

## **NHS List of Entitlements in the UK**

Fortunately today there are now hundreds of gluten free food products, both to buy and also which can be obtained on the NHS as a prescription, mainly breads, pastas and dry biscuits, all other items have to be purchased, at about three times the price of non- gluten free foods. From the NHS you should be entitled to a number of “units per month”, this is based on your age, the younger you are the more units, (see our NHS List of Entitlements on the next page, please check with your nearest NHS Service to ensure the list is up to date), a typical person will be entitled to say 18 units per month and a loaf of bread will be around 1 to 2 units dependant on its size and volume. GF bread tends to weigh heavier than non- GF bread, and costs a lot more! So try to get your Doctor to prescribe your ration, each month.

Recommended minimum monthly gluten-free food prescription quantities, Issued by The East Surrey Primary Care Trust of the NHS in 2006/7, to our knowledge all these items are still correct

Age group	Suggested number of units/month	Examples of items which can be mixed
Child 1 - 3 years	10	4x400 loaves of bread      2x200g biscuits Or 2x500g mix suitable for making bread 1x500g pasta                  or 1x500g flour mix
Child 4 - 6 years	11	as above but 3x200g biscuits, 2x(2x110/180g) pizza bases
Child 7 - 10 years	13	6x400g loaves of bread      2x200g biscuits (or 3x500g mix suitable for making bread) 1x500g flour mix 1x500g pasta      1x(2x110/180g) pizza bases
Child 11-14 years	15	as above, but 3x200g biscuits
Child 15-18 years	18	as above but 4x200g biscuits
Male 19-59 years	18	10x400g loaves of bread      1x500g pasta (or 5x 500g mix suitable for bread making) 2x200g crackers/crisp breads 1x(2x110/180g)pizza bases, 1x200gcrackers/crisp breads, 1x500g flour mix
Male 60-74 years	16	10x400g loaves of bread      1x500g pasta (or 5x500g mix suitable for making bread) 1x200g crackers/crisp breads 1x500g cake mix, 1x200g sweet biscuits
Male 75+ years	14	8x400g loaves of bread      1x500g pasta (or 4x500g mix suitable for making bread) ,1x200g crackers/crisp breads 1x500g cake mix, 1x200g sweet biscuits
Female 19-74 years	14	8x400g loaves of bread, 1x500g pasta (or 4x500g mix suitable for making bread, 2x200g crackers/crisp bread 1x(2x110/180g) pizza bases                  1x200g sweet biscuits
Female 75+ years	12	6x400g loaves of bread, 1x500g pasta (or 3x500g mix suitable for bread making      1x200 crackers/crisp bread 1x500g cake mix                  1x200g sweet biscuits
Breast feeding	add 4 units	1x500g pasta, 1x400g loaf of bread, 1x200g crackers/crisp bread
3 <sup>rd</sup> trimester Pregnancy	add 1 unit	1x200g sweet biscuits
High physical	add 4 units	1x500g pasta , 1x200g crackers/crisp bread, 1x200g sweet biscuits

Note 1 unit of gluten free food is equivalent to, for example, a 400g loaf, 200g biscuits or 250g pasta