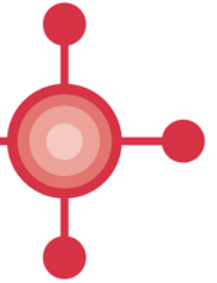


All Wales Medicines Strategy Group

Grŵp Strategaeth Meddyginiaethau Cymru Gyfan



# All Wales Guide to Prescribing Gluten-free Products

February 2013

(Updated March 2016)

This document has been endorsed by the Wales Dietetic Leadership Advisory Group, the Medicines Management Programme Board and the All Wales Medicines Strategy Group (AWMSG), and was prepared with support from the All Wales Prescribing Advisory Group (AWPAG) and the All Wales Therapeutics and Toxicology Centre (AWTTC). Please direct any queries to AWTTC:

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## 1.0 INTRODUCTION

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Gluten-free products are an essential part of the clinical treatment of coeliac disease. This guide aims to support general practitioners and other healthcare professionals in the management of patients with coeliac disease, and aid the decision-making process in relation to prescribing Advisory Committee on Borderline Substances (ACBS)-approved gluten-free foods (see Appendix 1).

Table 1 illustrates categories of ACBS-approved gluten-free products: the green category indicates those that are recommended for prescribing for any patient with coeliac disease; products in the amber category are recommended for prescription in exceptional circumstances only; while those in the red category are not recommended for prescribing in Wales.

A supporting document, entitled *Gluten-free foods: a revised prescribing guide*, produced jointly by the Primary Care Society for Gastroenterology, the British Dietetic Association, the British Society of Paediatric Gastroenterology, Hepatology and Nutrition, and Coeliac UK, in addition to other Coeliac UK information, can be accessed at [www.coeliac.org.uk/healthcare-professionals/resources/](http://www.coeliac.org.uk/healthcare-professionals/resources/)<sup>1</sup>.

This advice does not affect the clinical freedom of the prescriber.

## 2.0 OBJECTIVES

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- To enable patients with coeliac disease or dermatitis herpetiformis to follow a healthy, well-balanced, lifelong gluten-free diet in order to optimise nutrient absorption and nutritional status, and reduce the risk of long-term complications including lymphoma and osteoporosis.
- To provide clarity on recommended range, food type, quantities and units to prescribe.
- To align prescribing practice with national recommendations.

## 3.0 INDICATION FOR PRESCRIBING OF GLUTEN-FREE PRODUCTS

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Gluten-free products should be prescribed for patients diagnosed with gluten-sensitive enteropathies, including steatorrhoea due to gluten sensitivity, coeliac disease and dermatitis herpetiformis. Please see [National Institute for Health and Care Excellence \(NICE\) Guideline 20](#) on coeliac disease for further information<sup>2</sup>.

## 4.0 DIETARY EDUCATION

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All patients newly diagnosed with coeliac disease, and those meeting the diagnostic criteria for coeliac disease, gluten enteropathy or dermatitis herpetiformis, should be referred to a dietitian.

During the consultation, the dietitian will inform patients of the range of food products available in the retail sector, and advise them to subscribe to Coeliac UK to obtain the 'Food and Drink Directory', which is published annually. This directory lists a wide range of products that are suitable for a gluten-free diet. There is increasing availability of gluten-free supermarket items such as breads, flours, biscuits, cakes and cereals, which many patients are able to access. The dietitian will also provide education, where appropriate, on home baking.

The dietitian will then communicate the patient's specific requirements to the GP for the prescription of gluten-free products from this guide.

Local nutrition and dietetic service guidelines should be checked before referring patients with existing coeliac disease for a nutrition review.

## 5.0 GLUTEN-FREE PRODUCTS FOR PRESCRIBING

### 5.1 Range of products

All ACBS-approved food products that are gluten-free or gluten- and wheat-free are recommended for prescribing, except cake mixes and luxury items. However, it is recommended that the guidance in Table 1 should be applied. A full list of ACBS-approved gluten-free products for prescribers in Wales accompanies this guide, and includes weight/presentation and pharmaceutical/pharmacist interface product (PIP) codes (see Appendix 1). This has been adapted from information made available to Coeliac UK by product manufacturers.

