

All Wales Medicines Strategy Group

Grŵp Strategaeth Meddyginiaethau Cymru Gyfan



All Wales Guide to Prescribing Gluten-free Products

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(Updated November 2018)

This document has been endorsed by the Wales Dietetic Leadership Advisory Group, the Medicines Management Programme Board and the All Wales Medicines Strategy Group (AWMSG), and was prepared with support from the All Wales Prescribing Advisory Group (AWPAG) and the All Wales Therapeutics and Toxicology Centre (AWTTC). Please direct any queries to AWTTC:

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CONTENTS

1.0 INTRODUCTION.....	2
2.0 OBJECTIVES.....	2
3.0 INDICATIONS FOR PRESCRIBING OF GLUTEN-FREE PRODUCTS.....	3
4.0 DIETARY EDUCATION.....	3
5.0 GLUTEN-FREE PRODUCTS FOR PRESCRIBING	3
5.1 Range of products	3
5.2 Quantities and units.....	3
5.3 Flexibility of prescribing	4
REFERENCES.....	6
APPENDIX 1. ACBS-APPROVED GLUTEN-FREE PRODUCTS CONSIDERED SUITABLE FOR PRESCRIBING IN WALES (BASED ON THE 'PRESCRIBABLE PRODUCTS LIST' PRODUCED BY COELIAC UK) (UPDATED JUNE 2018)	7
APPENDIX 2. GLUTEN-FREE EXCEPTIONAL PRESCRIBABLE ITEMS (BASED ON THE 'PRESCRIBABLE PRODUCTS LIST' PRODUCED BY COELIAC UK) (UPDATED JUNE 2018).....	12

1.0 INTRODUCTION

Gluten-free products are an essential part of the clinical treatment of coeliac disease. This guide aims to support GPs and other healthcare professionals in the management of patients with coeliac disease, and aid the decision-making process in relation to prescribing Advisory Committee on Borderline Substances (ACBS)-approved gluten-free foods (see Appendix 1).

Table 1 illustrates categories of ACBS-approved gluten-free products: the green category indicates those that are recommended for prescribing for any patient with coeliac disease, products in the amber category are recommended for prescription in exceptional circumstances only, while those in the red category are not recommended for prescribing in Wales.

Table 1. Categories of ACBS-approved gluten-free products

Recommendation level*	Type of product	When to prescribe
Staple	All types of bread, rolls or baguettes; all flour-type mixes (except cake mix); fibre-containing breakfast cereals; pasta; crackers; crispbreads; pizza bases listed in Appendix 1	All patients with a diagnosis of gluten-sensitive enteropathies, including steatorrhoea due to gluten sensitivity, coeliac disease and dermatitis herpetiformis
In exceptional circumstances	Biscuits; non-fibre-containing breakfast cereals listed in Appendix 1†; oat-containing breakfast cereals (assess potential sensitivity§)	Upon advice of dietitian Patient is nutritionally at risk or compromised Where specific snacks are required to manage childhood diabetes to optimise carbohydrate distribution
Not recommended	Cake mixes and luxury items, such as cakes and chocolate biscuits	Prescribing not recommended

* This advice does not affect the clinical freedom of the prescriber.

† Gluten-free non-fibre cereals are widely available.

§The introduction of oats should be carefully monitored. The British Society of Gastroenterology recommends that it may be helpful to exclude oats in the first 6–12 months of a gluten-free diet before re-introduction. Monitoring patients with coeliac serology and symptoms is recommended.

A supporting document, entitled *Gluten-free foods: a revised prescribing guide*, produced jointly by the Primary Care Society for Gastroenterology, the British Dietetic Association, the British Society of Paediatric Gastroenterology, Hepatology and Nutrition, and Coeliac UK, in addition to other Coeliac UK information, can be accessed at www.coeliac.org.uk/gluten-free-diet-and-lifestyle/prescriptions/national-prescribing-guidelines/¹.

This advice does not affect the clinical freedom of the prescriber.

2.0 OBJECTIVES

- To enable patients with coeliac disease or dermatitis herpetiformis to follow a healthy, well-balanced, lifelong gluten-free diet in order to optimise nutrient absorption and nutritional status, and reduce the risk of long-term complications including lymphoma and osteoporosis.
- To provide clarity on recommended range, food type, quantities and units to prescribe.
- To align prescribing practice with national recommendations.

3.0 INDICATIONS FOR PRESCRIBING OF GLUTEN-FREE PRODUCTS

Gluten-free products should be prescribed for patients diagnosed with gluten-sensitive enteropathies, including steatorrhoea due to gluten sensitivity, coeliac disease and dermatitis herpetiformis. Please see [National Institute for Health and Care Excellence \(NICE\) Guideline 20](#) on coeliac disease for further information².

