

## Coeliac Disease and Gluten

**Coeliac disease** is an autoimmune disease triggered by gluten. Treatment is to follow a gluten free (GF) diet for life.

**Gluten** is a protein found in wheat, barley and rye. Wheat is the most widely consumed cereal in the UK. The GF diet requires the elimination of staple foods including bread, flour and pasta. Gluten is also found in cakes, pastries and biscuits and also in foods that you may not expect, such as some sauces, soups, ready meals and many sausages.

Elimination of wheat, barley and rye-containing ingredients from the diet results in the removal of a number of staple foods. This can result in a restricted and potentially unbalanced nutritional intake.

**Diagnosis:** Coeliac disease should be diagnosed with a positive blood result (tissue transglutaminase TTG) and confirmed by a duodenal biopsy, taken while the patient is still consuming gluten.

**Referral:** Following a positive serology, referral should be made to a Gastroenterologist for biopsy. They will then refer to the Dietitian for dietary input.

**Review:** Yearly by a health professional

## Gluten-Free foods NHS regulations (England)

Following a consultation on the availability gluten-free (GF) foods at NHS expense in primary care in England, the Department of Health and Social Care (DHSC) announced in February 2018 that GF food prescribing would be restricted to GF breads and GF mixes only.

A second consultation took place in August 2018 and considered the amendments to regulations needed to bring this change into effect. The outcome of this consultation was published by DHSC on 6th November 2018.

The Amendment Regulations were laid before Parliament in November 2018 and have come into force on **4th December 2018**. See Table overleaf for the full list of GF foods available on prescription.

All other products can be purchased directly from supermarkets, manufacturers of GF foods, or online retailers.

### Further information:

The Department of Health and Social Care consultation outcome and guidance can be found on [www.gov.uk](http://www.gov.uk) and searching for gluten free consultation, or [here](#)

The result of the second consultation “Responses to the consultation on the gluten-free food regulations” (November 2018) can be found [here](#)

### For people diagnosed with Coeliac Disease:

The Coeliac UK website ([www.coeliac.org.uk](http://www.coeliac.org.uk)) offers a wealth of information about gluten free diets and lifestyle. For further details regarding membership, please visit the website.

### For Health Professionals:

NICE guidelines: [NICE clinical guidelines 20](#) – [NG20] Coeliac Disease: recognition, assessment and management, September 2015



## Alphabetical List of GF food allowed on prescription from 4<sup>th</sup> December 2018

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
Just: gluten-free good white rolls	Just: gluten-free good white bread sliced
Juvela gluten-free bread rolls	Just: gluten-free white sandwich bread
Juvela gluten-free fibre loaf sliced	Juvela gluten-free fibre bread rolls
Juvela gluten-free fibre mix	Juvela gluten-free fibre loaf unsliced
Juvela gluten-free fresh fibre rolls	Juvela gluten-free fresh fibre loaf sliced
Juvela gluten-free fresh white rolls	Juvela gluten-free fresh white loaf sliced
Juvela gluten-free loaf sliced	Juvela gluten-free harvest mix
Juvela gluten-free mix	Juvela gluten-free loaf unsliced
Juvela gluten-free part-baked fibre loaf	Juvela gluten-free part-baked fibre bread rolls
Juvela gluten-free part-baked white bread rolls	Juvela gluten-free part-baked loaf
Lifestyle gluten-free brown bread rolls	Lifestyle gluten-free brown bread
Lifestyle gluten-free white bread rolls	Lifestyle gluten-free high fibre bread rolls
Proceli gluten free part-baked baguettes	Mums Mill gluten-free quick bread mix
Tobia White Teff Bread Mix	Proceli basic mix
Tritamyl gluten-free flour mix	Tobia Brown Teff Bread Mix
Tritamyl gluten-free brown bread 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