It is not recommended that practices limit themselves to a narrow formulary. As nutritional content and ingredients vary, a sufficient range of products is required to accommodate the therapeutic needs of patients, for example in cases of associated increased calcium requirements, multiple intolerances or constipation. Variety and acceptability of the diet can enhance adherence, with resulting improvements in outcomes.

**Table 1. Categories of ACBS-approved gluten-free products**

Recommendation level*	Type of product	When to prescribe
<b>Staple</b>	All types of bread, rolls or baguettes; all flour-type mixes (except cake mix); fibre-containing breakfast cereals; pasta; crackers; crispbreads; pizza bases listed in Appendix 1	All patients with a diagnosis of gluten-sensitive enteropathies, including steatorrhoea due to gluten sensitivity, coeliac disease and dermatitis herpetiformis
<b>In exceptional circumstances</b>	Biscuits; non-fibre-containing breakfast cereals listed in Appendix 1†; oat-containing breakfast cereals (assess potential sensitivity; see Table 4 for information)	Upon advice of dietitian  Patient is nutritionally at risk or compromised  Where specific snacks are required to manage childhood diabetes to optimise carbohydrate distribution
<b>Not recommended</b>	Cake mixes and luxury items, such as cakes and chocolate biscuits, will not be prescribed	Prescribing not recommended

\* This advice does not affect the clinical freedom of the prescriber.  
† Gluten-free non-fibre cereals are widely available.

### 5.2 Quantities and units

Products should usually be prescribed within recommended monthly unit 'norms' (see Table 2). The number of units per month recommended by a dietitian may vary from the norms. It may be fewer, or greater, depending upon the assessed clinical need and indication. Recommended unit values for gluten-free food groups can be found in Table 3 and approximate monthly requirements for various patient groups can be found in Table 4<sup>1</sup>.

Prescribers should note that for some fresh products, e.g. bread, handling charges may apply; this can make the cost of small quantities disproportionately large. Prescribers and pharmacists should work together to avoid supplying cost-ineffective volumes, and should remember that some products can be frozen for future use.

Table 2. Recommended unit norms by age and sex<sup>1</sup>

Age and sex	Units per 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
Third trimester pregnancy	Add 1
High physical activity level	Add 4



**Prescribing below recommended norms:**  
Some patients may not require their full recommended units each month, dependent on choice, preference and dietary intake.



**Exceeding recommended norms:**  
Units may be exceeded in exceptional circumstances.

Table 3. Recommended unit values for gluten-free food groups<sup>1</sup>

Food item	Weight	Units
Bread, rolls or baguettes	400 g	1
Flour-type mix and pasta	500 g	2
Biscuits or crackers	150–200 g	1
Pasta	250 g	1
Pizza bases	220–360 g	1
Breakfast cereals and oats*	Flakes 300 g	1.5
	Oats 500 g	1.5

\* Assess potential sensitivity (see Table 4).

### 5.3 Flexibility of prescribing

Some flexibility in prescribing may be necessary to reflect patients' variable therapeutic and nutritional needs, taste preferences, lifestyle, activity and seasonal changes in eating habits. Dietary education will focus on self-management to enable the patient to identify suitable gluten-free alternatives and replace the excluded gluten-containing foods.

Changes may include:

- Addition of, or substitution with, new or alternative products, within recommended unit norms.
- Reductions or increases in quantities of each product, within recommended unit norms.
- Recommendations by the dietitian following reassessment of needs.

**Table 4. Approximate monthly requirement for various patient groups<sup>1</sup>.**

Please note that some items in this table are recommended in exceptional circumstances only.

