



# Gluten free food guidelines

(January 2017 update)

## Changes to prescribing from 15 January 2016

If you or someone you care for has been diagnosed with **coeliac disease** and/or **dermatitis herpetiformis**, it is important to adhere to a gluten free (GF) diet. However from 15 January 2016 the following changes are being made in Ipswich and East Suffolk:

### Patients aged 19 and older

GF foods will no longer be prescribed on the NHS for patients aged 19 and older. Adults requiring gluten free food are expected to purchase these items themselves.

### Patients aged 18 and younger

The maximum number of units prescribed on the NHS for patients aged 18 and younger is 8 units per month. Please see the list of items available on prescription on pages 3 and 4.

Any additional GF foodstuffs required to maintain a healthy balanced diet will need to be purchased.

## Questions and answers

Why have the changes to GF prescribing on the NHS been introduced?

When GPs were first able to prescribe GF foods in the 1960s, the choice in shops was limited. It was therefore appropriate for GF foods to be prescribed. With NHS finances stretched, we have to make some hard choices. This one has been made for the following reasons:

- A wider range of GF products are now available at supermarkets, health food shops and online.
- Many carbohydrate foods are naturally gluten free, such as potatoes, rice and some noodles. These products can be bought from supermarkets.
- GF products are often more expensive when prescribed than prices in the shops and online.

- Food items are generally not available on prescription for other conditions.

### Where can I get specialist advice?

You can get specialist advice on how to follow a GF diet from your dietician. It is very important that you make sure you have the recommended amounts of specific nutrients, such as calcium and iron. Patients are urged to attend annual review appointments when they are offered.

### Which foods are available on prescription to children and adolescents aged 18 years and younger?

The list of prescription items includes fresh and long-life bread and rolls, flour and bread mixes, and pasta. Only certain brands are available on prescription.

Biscuits and cakes are not recommended as part of a healthy diet other than as occasional treats and are not available on prescription.

GF pizza bases and crackers are available from supermarkets and are roughly the same prices as those products containing gluten. Bread mixes are available on prescription and so can be used to bake pizza for young people.

### Which foods are naturally gluten free?

There are a variety of foods which you can eat that are naturally GF, such as fruits, vegetables, meat, fish, poultry, eggs, cream, milk, rice, potatoes, pulses and beans.

GF oats are a valuable source of fibre and improve variety in the diet. After diagnosis GF oats can be introduced. However, some people may find they have symptoms after eating oats. If this happens to you, tell your healthcare professional. Please see pages 5 and 6 for a list of common foods that do and do not contain gluten.

### Where can I get more information about a gluten free diet and lifestyle?

Coeliac UK is an excellent support group for patients who need to adhere to a GF diet. For more information visit [www.coeliac.org.uk](http://www.coeliac.org.uk).

### Who can I contact if I have any queries about these changes?

The Patient Advice and Liaison Service (PALS)

Tel: 0800 389 6819

Email: [pals@suffolk.nhs.uk](mailto:pals@suffolk.nhs.uk)

