UK Prescribing Guidelines September 2013](#)

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 <sup>rd</sup> trimester pregnancy	Add 1

Below is the number of units represented by the prescribable gluten free food item.

Prescribable food item	No. of units
<400g bread	½
400-599g bread	1
600g + bread	1 ½
500g bread mix or flour mix	2
150-250g rolls/baguettes	½
251-400g rolls/ baguettes	1
<199g savoury biscuits/crackers	½
200g + savoury biscuits/crackers	1
250g pasta	1
251-499g pasta	1 ½
500g+	2
2 x 110g -180g pizza bases	1
100-170g xanthan gum	1

NAME:

DOB/CHI:

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This list is intended as a reference document. While NHS GGC endeavours to ensure that the information in this list is correct, NHS GGC does not warrant the accuracy and completeness of the material in the list.

ITEM	CODE	NO OF UNITS	QUANTITY
<b>BREAD &amp; ROLLS</b>			
<b>BARKAT</b>			
Home Fresh Parbaked Rolls 260g	(PIP Code: 325-4679)	4	Not available
<b>GENIUS</b>			
Brown Sandwich Bread Sliced 535g (x6)	(PIP Code 379-8550)	6	
White Sandwich Bread Sliced 535g (x6)	(PIP Code 379-8568)	6	
Brown Seeded Farmhouse Loaf Sliced 535g (x6)	(PIP Code 403-8345)	6	
<b>GLUTAFIN</b>			
Baguettes 350g (2 x 175g)	(PIP Code: 224-0117)	1	
Select Fibre Loaf Sliced 400g	(PIP Code: 054-6101)	1	
Select White Loaf Sliced 400g	(PIP Code:054-6093)	1	
Select Seeded Loaf Sliced 400g	(PIP Code: 308-9364)	1	
Select Fresh Seeded Loaf Sliced 400g (x 8)	(PIP Code: 402-3685)	8	
Select Fresh Brown Loaf Sliced 400g (x 8)	(PIP Code: 330-6800)	8	
Select Fresh White Loaf Sliced 400g (x 8)	(PIP Code: 290-6840)	8	
<b>JUST</b>			
White Sandwich Bread 600g x 6	(PIP Code:845-3813)	9	
Good White Rolls 260g (4x 65g) x 6	(PIP Code: 845-3839)	6	
<b>JUELA</b>			
Fibre Loaf Sliced 400g	(PIP Code: 074-8632)	1	
Fibre Loaf Unsliced 400g	(PIP Code: 010-1675)	1	
White Loaf Sliced 400g	(PIP Code: 074-8590)	1	
White Loaf Unsliced 400g	(PIP Code: 031-4781)	1	
Part-baked Fibre Loaf Unsliced 400g	(PIP Code: 273-6890)	1	
Part-baked White Loaf Unsliced 400g	(PIP Code: 273-6882)	1	
Fibre Bread Rolls (5 pack - each roll 85g) 425g	(PIP Code: 080-3668)	1	
Fresh Baked Fibre Loaf Sliced 400g x 8	(PIP Code: 339-9789)	8	
Fresh Baked White Loaf Sliced 400g x 8	(PIP Code: 322-0217)	8	
Fresh White Rolls (5 pack – 5 x 85g) 425g x 8	(PIP Code 355-8871)	8	
Fresh Fibre Rolls (5 pack – 5 x 85g) 425g x 8	(PIP Code 355-6800)	8	
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 Bread Rolls (5 pack - each roll 85g) 425g	(PIP Code: 010-5916)	1	
Mixed Case Fresh White (4 x 5 (85g) rolls + 4 loaves sliced (4 x 400g)	(PIP Code: 836-4259)	8	
Mixed Case Fresh Fibre (4 x 5 (85g) rolls + 4 loaves sliced (4 x 400g)	(PIP Code: 836-4242)	8	
Mixed Case Fresh Loaves (4 x 400g fibre loaves + 4 x 400g white loaves)	(PIP Code: 839-2821)	8	
Mixed Case Fresh Rolls (4 x 5 (85g) fibre rolls + 4 x 5 (85g) white rolls)	(PIP Code: 839-2839)	8	
Mixed Case Fresh Loaves and Rolls (4 x 5 (85g) fibre rolls + 4 x 400g white loaves)	(PIP Code: 839-2847)	8	
Mixed Case Fresh Loaves and Rolls (4 x 5 (85g) white rolls + 4 x 400g fibre loaves)	(PIP Code: 839-2730)	8	

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<b>WARBURTONS</b>			
Brown Bread Sliced 400g (x4)	(PIP Code: 368-5278)	4	
White Bread Sliced 400g (x4)	(PIP Code: 368-5260)	4	
White Rolls 220g (3 rolls per pack) x 4	(PIP Code: 368-5286)	2	
Brown Rolls 220g (3 rolls per pack) x 4	(PIP Code: 368-5294)	2	