Example of monthly gluten-free food prescription calculations		
Age group	Recommended unit norms	Example monthly prescription*
Child 1–3 years	10	6 x 400 g loaves of bread (or 3 x 500 g mix suitable for making bread) 2 x 300 g breakfast cereal 1 x 500 g pasta
Child 4–6 years	11	6 x 400 g loaves of bread (or 3 x 500 g mix suitable for making bread) 2 x 500 g pasta 1 (2 x 110/180 g) pizza bases
Child 7–10 years	13	8 x 400 g loaves of bread (or 4 x 500 g mix suitable for making bread) 1 x 500 g pasta 2 x 150 g digestive biscuits 1 (2 x 110/180 g) pizza bases
Child 11–14 years	15	6 x 400 g loaves of bread (or 4 x 500 g mix suitable for making bread) 2 x 300 g breakfast cereal 2 x 500 g pasta 2 (2 x 110/180 g) pizza bases
Child 15–18 years	18	8 x 400 g loaves of bread (or 4 x 500 g mix suitable for making bread) 4 x 500 g pasta 2 (2 x 110/180 g) pizza bases
Male 19–59 years	18	8 x 400 g loaves of bread (or 4 x 500 g mix suitable for making bread) 3 x 500 g pasta 1 x 500 g gluten-free oats <sup>†</sup> 1 (2 x 110/180 g) pizza bases 1 x 200 g crackers/crispbread
Male 60–74 years	16	8 x 400 g loaves of bread (or 4 x 500 g mix suitable for making bread) 1 x 300 g breakfast cereal 2 x 500 g pasta 2 x 200 g crackers/crispbread
Male 75+ years	14	8 x 400 g loaves of bread (or 4 x 500 g mix suitable for making bread) 1 x 500 g pasta 2 x 150 g tea biscuits 2 x 200 g crackers/crispbread
Female 19–74 years	14	8 x 400 g loaves of bread (or 4 x 500 g mix suitable for making bread) 2 x 500 g pasta 2 x 200 g crackers/crispbread
Female 75+ years	12	6 x 400 g loaves of bread (or 3 x 500 g mix suitable for making bread) 1 x 500 g gluten-free oats <sup>†</sup> 1 x 500 g pasta 2 x 200 g crackers/crispbread
Breastfeeding	Add 4 units	1 x 500 g pasta 1 x 200 g crackers/crispbread 1 x 400 g loaf of bread
Third trimester pregnancy	Add 1 unit	1 x 200 g crackers/crispbread

\* Items can be interchanged, e.g. bread mixes can be interchanged with rolls or loaves.  
<sup>†</sup>The introduction of oats should be carefully monitored. The British Society of Gastroenterology recommends that it may be helpful to exclude oats in the first 6–12 months of a gluten-free diet before re-introduction. Monitoring patients with coeliac serology and symptoms is recommended.

## REFERENCES

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- 1 Coeliac UK, Primary Care Society for Gastroenterology, British Dietetic Association et al. Gluten-free foods: a revised prescribing guide 2011. 2012. Available at: <https://www.coeliac.org.uk/document-library/378-gluten-free-foods-a-revised-prescribing-guide/>. Accessed Mar 2016.
- 2 National Institute for Health and Care Excellence. NICE Guideline 20. Coeliac disease: recognition, assessment and management (NG20). 2015. Available at: <https://www.nice.org.uk/guidance/ng20>. Accessed Mar 2016.
- 3 Coeliac UK. Codex wheat starch. 2014. Available at: <https://www.coeliac.org.uk/glossary/codex-wheat-starch/>. Accessed Mar 2016.



## APPENDIX 1. ACBS-APPROVED GLUTEN-FREE PRODUCTS CONSIDERED SUITABLE FOR PRESCRIBING IN WALES (PUBLISHED MARCH 2016)

This list outlines products that are available on prescription in Wales for patients with coeliac disease and dermatitis herpetiformis. Some of the products contain Codex wheat starch, an ingredient that is safe for people with coeliac disease<sup>3</sup>. Products with Codex wheat starch are marked with a ▲ symbol.

