

NHS Scotland Gluten-Free Food Service

Table 1: Nationally agreed number of gluten-free units

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	+4
3 rd trimester of pregnancy	+1

Table 2: How much is a gluten-free unit worth?

Food/item	Units
400g bread/rolls/baguette	1
500g flour/bread mix	2
200g biscuits/crackers/crispbreads	1
250g pasta	1
2 pizza bases	1
300g breakfast cereal/500g oats	1½

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