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ITEM	CODE	NO OF UNITS	QUANTITY
<b>HOME BAKING</b>			
<b>BARKAT</b>			
Bread Mix 500g	(PIP Code: 051-5338)	2	
All Purpose Flour Mix 500g	(PIP Code: 399-2377)	2	
<b>GLUTAFIN</b>			
Bread Mix 500g	(PIP Code: 298-8418)	2	
Fibre Bread Mix 500g	(PIP Code: 298-8426)	2	
Multipurpose White Mix 500g	(PIP Code: 231-2981)	2	
Multipurpose Fibre Mix 500g	(PIP Code: 231-2973)	2	
Select Bread Mix 500g	(PIP Code: 274-4951)	2	
Select Fibre Bread Mix 500g	(PIP Code: 297-9912)	2	
Select Multipurpose Fibre Mix 500g	(PIP Code: 004-5591)	2	
Select Multipurpose White Mix 500g	(PIP Code: 004-5187)	2	
<b>JUVELA</b>			
Fibre Mix 500g	(PIP Code: 023-6042)	2	
Harvest Mix 500g	(PIP Code: 247-7875)	2	
White Mix 500g	(PIP Code: 035-2161)	2	
<b>PURE</b>			
Bakery Blend 1kg	(PIP Code: 282-8580)	4	
White Rice Flour 500g	(PIP Code: 325-7904)	2	
Brown Rice Flour 500g	(PIP Code: 325-7912)	2	
Potato Starch Flour 500g	(PIP Code: 325-7920)	2	
Tapioca Starch Flour 500g	(PIP Code: 325-7946)	2	
White Teff Flour 1kg	(PIP Code: 343-1483)	4	
Brown Teff flour 1kg	(PIP Code: 343-1467)	4	
<b>TRITAMYL</b>			
Self Raising Flour 2kg	(PIP Code: 228-0675)	8	
White Bread Mix 2kg	(PIP Code: 228-0667)	8	
Brown Bread Mix 1kg	(PIP Code: 228-0659)	4	

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ITEM	CODE	NO OF UNITS	QUANTITY
<b>PIZZA BASES</b>			
<b>GLUTAFIN</b>			
Pizza Bases 300g (2 x 150g)	(PIP Code: 334-1112)	1	
<b>JUELA</b>			
Pizza Bases (x 2 180g) 360g	(PIP Code: 265-4390)	1	

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ITEM	CODE	NO OF UNITS	QUANTITY
<b>PASTA</b>			
<b>BARKAT</b>			
Animal Shapes 500g	(PIP Code: 339-4913)	2	
Macaroni 500g	(PIP Code: 339-4921)	2	
Spaghetti 500g	(PIP Code: 339-4947)	2	
Spirals 500g	(PIP Code: 339-4939)	2	
Shells 500g	(PIP Code: 392-6763)	2	
Alphabet Shapes 500g	(PIP Code: 339-4962)	2	
Tagliatelle 500g	(PIP Code: 339-4954)	2	
Gnocchi 250g	(PIP Code: 399-1577)	4	Not available
Buckwheat Pasta Penne 250g	(PIP Code: 232-3319)	1	
Buckwheat Pasta Spirals 250g	(PIP Code: 232-2873)	1	
<b>GLUTAFIN</b>			
Spirals 500g	(PIP Code: 211-5178)	2	
Penne 500g	(PIP Code: 211-5152)	2	
Long Cut Spaghetti 500g	(PIP Code: 211-5160)	2	
Fibre Fusilli 500g	(PIP Code: 386-2646)	2	
<b>JUVELA</b>			
Fibre Penne 500g	(PIP Code: 332-8010)	2	
Tagliatelle 250g	(PIP Code: 319-3497)	1	
<b>RIZOPIA</b>			
Organic Brown Rice Fusilli 500g	(PIP Code: 340-0074)	2	
Organic Brown Rice Spaghetti 500g	(PIP Code: 340-0090)	2	
Organic Brown Rice Penne 500g	(PIP Code: 340-0082)	2	
Organic Brown Rice Lasagne 375g	(PIP Code: 340-0108)	1½	

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ITEM	CODE	NO OF UNITS	QUANTITY
<b>CRACKERS &amp; CRISPbread</b>			
<b>BARKAT</b>			
Matzo Crackers Round 200g	(PIP Code: 337-8296)	1	
Crackers 200g	(PIP Code: 342-7457)	1	
Crispbread 150g	(PIP Code: 341-0420)	½	
<b>GLUTAFIN</b>			
Crackers 200g	(PIP Code: 009-3302)	1	
<b>JUVELA</b>			
Crispbread 200g	(PIP Code: 236-6136)	1	

ITEM	CODE	NO OF UNITS	QUANTITY
<b>BAKING AIDS</b>			
<b>BARKAT</b>			
Xanthan Gum 80g	(PIP Code: 400-8074)	½	
<b>PURE</b>			
Xanthan Gum 100g	(PIP Code: 282-8572)	1	

ITEM	CODE	NO OF UNITS	QUANTITY
<b>BREAKFAST CEREAL</b>			
<b>BARKAT</b>			
Cornflakes 250g	(PIP Code: 339-4905)	1 ½	
<b>JUVELA</b>			
Flakes 300g	(PIP Code 371-1652)	1 ½	
Fibre Flakes 300g	(PIP Code 371-1660)	1 ½	
Corn Flakes 375g	(PIP Code 388-2990)	1 ½	
Crispy Rice 375g	(PIP Code 388-2982)	1 ½	
Pure Oats 500g	(PIP Code 371-1678)	1 ½	

## GLUTEN FREE FOOD PRODUCT MANUFACTURERS CONTACT DETAILS

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