### BREAD

#### Please note

- Most fresh bread can be frozen; for best value for money, consider bulk orders, but check manufacturers' guidance before advising patient.
- Be aware of additional handling charges that may be applied to fresh products and alert prescriber.
- Shelf-life of fresh products should be checked on arrival in dispensary.

#### BARKAT

Brown Rice Sliced Bread 500 g  
(PIP Code: 244-0691)  
Home Fresh Par-Baked Baguette 1 x 200 g (PIP Code: 327-9023)  
Home Fresh Par-Baked Country Loaf 250 g (PIP Code: 327-1186)  
Multigrain Sliced Bread 500 g  
(PIP Code: 291-2871)  
Par-baked Baguette 200 g  
(PIP Code: 339-4970)  
Par-baked White Sliced Bread 300 g  
(PIP Code: 339-4996)  
White Rice Sliced Bread 500 g  
(PIP Code: 244-0709)  
Wholemeal Sliced Bread 500 g  
(PIP Code: 339-4889)

#### ENER-G

Brown Rice Bread 474 g  
(PIP Code: 212-2470)  
Rice Loaf – Yeast Free Sliced 612 g  
(PIP Code: 233-5362)  
Seattle Brown Loaf Sliced 454 g  
(PIP Code: 288-1324)  
Tapioca Bread Sliced 480 g  
(PIP Code: 233-5370)  
White Rice Bread Sliced 456 g  
(PIP Code: 225-9455)

#### GENIUS

Original Bread – Brown Sliced 8 x 400 g  
(PIP Code: 370-0440)

Original Bread – Brown Unsliced 8 x 400 g (PIP Code: 357-8325)  
Original Bread – White Sliced 8 x 400 g  
(PIP Code: 370-0432)  
Original Bread – White Unsliced 8 x 400 g  
(PIP Code: 357-8333)  
Soft Brown Sandwich Loaf 6 x 535 g  
(PIP Code: 379-8550)  
Soft White Sandwich Loaf 6 x 535 g  
(PIP Code: 379-8568)

#### GLUTAFIN

Part Baked 2 Baguettes 350 g  
(PIP Code: 224-0117)  
Fibre Loaf – Sliced 400 g  
(PIP Code: 237-7356)  
White Loaf – Sliced 400 g  
(PIP Code: 090-4268)

#### Gluten-free select

Fresh Brown Loaf – Sliced 8 x 400 g  
(PIP Code: 330-6800) ▲  
Fresh White Loaf – Sliced 8 x 400 g  
(PIP Code: 290-6840) ▲  
Seeded Loaf – Sliced 400 g  
(PIP Code: 308-9364) ▲  
White Loaf – Sliced 400 g  
(PIP Code: 054-6093) ▲  
Fibre Loaf – Sliced 400 g  
(PIP Code: 054-6101) ▲

#### JUST: GLUTEN FREE BAKERY

White sandwich bread 6 x 600 g  
(PIP Code: 100-0046)  
Good White Bread 6 x 380 g  
(PIP Code: 100-0015)

#### JUVELA

Gluten free Fibre Loaf Sliced 400 g  
(PIP Code: 074-8632) ▲  
Gluten free Fibre Loaf Unsliced 400 g  
(PIP Code: 010-1675) ▲  
Gluten Free Fresh Fibre Bread 8 x 400 g  
(PIP Code: 339-9789) ▲  
Gluten Free Fresh White Bread 8 x 400 g  
(PIP Code: 322-0217) ▲  
Gluten Free White Loaf Unsliced 400 g  
(PIP Code: 031-4781) ▲  
Gluten free White Loaf Sliced 400 g  
(PIP Code: 074-8590) ▲  
Gluten Free Part baked White Loaf 400 g  
(PIP Code: 273-6882) ▲  
Gluten Free Part baked Fibre Loaf 400 g  
(PIP Code: 273-6890) ▲

### LIFESTYLE HEALTHCARE

Fresh Brown Bread Sliced 8 x 400 g  
(PIP Code: 087-6557)

