

Summary of recommendations for gluten free prescribing – Sheffield CCG.

Prescribing of gluten free foods to adults (over the age of 18) is not recommended in Sheffield.

Prescribers can however apply discretion in exceptional circumstances where they are sufficiently convinced that there is a genuine risk that a vulnerable individual is, or will become, undernourished if they do not prescribe gluten free products.

Gluten free staple foods, highlighted in the [appendix](#) overleaf, can still be prescribed for children (and adults in exceptional circumstances as per above) with;

- Coeliac disease, confirmed gluten-sensitive enteropathies and dermatitis herpetiformis.

For information to support a [gluten free diet](#) see embedded links

If a prescription is required, the maximum number of units to be prescribed each month is listed below, these quantities are in line with the [Coeliac UK prescribing guidelines](#).

Age and Sex	Number of units
Child under 10 years	8
Child 11-18 years	12
Female 19 years and older	8
Male 19 years and older	12

The table below defines the number of units the different preparations:

Food item	Number of units
400g bread/rolls/baguettes	1
500g bread/flour mix	2

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Appendix

Products available on the NHS (ref [PSNC](#))

Barkat gluten-free all purpose flour mix	Barkat gluten-free brown rice bread
Barkat gluten-free hi-fibre bread mix	Barkat gluten-free par-baked baguettes
Barkat gluten-free par-baked rolls	Barkat gluten-free par-baked white bread sliced
Barkat gluten-free wheat free multigrain rice bread	Barkat gluten-free white rice bread
Barkat gluten-free wholemeal sliced bread	Ener-G gluten-free brown rice bread
Ener-G gluten-free dinner rolls	Ener-G gluten-free rice loaf
Ener-G gluten-free Seattle brown loaf	Ener-G gluten-free tapioca bread
Ener-G gluten-free white rice bread	Finax gluten-free coarse flour mix
Finax gluten-free fibre bread mix	Finax gluten-free flour mix
Genius gluten-free brown sandwich bread sliced	Genius gluten-free seeded brown farmhouse loaf sliced
Genius gluten-free white sandwich bread sliced	Glutafin gluten-free 4 white rolls
Glutafin gluten-free baguettes	Glutafin gluten-free bread mix 32
Glutafin gluten-free fibre bread mix	Glutafin gluten-free fibre loaf sliced
Glutafin gluten-free high fibre loaf sliced	Glutafin gluten-free multipurpose white mix
Glutafin gluten-free part-baked 2 long white rolls	Glutafin gluten-free part-baked 4 fibre rolls
Glutafin gluten-free part-baked 4 white rolls	Glutafin gluten-free Select bread mix
Glutafin gluten-free Select fibre bread mix	Glutafin gluten-free Select fibre loaf sliced
Glutafin gluten-free Select fresh brown loaf sliced	Glutafin gluten-free Select fresh seeded loaf sliced
Glutafin gluten-free Select fresh white loaf sliced	Glutafin gluten-free Select multipurpose fibre mix
Glutafin gluten-free Select multipurpose white mix	Glutafin gluten-free Select seeded loaf sliced
Glutafin gluten-free Select white loaf sliced	Glutafin gluten-free wheat-free fibre mix
Glutafin gluten-free white loaf sliced	Glutenex gluten-free white bread mix
Innovative Solutions gluten-free bakery blend	Just: gluten-free good white bread sliced
Just: gluten-free good white rolls	Just: gluten-free white sandwich bread
Juvela gluten-free bread rolls	Juvela gluten-free fibre bread rolls
Juvela gluten-free fibre loaf sliced	Juvela gluten-free fibre loaf unsliced
Juvela gluten-free fibre mix	Juvela gluten-free fresh fibre loaf sliced
Juvela gluten-free fresh fibre rolls	Juvela gluten-free fresh white loaf sliced
Juvela gluten-free fresh white rolls	Juvela gluten-free harvest mix
Juvela gluten-free loaf sliced	Juvela gluten-free loaf unsliced
Juvela gluten-free mix	Juvela gluten-free part-baked fibre bread rolls
Juvela gluten-free part-baked fibre loaf	Juvela gluten-free part-baked loaf
Juvela gluten-free part-baked white bread rolls	Lifestyle gluten-free brown bread
Lifestyle gluten-free brown bread rolls	Lifestyle gluten-free high fibre bread rolls
Lifestyle gluten-free white bread rolls	Mums Mill gluten-free quick bread mix
Orgran gluten-free bread mix	Proceli basic mix
Proceli gluten free part-baked baguettes	Tobia Brown Teff Bread Mix
Tobia White Teff Bread Mix	Tritamyl gluten-free brown bread mix
Tritamyl gluten-free flour mix	Tritamyl gluten-free white bread mix
Warburtons gluten free brown bread sliced	Warburtons gluten free brown rolls
Warburtons gluten free white bread sliced	Warburtons gluten free white rolls