## List of GF items available on prescription in Ipswich and East Suffolk CCG for patients aged 18 and younger

Product	Pack size	Units per pack
<b>Long-life bread</b>		
Glutafin gluten-free white sliced loaf 300g	1 x 300g	1
Glutafin gluten-free fibre sliced loaf 300g	1 x 300g	1
Glutafin gluten-free high fibre sliced loaf 350g	1 x 350g	1
Glutafin gluten-free Select white sliced loaf 400g	1 x 400g	1
Glutafin gluten-free Select fibre sliced loaf 400g	1 x 400g	1
Glutafin gluten-free Select seeded sliced loaf 400g	1 x 400g	1
Juvela gluten-free white sliced loaf 400g	1 x 400g	1
Juvela gluten-free white unsliced loaf 400g	1 x 400g	1
Juvela gluten-free fibre sliced loaf 400g	1 x 400g	1
Juvela gluten-free fibre unsliced loaf 400g	1 x 400g	1
Juvela gluten-free part-baked white loaf 400g	1 x 400g	1
Juvela gluten-free part-baked fibre loaf 400g	1 x 400g	1
<b>Long-life rolls</b>		
Glutafin gluten-free white rolls 200g (50g x 4)	4 x 50g	0.5
Glutafin gluten-free part-baked fibre rolls 200g (50g x 4)	4 x 50g	0.5
Juvela gluten-free white rolls 425g (85g x 5)	5 x 85g	1
Juvela gluten-free fibre rolls 425g (85g x 5)	5 x 85g	1
<b>Fresh bread</b>		
Genius original fresh white sliced loaf 400g	8 x 400g	8
Genius original fresh white unsliced loaf 400g	8 x 400g	8
Genius original fresh brown sliced loaf 400g	8 x 400g	8
Genius original fresh brown unsliced loaf 400g	8 x 400g	8
Glutafin gluten-free Select fresh white sliced loaf 400g	8 x 400g	8
Glutafin gluten-free Select fresh brown sliced loaf 400g	8 x 400g	8
Juvela gluten-free fresh white sliced loaf 400g	8 x 400g	8
Juvela gluten-free fresh fibre sliced loaf 400g	8 x 400g	8
<b>Fresh rolls</b>		
Juvela gluten-free fresh white rolls 425g (85g x 5)	8 x 5 x 85g	8
Juvela gluten-free fresh fibre rolls 425g (85g x 5)	8 x 5 x 85g	8
<b>Mixed cases of fresh bread and/or rolls</b>		
Juvela fresh white loaves 4 x 400g		
+ fresh fibre loaves 4 x 400g	8 x 400g	8
Juvela fresh white loaves 4 x 400g		
+ fresh white rolls 4 x 425g	4 x 400g + 4 x 425g	8
Juvela fresh white loaves 4 x 400g		
+ fresh fibre rolls 4 x 425g	4 x 400g + 4 x 425g	8

Product	Pack size	Units per pack
Juvela fresh fibre loaves 4 x 400g + fresh fibre rolls 4 x 425g	4 x 400g + 4 x 425g	8
Juvela fresh fibre loaves 4 x 400g + fresh white rolls 4 x 425g	4 x 400g + 4 x 425g	8
Juvela fresh white rolls 4 x 425g + Juvela fresh fibre rolls 425g	8 x 425g	8
<b>Flour</b>		
Barkat gluten-free flour mix 500g	1 x 500g	2
Glutafin gluten-free multipurpose white mix 500g	1 x 500g	2
Glutafin gluten-free multipurpose fibre mix 500g	1 x 500g	2
Glutafin gluten-free Select multipurpose white mix 500g	1 x 500g	2
Glutafin gluten-free Select multipurpose fibre mix 500g	1 x 500g	2
Juvela gluten-free white mix 500g	1 x 500g	2
Juvela gluten-free fibre mix 500g	1 x 500g	2
Juvela gluten-free harvest white mix 500g	1 x 500g	2
<b>Bread mixes</b>		
Barkat gluten-free bread mix 500g	1 x 500g	2
Glutafin gluten-free bread mix 500g	1 x 500g	2
Glutafin gluten-free fibre bread mix 500g	1 x 500g	2
Glutafin gluten-free Select bread mix 500g	1 x 500g	2
Glutafin gluten-free Select fibre bread mix 500g	1 x 500g	2
<b>Pasta</b>		
Glutafin gluten-free shells (conchiglie) 500g	1 x 500g	2
Glutafin gluten-free spaghetti 500g	1 x 500g	2
Glutafin gluten-free spirals (fusilli) 500g	1 x 500g	2
Glutafin gluten-free fibre spirals (fusilli) 500g	1 x 500g	2
Glutafin gluten-free macaroni (penne) 500g	1 x 500g	2
Juvela gluten-free tagliatelle 250g	1 x 250g	1
Juvela gluten-free lasagne 250g	1 x 250g	1
Juvela gluten-free fibre penne 500g	1 x 500g	2
Juvela gluten-free spaghetti 500g	1 x 500g	2
Juvela gluten-free macaroni 500g	1 x 500g	2
Juvela gluten-free fusilli (spirals) 500g	1 x 500g	2
Rizopia gluten-free organic brown rice spaghetti 500g	1 x 500g	2
Rizopia gluten-free organic brown rice fusilli 500g	1 x 500g	2
Rizopia gluten-free organic brown rice penne 500g	1 x 500g	2
Rizopia gluten-free organic brown rice lasagne 375g	1 x 375g	1.5