Fresh High Fibre Bread Sliced 8 x 400 g  
(PIP Code: 229-4254)

Fresh White Bread Sliced 8 x 400 g  
(PIP Code: 087-6490)

Brown 'n' Fibre Mixed Case 8 x 400 g  
(Bread & Rolls) (PIP Code: 839-2748)

White Mixed Case 8 x 400 g  
(Bread & Rolls) (PIP Code: 839-2763)

### LIVWELL

#### *Wheat-, gluten- and milk-free*

Tear Drop Flat Breads (Naan) 2 Pack  
180 g (PIP Code: 339-8591)

Baguette 140 g  
(PIP Code: 322-1199)

Flat Breads (Pitta) 4 pack 220 g  
(PIP Code: 339-8583)

Sliced Multi Seeded Bread 200 g  
(PIP Code: 322-1181)

Sliced White Bread 200 g  
(PIP Code: 322-1173)

### PROCELI

Baguettes 2 x 125 g  
(PIP Code: 328-2803)

### WARBURTONS

Gluten, wheat and dairy free  
White Baguettes (2 pack) 4 x 160 g  
(PIP Code: 381-3805)

Sliced Brown Loaf 4 x 400 g  
(PIP Code: 368-5278)

Sliced White Loaf 4 x 400 g  
(PIP Code: 368-5260)

### WELLFOODS

Gluten, Wheat, Dairy and Lactose free  
Fresh Loaf (600 g)  
(PIP Code: 316-6113)

Fresh sliced loaf (600 g)  
(PIP Code: 316-61210)

### ROLLS

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#### BARKAT

Home Fresh Par Baked Bread Rolls (6  
rolls) 260 g (PIP Code: 325-4679)

Par Baked Rolls (2 rolls) 200 g  
(PIP Code: 339-4988)

#### ENER-G

Dinner Rolls 6 Pack 280 g  
(PIP Code: 317-5502)

Seattle Brown Rolls Hamburger 4 Pack  
320 g (PIP Code: 295-5870)

Seattle Brown Rolls Hot Dog 4 Pack 320 g  
(PIP Code: 295-5888)

### GLUTAFIN

Part Baked 4 Fibre Rolls 200 g  
(PIP Code: 344-3652)

4 White Rolls 200 g  
(PIP Code: 344-3645)

Part-Baked 2 Long White Rolls 150 g  
(PIP Code: 344-3637)

Part-Baked 4 White Rolls 200 g  
(PIP Code: 344-2753)

### JUST: GLUTEN FREE BAKERY

Good white rolls (4 rolls) 260 g  
(PIP Code: 100-0039)

### JUVELA

Gluten free 5 Fibre Rolls 425 g  
(PIP Code: 080-3668) ▲

Gluten free 5 Part-baked Fibre Rolls 375 g  
(PIP Code: 262-9020) ▲

Gluten free 5 Fresh Fibre Rolls 425 g  
(PIP Code: 355-6800) ▲

Gluten free 5 Fresh White Rolls 425 g  
(PIP Code: 355-8871) ▲

Gluten free 5 White Rolls 425 g  
(PIP Code: 010-5916) ▲

Gluten free 5 Part-baked White Rolls  
375 g (PIP Code: 243-7267) ▲

### LIFESTYLE HEALTHCARE

Fresh Brown Rolls (5 rolls) 400 g  
(PIP Code: 264-1322)

Fresh High Fibre Rolls (5 rolls) 400 g  
(PIP Code: 224-0125)

Fresh White Rolls (5 rolls) 400 g  
(PIP Code: 087-6706)

### LIVWELL

#### *Wheat-, gluten- and milk-free*

Square Dinner Rolls (Ciabatta) (4 rolls)  
160 g (PIP Code: 351-8552)

Toasting Bread Buns (English Muffins) (4  
rolls) 200 g (PIP Code: 335-4735)