Allowed list of Gluten Free products Bread and Bread Rolls (by unit cost)	Type	product size (g)	Unit per product size	Product price	Staple unit size (g)	Staple unit cost
Genius gluten-free seeded brown farmhouse loaf sliced	Bread	535	1.3	£3.75	400	£2.80
Lifestyle gluten-free brown bread	Bread	400	1	£2.82	400	£2.82
Lifestyle gluten-free brown bread rolls	Bread roll	400	1	£2.82	400	£2.82
Lifestyle gluten-free high fibre bread rolls	Bread roll	400	1	£2.82	400	£2.82
Lifestyle gluten-free white bread rolls	Bread roll	400	1	£2.82	400	£2.82
Genius gluten-free brown sandwich bread sliced	Bread	535	1.3	£3.80	400	£2.84
Genius gluten-free white sandwich bread sliced	Bread	535	1.3	£3.80	400	£2.84
Warburtons gluten free brown bread sliced	Bread	400	1	£3.06	400	£3.06
Warburtons gluten free white bread sliced	Bread	400	1	£3.06	400	£3.06
Just: gluten-free white sandwich bread	Bread	3600	9	£28.80	400	£3.20
Barkat gluten-free wholemeal sliced bread	Bread	500	1.25	£4.05	400	£3.24
Glutafin gluten-free Select fibre loaf sliced	Bread	400	1	£3.43	400	£3.43
Glutafin gluten-free Select seeded loaf sliced	Bread	400	1	£3.43	400	£3.43
Glutafin gluten-free Select white loaf sliced	Bread	400	1	£3.43	400	£3.43
Glutafin gluten-free Select fresh brown loaf sliced	Bread Fresh	400	1	£3.43	400	£3.43
Glutafin gluten-free Select fresh seeded loaf sliced	Bread Fresh	400	1	£3.43	400	£3.43
Glutafin gluten-free Select fresh white loaf sliced	Bread Fresh	400	1	£3.43	400	£3.43
Juvela gluten-free fibre loaf sliced	Bread	2400	6	£21.24	400	£3.54
Juvela gluten-free fibre loaf unsliced	Bread	2400	6	£21.24	400	£3.54
Juvela gluten-free loaf sliced	Bread	2400	6	£21.24	400	£3.54
Juvela gluten-free loaf unsliced	Bread	2400	6	£21.24	400	£3.54
Ener-G gluten-free rice loaf	Bread	612	1.5	£5.47	400	£3.58
Juvela gluten-free part-baked fibre loaf	Bread parbaked	2400	6	£22.80	400	£3.80
Glutafin gluten-free high fibre loaf sliced	Bread	350	0.9	£3.36	400	£3.84
Glutafin gluten-free fibre loaf sliced	Bread	300	0.75	£2.89	400	£3.85
Glutafin gluten-free white loaf sliced	Bread	300	0.75	£2.89	400	£3.85
Juvela gluten-free part-baked loaf	Bread parbaked	2400	6	£23.70	400	£3.95
Just: gluten-free good white bread sliced	Bread	2280	5.7	£22.74	400	£3.99
Glutafin gluten-free baguettes	Bread roll	350	0.9	£3.51	400	£4.01
Juvela gluten-free fresh fibre rolls	Bread roll	3400	8.5	£35.36	400	£4.16
Juvela gluten-free fresh white rolls	Bread roll	3400	8.5	£35.36	400	£4.16
Juvela gluten-free bread rolls	Bread roll	2550	6.4	£28.62	400	£4.49
Juvela gluten-free fibre bread rolls	Bread roll	2550	6.4	£28.62	400	£4.49
Juvela gluten-free fresh fibre loaf sliced	Bread Fresh	2400	6	£27.12	400	£4.52
Warburtons gluten free brown rolls	Bread roll	225	0.5	£2.55	400	£4.53
Warburtons gluten free white rolls	Bread roll	225	0.5	£2.55	400	£4.53
Ener-G gluten-free tapioca bread	Bread	480	1.2	£5.47	400	£4.56
Ener-G gluten-free brown rice bread	Bread	474	1.2	£5.47	400	£4.62
Ener-G gluten-free white rice bread	Bread	474	1.2	£5.47	400	£4.62
Proceli gluten free part-baked baguettes	Bread roll	250	0.6	£2.90	400	£4.64
Barkat gluten-free brown rice bread	Bread	500	1.25	£5.84	400	£4.67
Barkat gluten-free wheat free multigrain rice bread	Bread	500	1.25	£5.84	400	£4.67
Barkat gluten-free white rice bread	Bread	500	1.25	£5.84	400	£4.67
Juvela gluten-free fresh white loaf sliced	Bread Fresh	2400	6	£29.52	400	£4.92
Juvela gluten-free part-baked fibre bread rolls	Bread roll	2250	6.4	£29.64	400	£5.27
Juvela gluten-free part-baked white bread rolls	Bread roll	2250	6.4	£29.64	400	£5.27
Ener-G gluten-free dinner rolls	Bread roll	280	0.7	£3.71	400	£5.30
Ener-G gluten-free Seattle brown loaf	Bread	454	1.1	£6.22	400	£5.48
Just: gluten-free good white rolls	Bread roll	1560	3.9	£21.54	400	£5.52
Barkat gluten-free par-baked white bread sliced	Bread parbaked	300	0.75	£4.21	400	£5.61
Glutafin gluten-free 4 white rolls	Bread roll	200	0.5	£3.68	400	£7.36
Glutafin gluten-free part-baked 4 fibre rolls	Bread roll	200	0.5	£3.68	400	£7.36
Glutafin gluten-free part-baked 4 white rolls	Bread roll	200	0.5	£3.68	400	£7.36
Glutafin gluten-free part-baked 2 long white rolls	Bread roll	150	0.4	£2.81	400	£7.49
Barkat gluten-free par-baked baguettes	Bread roll	200	0.5	£4.04	400	£8.08
Barkat gluten-free par-baked rolls	Bread roll	200	0.5	£4.05	400	£8.10

