

## Gluten Free Foods supply on the NHS

As per national guidelines NHS Halton CCG and NHS Warrington CCG recommend the supply of 'basic' gluten free foods only i.e. bread and flour mixes. Supply of 'basic' gluten free foods on prescription must only be for indications approved by the Advisory Committee on Borderline Substances and only for the quantities described in the table below. <sup>1</sup>

The Department of Health no longer allows the supply of cakes, cake mixes, sweet biscuits, pasta, cereals, pizza bases, savoury biscuits/crackers on the NHS and these products are now blacklisted.<sup>2</sup> Patients who wish to include these products in their diet should purchase them from supermarkets, health food shops or pharmacies.

### 1. Scope

- 1.1 This statement applies to all services contracted by or delivered by the NHS across Halton and Warrington CCGs, including:  
GPs and any other primary care prescribers, Acute Hospitals, NHS community providers, Outpatient clinics, and independent providers.
- 1.2 This statement covers the provision of prescriptions to a patient registered on the list of a general medical practitioner, or temporary resident.

### 2. Prescribing Gluten Free Foods

- 2.1 NHS Halton CCG and NHS Warrington CCG recommend that each supply of GF foods should be for ONE month only, where possible. Generally, fresh gluten free bread is available in cases of 8 x 400g, and due to its short shelf life, patients should be advised to freeze surplus quantities as the bread deteriorates rapidly if stored at room temperature. Flour mixes can also be used to make bread, where fresh bread is preferred.
- 2.2 Patients should be reminded that prescribed foods are for their own use only, and not for family or friends.
- 2.3 The table below shows approximate monthly requirements in normal circumstances. Additional amounts can be added for high activity levels. **Additional units should be assessed on individual basis** by a registered dietitian.

Number of units in each prescribable gluten free food item:

- 400g bread/rolls/baguettes – 1 unit
- 500g bread/flour mix – 2 units

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

### 3. References

1. Coeliac UK: Gluten-free prescriptions, National prescribing guidelines (accessed 27/10/21) at:  
<https://www.coeliac.org.uk/gluten-free-diet-and-lifestyle/prescriptions/national-prescribing-guidelines/>
2. Drug Tariff (accessed 27/10/21) at:  
<http://www.drugtariff.nhsbsa.nhs.uk/#/00710361-DA/DA00710356/Home>