**WARBURTONS** (all products come in  
cases of 4)

Gluten, wheat and dairy free  
Brown Rolls (3 rolls) 220 g x 4  
(PIP Code: 368-5294)

Wheat & Gluten Free White Rolls (3 rolls)  
220 g x 4 (PIP Code: 368-5286)

White thin rolls (4 rolls) 232 g x 4  
(PIP Code: 391-4496)

## WELLFOODS

### *Gluten-, wheat-, dairy- and lactose-free*

Fresh Burger Buns 4 Pack 380 g  
(PIP Code: 316-6147)  
Fresh Rolls 4 Pack 360 g  
(PIP Code: 316-6139)

## BREAKFAST CEREALS

### JUVELA

Fibre Flakes 300 g  
(PIP Code: 371-1660)

## HOME BAKING

### BARKAT

Bread Mix 500 g  
(PIP Code: 051-5338)  
All purpose flour Mix 500 g  
(PIP Code: 399-2377)

### FINAX

Fibre Bread Mix 3 x 1 kg  
(PIP Code: 359-4942) ▲  
Coarse Flour Mix 3 x 900 g  
(PIP Code: 364-1024) ▲  
Flour Mix 3 x 900 g  
(PIP Code: 364-1032) ▲

### GLUTAFIN

Bread Mix 500 g  
(PIP Code: 298-8418)  
Fibre Bread Mix 500 g  
(PIP Code: 298-8426)  
Multipurpose Fibre Mix 500 g  
(PIP Code: 231-2973)  
Multipurpose White Mix 500 g  
(PIP Code: 231-2981)

### *Gluten-free select*

Bread Mix 500 g  
(PIP Code: 274-4951) ▲  
Fibre Bread Mix 500 g  
(PIP Code: 297-9912) ▲  
Multipurpose Fibre Mix 500 g  
(PIP Code: 004-5591) ▲  
Multipurpose White Mix 500 g  
(PIP Code: 004-5187) ▲

### GLUTENEX

White bread mix 500 g  
(PIP Code: 395-1456)

## INNOVATIVE SOLUTIONS – PURE

Pure Gluten Free Blended Flour (Plain)  
1 kg (PIP Code: 282-8580)  
Pure Brown Rice Flour 500 g  
(PIP Code: 325-7912)  
Pure Brown Teff Flour 1 kg  
(PIP Code: 343-1467)  
Pure Potato Starch (Flour) 500 g  
(PIP Code: 325-7920)  
Pure White Rice Flour 500 g  
(PIP Code: 325-7904)  
Pure White Teff Flour 1 kg  
(PIP Code: 343-1483)  
Pure Tapioca Starch (Flour) 500 g  
(PIP Code: 325-7946)

### JUVELA

Fibre Mix 500 g  
(PIP Code: 023-6042) ▲  
Harvest White Mix 500 g  
(PIP Code: 247-7875)  
White Mix 500 g  
(PIP Code: 035-2161) ▲

### MRS CRIMBLE'S

Home bake  
Bread mix 275 g  
(PIP Code: 356-7625)  
Pastry Mix 200 g  
(PIP Code: 356-7617)

### MUM'S MILL

Quick bread mix 1 kg  
(PIP Code: 399-0116)

### ORGRAN

Easy Bake Bread Mix 450 g  
(PIP Code: 273-4796)  
Pizza & Pastry Mix 375 g  
(PIP Code: 270-7735)  
Self Raising Flour 500 g  
(PIP Code: 273-4762)  
Alternative Grain Wholemeal Bread Mix  
450 g (PIP Code: 329-9138)  
Plain Flour 500 g  
(PIP Code: 288-1415)

### PROCELI

Plain White Flour 1 kg  
(PIP Code: 328-4577)

### TOBIA TEFF

Brown Teff Flour 1 kg  
(PIP Code: 346-6729)  
White Teff Flour 1 kg  
(PIP Code: 346-6711)