Food group	Foods that DO NOT CONTAIN gluten - <i>Try these!</i>
Flour	Corn flour, polenta, potato, cassava, bean and lentil flour, split pea flour, millet, quinoa, buckwheat, rice (all types), maize, arrowroot, sorghum, teff, amaranth, chestnut*, soya*, tapioca*, sago*.
Cereals	Some branded and equivalent supermarket brands of corn-based or rice-based cereals e.g. cornflakes, rice snaps, honey nut cornflakes. (Always check the label as some varieties may not be gluten-free.)
Breads, cakes & biscuits	Gluten-free products specially manufactured (supermarkets have specialised ranges): e.g. breads, biscuits, pizza bases, flour mixes, cakes. Products made from cereals or flours from the allowed list. Products made without flour (check the label for other gluten sources) or with gluten-free flour.
Pasta, rice & noodles	All types of fresh rice. Rice noodles (check the label). Gluten-free pasta, corn pasta, quinoa and rice pasta*.
Potatoes	All fresh potatoes. Some crisps (check the label). Home-made chips made from fresh potatoes and cooked in oil which has not been used to fry products containing gluten, e.g. battered fish.
Meat, fish, poultry & meat alternatives	All fresh meat, fish and poultry. Tinned fish e.g. tuna/salmon. Smoked, kippered or dried fish. Gluten-free sausages. Gluten-free fish fingers.
Milk, dairy, eggs & dairy alternatives	Natural plain cheese, fresh milk, cream, condensed milk, yoghurts, fromage frais, soya milk, goat's milk, coconut milk, almond milk, rice milk, dried skimmed milk powder, eggs.
Fats & oils	Vegetable oil, olive oil, butter, lard, reduced fat/low-fat spreads, ghee* (check the labels).
Fruit, vegetables, nuts & pulses	Fresh, dried or tinned fruit, vegetables, nuts, beans, pulses and seeds.
Desserts & puddings	Meringues, sorbets, ice creams, jelly, mousses, custard powders, milk puddings made with gluten-free ingredients. Always check labels of these food products.
Snack foods	Prawn crackers, poppadoms, gluten-free crisp breads and crackers. Check the labels for these products. Plain rice cakes and home-made popcorn.
Confectionary, sweets & preserves	Sugar, golden syrup, icing sugar, treacle, molasses, jam, honey, marmalade, peanut butter, boiled sweets and jellies.
Soups, sauces & seasonings	Fresh salt and pepper, herbs, spices, vinegars (e.g., rice wine, balsamic, barley malt vinegar), gluten-free soups, sauces and seasonings.
Drinks & alcohol	Tea, coffee, fizzy drinks, squashes, cordials, fresh juices, milk, some cocoa powders, cider, spirits, wines, liqueurs, sherry, port, gluten-free beer.
Other	Bicarbonate of soda, fresh and dried yeast, marzipan, some own brand yeast extracts, plain tofu, food colourings and flavourings, gelatine. Always check the labels. The majority of medicines prescribed by a GP are gluten-free but some may contain wheat starch.

