

Gluten-free foods available on the NHS

There are a variety of gluten-free foods currently available on the NHS to help replace staple foods. These should be included in the diet to enable people with coeliac disease to achieve a healthy, balanced diet.

Gluten-free foods available:
Bread / bread rolls / baguettes
Mixes

Number of units represented by each gluten-free food item

Gluten-free foods items have been allocated a 'unit' value based on their carbohydrate and energy content and their cost:

Gluten-free food item	No. of units
400g bread	1
Up to 400g bread rolls/baguettes	½ to 1
500g Mixes	2

Suggested monthly gluten-free food requirements

Age group	Maximum no. units per calendar month
Male 19-59 years	18
Male 60-74 years	16
Male 75+ years	14
Female 19-74 years	14
Female 75+ years	12
3 rd Trimester Pregnancy	Add 1 Unit
Breastfeeding	Add 4 Units