## WELLFOODS

### *Gluten-, wheat-, dairy- and lactose-free*

Flour Alternative 1 kg  
(PIP Code: 314-2577)

## CRACKERS AND CRISPREAD

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### BARKAT

Crackers 200 g  
(PIP Code: 342-7457)  
Round Matzo Crackers 200 g  
(PIP Code: 337-8296)  
Gluten Free Crispbread 150 g  
(PIP Code: 341-0420)

### GLUTAFIN

Crackers 200 g  
(PIP Code: 009-3302)  
Crispbread 150 g  
(PIP Code: 338-4443)  
High Fibre Crackers 200 g  
(PIP Code: 018-7641)  
Mini Crackers 175 g  
(PIP Code: 353-5515)  
Savoury Shorts 130 g  
(PIP Code: 359-6996)

### JUVELA

Crackers 125 g  
(PIP Code: 377-9576)  
Crispbread 200 g  
(PIP Code: 236-6136)  
Savoury Biscuits 150 g  
(PIP Code: 310-7893) ▲

### ORGRAN

Toasted Corn Crispbread 125 g  
(PIP Code: 351-3397)

### WARBURTONS

Wheat & Gluten Free Bran Crackers  
150 g (PIP Code: 378-4865)

## PIZZA BASES

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### BARKAT

Brown Rice Pizza Crust 1 x 150 g  
(PIP Code: 259-2566)  
White Rice Pizza Crust 1 x 150 g  
(PIP Code: 259-3051)

### GLUTAFIN

2 Pizza Bases 300 g  
(PIP Code: 334-1112)

## JUVELA

2 x 2 Pizza Bases 360 g  
(PIP Code: 265-4390) ▲

## PROCELI

2 Pizza Bases 250 g  
(PIP Code: 309-8357)

## WELLFOODS

### *Gluten-, wheat-, dairy- and lactose-free*

2 Pizza Bases 300 g  
(PIP Code: 316-6154)

## BAKING AIDS

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NB: 1 tub xanthan gum = 1 unit

### ENER-G

Xanthan Gum 170 g  
(PIP Code: 272-4318)

## INNOVATIVE SOLUTIONS

Xanthan Gum 100 g  
(PIP Code: 282-8572)

## PASTA

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### BARKAT

Alphabet pasta 500 g  
(PIP Code: 339-4962)  
Animal Shapes Pasta 500 g  
(PIP Code: 339-4913)  
Buckwheat Pasta Penne 250 g  
(PIP Code: 232-3319)  
Buckwheat Pasta Spirals 250 g  
(PIP Code: 232-2873)  
Macaroni 500 g  
(PIP Code: 339-4921)  
Short-Cut Tagliatelle 500 g  
(PIP Code: 339-4954)  
Spaghetti 500 g  
(PIP Code: 339-4947)  
Spirals 500 g  
(PIP Code: 339-4939)  
Pasta Shells 500 g  
(PIP Code: 392-6763)  
Lasagne Sheets 250 g  
(PIP Code: 394-1937)

### BIALIMENTA

Pasta Acini di Pepe (Pasta Grains) 6 x  
500 g (PIP Code: 364-1057)  
Pasta Formati Misti (Variety Pack of 4  
Shapes) 6 x 500 g (PIP Code: 364-1438)  
Pasta Penne 6 x 500 g

(PIP Code: 364-1040)  
Pasta Sagnette 6 x 500 g  
(PIP Code: 364-1065)  
Pasta Spirali (Spirals) 6 x 500 g  
(PIP Code: 364-1073)  
Pasta Tubetti 6 x 500 g  
(PIP Code: 351-1979)  
Potato Pasta Gnocchi 6 x 500 g  
(PIP Code: 351-1961)  
Potato Pasta Perle di Gnocchi 6 x 500 g  
(PIP Code: 351-1987)