<b>Food group</b>	<b>Foods that DO CONTAIN gluten - <i>Avoid these!</i></b>
<b>Flour</b>	Wheat, rye, barley, bulgar wheat, spelt, durum wheat, triticale, khorasan wheat (Kamut®), wheat flour, wheat starch, wheat bran, oat bran, semolina, couscous, malt and malted barley, Einkorn*.
<b>Cereals</b>	Wheat-based breakfast cereals and muesli.
<b>Breads, cakes &amp; biscuits</b>	All bread and bread products made from wheat, barley or rye - e.g. croissants, bagels, pitta bread, chapatti, naan bread, crispbreads, crackers, matzos, muffins, scones, croutons, pancakes, pizza, Yorkshire puddings, wafers and ice cream cones, pastries and pies.
<b>Pasta, rice &amp; noodles</b>	Any fresh, dried or tinned pasta, and noodles (apart from some rice noodles). Processed rice found in salads or ready meals.
<b>Potatoes</b>	Processed potatoes e.g. potato salad, waffles, some chips, instant mash, crisps or potato snacks.
<b>Meat, fish &amp; poultry</b>	Some processed meats or products coated in batter or breadcrumbs. Pies, puddings, suet, stuffing, fish fingers, chicken nuggets, fishcakes, sausages, burgers, haggis, faggots*, taramasalata, and rissoles.
<b>Milk, dairy, eggs &amp; dairy alternatives</b>	Check the labels of processed cheese, low-fat cheese spreads, artificial cream, yoghurts and some ice creams. Yoghurts containing muesli or cereals. Scotch eggs.
<b>Fats &amp; oils</b>	Suet, low-fat spreads.
<b>Fruit, vegetables, nuts &amp; pulses</b>	Processed fruit and vegetables that are coated in breadcrumbs/or in sauces. Some brands of nuts. Pearl barley.
<b>Desserts &amp; puddings</b>	Trifles, sponge puddings, semolina, tarts, and puddings made from flours in the 'foods to avoid' list.
<b>Snack foods</b>	Pretzels, Bombay mix, snacks made from flours in the 'foods to avoid' list.
<b>Confectionary, sweets &amp; preserves</b>	Some chocolate bars, toffees and sweets (always check labels).
<b>Soups, sauces &amp; seasonings</b>	Packet soups and sauces, gravies, soy sauce, ketchups, mayonnaise, salad dressings, pickles and chutneys, stuffing and stuffing mixes, stock cubes, bouillon, Worcestershire sauce. (Some brands may be gluten-free – always check labels).
<b>Drinks &amp; alcohol</b>	Barley drinks or squashes, cloudy fizzy drinks (check labels), malted milk drinks, instant vending machine drinks, some milkshakes and sports drinks, beer, lager, stout, ale.
<b>Other</b>	Baking powder, some medicines and vitamins.

Adapted from Patient.co.uk Coeliac Disease Diet Sheet via URL: [www.patient.info/health/coeliac-disease-diet-sheet](http://www.patient.info/health/coeliac-disease-diet-sheet)

\*Coeliac UK Gluten-free checklist 2015. <https://www.coeliac.org.uk/gluten-free-diet-and-lifestyle/gf-diet/>

**If you would like this information in another language or another format, including audio tape, braille or large print, please call 01473 770 014.**

Jeżeli potrzebujesz pomocy w zrozumieniu tych informacji w swoim języku zadzwoń na podany poniżej numer.

**Polish**

Se precisar de ajuda para ler estas informações em outra língua, por favor telefone para o número abaixo.

**Portuguese**

Jeigu jums reikia suprasī šia, informacija, kita kalba prašom skambinti šiuo numeriu apačioje

**Lithuanian**

এই লেখাটি যদি অন্য ভাষায় বুঝতে চান তাহলে নিচের নম্বরে ফোন করুন

**Bengali**

ئەگەر پێویستت بە یارمەتی هەیه بۆ تێگەیشتنی ئەم زانیاریانە بە زمانێکی تر تکایە پەیوەندی بە ژمارەى خوارەى بکە

**Kurdish**

如果你需要其他語言來幫助你了解這些資訊，請撥以下電話。

**Chinese**

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