4.0 DIETARY EDUCATION

All patients newly diagnosed with coeliac disease, and those meeting the diagnostic criteria for coeliac disease, gluten-sensitive enteropathy or dermatitis herpetiformis, should be referred to a dietitian.

During the consultation, the dietitian will inform patients of the range of food products available in the retail sector, and advise them to subscribe to Coeliac UK to obtain the 'Food and Drink Directory', which is published annually. This directory lists a wide range of products that are suitable for a gluten-free diet. There is increasing availability of gluten-free supermarket items such as breads, flours, biscuits, cakes and cereals, which many patients are able to access. The dietitian will also provide education, where appropriate, on home baking.

The dietitian will then communicate the patient's specific requirements to the GP for the prescription of gluten-free products from this guide.

Local nutrition and dietetic service guidelines should be checked before referring patients with existing coeliac disease for a nutrition review.

5.0 GLUTEN-FREE PRODUCTS FOR PRESCRIBING

5.1 Range of products

All ACBS-approved food products that are gluten-free or gluten- and wheat-free are recommended for prescribing, except cake mixes and luxury items. However, it is recommended that the guidance in Table 1 should be applied. A full list of ACBS-approved gluten-free products for prescribers in Wales accompanies this guide, and includes weight/presentation and unit values for each product (see Appendix 1). This has been adapted from information made available to Coeliac UK by product manufacturers.

It is not recommended that practices limit themselves to a narrow formulary. As nutritional content and ingredients vary, a sufficient range of products is required to accommodate the therapeutic needs of patients, for example in cases of associated increased calcium requirements, multiple intolerances or constipation. Variety and acceptability of the diet can enhance adherence, with resulting improvements in outcomes.

5.2 Quantities and units

Products should usually be prescribed within recommended monthly unit 'norms' (see Table 2). The number of units per month recommended by a dietitian may vary from the norms. It may be fewer, or greater, depending upon the assessed clinical need and indication. Unit values for gluten-free food groups can be found in Table 3 and approximate monthly requirements for various patient groups can be found in Table 4¹. Appendix 1 gives the unit values for the individual products.

Prescribers should note that for some fresh products, e.g. bread, handling charges may apply; this can make the cost of small quantities disproportionately large. Prescribers and

pharmacists should work together to avoid supplying cost-ineffective volumes, and should remember that some products can be frozen for future use.

Table 2. Recommended unit norms by age and sex¹

Age and sex	Units per 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
Male 19–59 years	18
Male 60–74 years	16
Male 75+ years	14
Female 19–74 years	14
Female 75+ years	12
Breastfeeding	Add 4
Third trimester pregnancy	Add 1
High physical activity level	Add 4



Prescribing below recommended norms:
Some patients may not require their full recommended units each month, dependent on choice, preference and dietary intake.



Exceeding recommended norms:
Units may be exceeded in exceptional circumstances.

Table 3. Unit values for gluten-free food groups¹

Food item	Weight	Units
Bread, rolls or baguettes	400 g	1
Flour-type mix and pasta	500 g	2
Biscuits or crackers	150–200 g	1
Pasta	250 g	1
Pizza bases	220–360 g	1
Breakfast cereals and oats*	Flakes 300 g	1.5
	Oats 500 g	1.5

*Assess potential sensitivity. The introduction of oats should be carefully monitored. The British Society of Gastroenterology recommends that it may be helpful to exclude oats in the first 6–12 months of a gluten-free diet before re-introduction. Monitoring patients with coeliac serology and symptoms is recommended.

5.3 Flexibility of prescribing

Some flexibility in prescribing may be necessary to reflect patients' variable therapeutic and nutritional needs, taste preferences, lifestyle, activity and seasonal changes in eating habits. Dietary education will focus on self-management to enable the patient to identify suitable gluten-free alternatives and replace the excluded gluten-containing foods.

Changes may include:

- Addition of, or substitution with, new or alternative products, within recommended unit norms.
- Reductions or increases in quantities of each product, within recommended unit norms.
- Recommendations by the dietitian following reassessment of needs.

Table 4. Approximate monthly requirement for various patient groups¹

Please note that some items in this table are recommended in exceptional circumstances only.