#### **GLUTAFIN**

Pasta Fibre Fusilli 500 g  
(PIP Code: 386-2646)  
Pasta Macaroni Penne 500 g  
(PIP Code: 211-5152)  
Pasta Fibre Spaghetti 500 g  
(PIP Code: 386-2653)  
Pasta Shells 500 g  
(PIP Code: 250-0676)  
Pasta Long-Cut Spaghetti 500 g  
(PIP Code: 211-5160)  
Pasta Spirals 500 g  
(PIP Code: 211-5178)  
Pasta Lasagne 250 g  
(PIP Code: 215-5091)  
Pasta Tagliatelle Nests 250 g  
(PIP Code: 215-5109)

#### **JUVELA**

Fibre Penne 500 g  
(PIP Code: 332-8010)  
Fibre Linguine 500 g  
(PIP Code: 332-8002)  
Fusilli 500 g  
(PIP Code: 280-7980)  
Lasagne Sheets 250 g  
(PIP Code: 280-7972)  
Macaroni 500 g  
(PIP Code: 280-8004)  
Spaghetti 500 g  
(PIP Code: 280-7998)  
Tagliatelle 250 g  
(PIP Code: 319-3497)

#### **ORGRAN**

Buckwheat Spirals 250 g  
(PIP Code: 288-1423)  
Corn Spirals 250 g  
(PIP Code: 209-7590)  
Rice & Corn Lasagne Sheets 200 g  
(PIP Code: 270-7701)  
Rice & Corn Spaghetti Noodles 250 g  
(PIP Code: 303-3750)  
Rice & Millet Spirals 250 g  
(PIP Code: 200-4133)

Rice Spirals 250 g  
(PIP Code: 200-4281)  
Rice & Corn Macaroni 250 g  
(PIP Code: 273-4770)  
Rice & Corn Spirals 250 g  
(PIP Code: 270-7669)

#### **RIZOPIA**

##### ***Organic brown rice pasta***

Fusilli 500 g  
(PIP Code: 340-0074)  
Lasagne 375 g  
(PIP Code: 340-0108)  
Penne 500 g  
(PIP Code: 340-0082)  
Spaghetti 500 g  
(PIP Code: 340-0090)

**THE FOLLOWING ITEMS ARE ONLY  
RECOMMENDED FOR PRESCRIBING  
IN EXCEPTIONAL CIRCUMSTANCES  
AND ON CLINICAL ADVICE.**

#### **BISCUITS**

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##### **BARKAT**

Coffee Biscuits 200 g  
(PIP Code: 337-8288)  
Digestive Biscuits 175 g  
(PIP Code: 340-6030)

##### **ENER-G**

Vanilla Cookies  
(PIP Code: 277-4610)

##### **GLUTAFIN**

##### ***Gluten- and wheat-free***

Biscuits 200 g  
(PIP Code: 022-8387)  
Digestive Biscuits 150 g  
(PIP Code: 017-0225)  
Shortbread Biscuits 100 g  
(PIP Code: 316-7848)  
Sweet Biscuits 150 g  
(PIP Code: 024-2966)  
Tea Biscuits 150 g  
(PIP Code: 018-5868)

##### **JUVELA**

Digestive Biscuits 150 g  
(PIP Code: 210-0923) ▲  
Sweet Biscuits 150 g  
(PIP Code: 276-4959)  
Tea Biscuits 150 g  
(PIP Code: 210-0915) ▲

## BREAKFAST CEREALS

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### BARKAT

Cornflakes 250 g  
(PIP Code: 339-4905)  
Porridge Flakes 500 g  
(PIP Code: 260-1888)

### GLUTAFIN

Cornflakes 375 g  
(PIP Code: 381-3748)

### JUVELA

Gluten Free Flakes 300 g  
(PIP Code: 371-1652)  
Gluten Free Pure Oats 500 g  
(PIP Code: 371-1678)  
Corn Flakes 375 g  
(PIP Code: 388-2990)  
Crispy Rice 375 g  
(PIP Code: 388-2982)

### NAIRN'S

Gluten Free Porridge Oats 500 g  
(PIP Code: 368-7332)