**Gluten Free Prescription Guidelines**

**Recommended amounts per month:**

| **Age and sex** | **Number of units** |
| --- | --- |
| **Age and sex**Child 1-3 years | **Number of units**10 |
| **Age and sex**Child 4-6 years | **Number of units**11 |
| **Age and sex**Child 7-10 years | **Number of units**13 |
| **Age and sex**Child 11-14 years | **Number of units**15 |
| **Age and sex**Child 15-18 years | **Number of units**18 |
| **Age and sex**Male 19-59 years | **Number of units**18 |
| **Age and sex**Male 60-74 years | **Number of units**16 |
| **Age and sex**Male 75+ years | **Number of units**14 |
| **Age and sex**Female 19-74 years | **Number of units**14 |
| **Age and sex**Female 75+ years | **Number of units**12 |
| **Age and sex**Breastfeeding | **Number of units**Add 4 |
| **Age and sex**3rd trimester pregnancy | **Number of units**Add 1 |

**Additional consideration for prescribers**

Prescribers should use their clinical judgement when prescribing and take energy requirements into account. Other factors can increase energy (and therefore carbohydrate) requirements, for example malnourished people with increased energy requirements, increased requirements during pregnancy and breastfeeding, and high activity levels. Prescribers should take these factors into account when deciding on appropriate quantities to prescribe and should seek advice from a dietitian if they are unsure.

**Number of units for different foods:**

| **Food item** | **Number of units** |
| --- | --- |
| **Food item**400g bread/rolls/baguettes | **Number of units**1 |
| **Food item**500g bread/flour mix | **Number of units**2 |
| **Food item**200g savoury biscuits/crackers\* | **Number of units**1 |
| **Food item**250g pasta\* | **Number of units**1 |
| **Food item**500g oats\* | **Number of units**1.5 |
| **Food item**300g breakfast cereals\* | **Number of units**1.5 |
| **Food item**2 x 110-180g pizza bases\* | **Number of units**1 |
| **Food item**100-170g xanthan gum\* | **Number of units**1 |

\*These products are available in Northern Ireland, Scotland and Wales but are not available on prescription in England.