Source: [Mims](#) December 2018

Allowed list of Gluten Free products Flour Mixes (by unit cost)	Type	product size (g)	Unit per product size	Product price	Staple unit size (g)	Staple unit cost
Tobia Brown Teff Bread Mix	Mix	1000	4	£3.60	250	£0.90
Tobia White Teff Bread Mix	Mix	1000	4	£3.60	250	£0.90
Tritamyl gluten-free brown bread mix	Mix	1000	4	£7.10	250	£1.78
Tritamyl gluten-free flour mix	Mix	2000	8	£14.26	250	£1.78
Tritamyl gluten-free white bread mix	Mix	2000	8	£14.26	250	£1.78
Barkat gluten-free all purpose flour mix	Mix	500	2	£4.74	250	£2.37
Finax gluten-free coarse flour mix	Mix	900	3.6	£8.85	250	£2.46
Finax gluten-free flour mix	Mix	900	3.6	£8.85	250	£2.46
Proceli basic mix	Mix	1000	4	£9.95	250	£2.49
Finax gluten-free fibre bread mix	Mix	1000	4	£10.14	250	£2.54
Mums Mill gluten-free quick bread mix	Mix	3000	12	£30.42	250	£2.54
Glutafin gluten-free bread mix 32	Mix	500	2	£6.66	250	£3.33
Glutafin gluten-free fibre bread mix	Mix	500	2	£6.66	250	£3.33
Glutafin gluten-free multipurpose white mix	Mix	500	2	£6.66	250	£3.33
Glutafin gluten-free Select bread mix	Mix	500	2	£6.66	250	£3.33
Glutafin gluten-free Select fibre bread mix	Mix	500	2	£6.66	250	£3.33
Glutafin gluten-free Select multipurpose fibre mix	Mix	500	2	£6.66	250	£3.33
Glutafin gluten-free Select multipurpose white mix	Mix	500	2	£6.66	250	£3.33
Glutafin gluten-free wheat-free fibre mix	Mix	500	2	£6.66	250	£3.33
Juvela gluten-free fibre mix	Mix	6000	24	£88.20	250	£3.68
Juvela gluten-free harvest mix	Mix	6000	24	£88.20	250	£3.68
Juvela gluten-free mix	Mix	6000	24	£88.20	250	£3.68
Barkat gluten-free hi-fibre bread mix	Mix	500	2	£9.13	250	£4.57

Source: [Mims](#) December 2018

## Recommended number of units per month in England (bread and flour mixes only):

Age and gender	GF staple Monthly units recommendation	Example of prescription per month
<b>Child under 10 years</b>	8	<b>2400g</b> or 6x400g loaves of bread or 12x200g bread rolls(6 units) + <b>500g</b> of flour mix (2 units)
<b>Child 11-18 years</b>	12	<b>3200g</b> or 8x400g loaves of bread or bread rolls (8 units) + <b>1000g</b> of flour mix (4 units)
<b>Male 19 years and older</b>	12	<b>4000g</b> or 10x400g loaves of bread or bread rolls (10 units) + <b>500g</b> of flour mix (2 units)
<b>Female 19 years and older</b>	8	<b>1600g</b> or 4x400g loaves of bread or 8x200g bread rolls(4 units) + <b>1000g</b> of flour mix (4 units)

Source: [Coeliac UK](#) national prescribing guidelines