

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

Age group	Maximum no. units per calendar 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