Example of monthly gluten-free food prescription calculations		
Age group	Recommended unit norms	Example monthly prescription*
Child 1–3 years	10	6 x 400 g loaves of bread (or 3 x 500 g mix suitable for making bread) 2 x 300 g breakfast cereal 1 x 250 g pasta
Child 4–6 years	11	6 x 400 g loaves of bread (or 3 x 500 g mix suitable for making bread) 2 x 500 g pasta 1 (2 x 110/180 g) pizza bases
Child 7–10 years	13	8 x 400 g loaves of bread (or 4 x 500 g mix suitable for making bread) 1 x 500 g pasta 2 x 150 g digestive biscuits 1 (2 x 110/180 g) pizza bases
Child 11–14 years	15	6 x 400 g loaves of bread (or 4 x 500 g mix suitable for making bread) 2 x 300 g breakfast cereal 2 x 500 g pasta 2 (2 x 110/180 g) pizza bases
Child 15–18 years	18	8 x 400 g loaves of bread (or 4 x 500 g mix suitable for making bread) 4 x 500 g pasta 2 (2 x 110/180 g) pizza bases
Male 19–59 years	18	8 x 400 g loaves of bread (or 4 x 500 g mix suitable for making bread) 3 x 500 g pasta 1 x 500 g gluten-free oats [†] 1 (2 x 110/180 g) pizza bases 1 x 200 g crackers/crispbread
Male 60–74 years	16	8 x 400 g loaves of bread (or 4 x 500 g mix suitable for making bread) 1 x 300 g breakfast cereal 2 x 500 g pasta 2 x 200 g crackers/crispbread
Male 75+ years	14	8 x 400 g loaves of bread (or 4 x 500 g mix suitable for making bread) 1 x 500 g pasta 2 x 150 g tea biscuits 2 x 200 g crackers/crispbread
Female 19–74 years	14	8 x 400 g loaves of bread (or 4 x 500 g mix suitable for making bread) 2 x 500 g pasta 2 x 200 g crackers/crispbread
Female 75+ years	12	6 x 400 g loaves of bread (or 3 x 500 g mix suitable for making bread) 1 x 500 g gluten-free oats [†] 1 x 500 g pasta 2 x 200 g crackers/crispbread
Breastfeeding	Add 4 units	1 x 500 g pasta 1 x 200 g crackers/crispbread 1 x 400 g loaf of bread
Third trimester pregnancy	Add 1 unit	1 x 200 g crackers/crispbread

* Items can be interchanged, e.g. bread mixes can be interchanged with rolls or loaves.
[†]The introduction of oats should be carefully monitored. The British Society of Gastroenterology recommends that it may be helpful to exclude oats in the first 6–12 months of a gluten-free diet before re-introduction. Monitoring patients with coeliac serology and symptoms is recommended.

REFERENCES

1. Coeliac UK, Primary Care Society for Gastroenterology, British Dietetic Association et al. Gluten-free foods: a revised prescribing guide. 2011. Available at: <https://www.coeliac.org.uk/document-library/378-gluten-free-foods-a-revised-prescribing-guide/>. Accessed November 2018.
2. National Institute for Health and Care Excellence. NICE guideline 20. Coeliac disease: recognition, assessment and management (NG20). 2015. Available at: <https://www.nice.org.uk/guidance/ng20>. Accessed November 2018.
3. Coeliac UK. Gluten-free (Codex) wheat starch. 2018. Available at: <https://www.coeliac.org.uk/glossary/codex-wheat-starch/>. Accessed November 2018.

APPENDIX 1. ACBS-APPROVED GLUTEN-FREE PRODUCTS CONSIDERED SUITABLE FOR PRESCRIBING IN WALES (BASED ON THE 'PRESCRIBABLE PRODUCTS LIST' PRODUCED BY COELIAC UK) (UPDATED JUNE 2018)

PATIENT NAME: _____ D.O.B: _____ ADDRESS: _____
 NO. OF UNITS PRESCRIBABLE PER MONTH (maximum): _____ PHARMACY: _____
 (X) = product carries Coeliac UK cross grain symbol

BREAD (400g = 1 unit)			
PRODUCT	QUANTITY REQUIRED	PACK SIZE	UNIT VALUE
Barkat			
Home Fresh Country Loaf (X)		250g	1
Multigrain bread (X)		500g	1
White rice bread (X)		500g	1
Brown Rice bread (X)		500g	1
Par-baked white sliced bread (X)		300g	1
Wholemeal sliced bread (X)		500g	1
Ener-G Currently experiencing distribution issues. Often not available.			
Brown rice bread		474g	1
White rice bread		456g	1
Rice loaf (yeast free)		612g	1.5
Seattle brown loaf		454g	1
Tapioca bread		480g	1
Genius			
Soft Brown Sandwich Loaf (X)		6 x 535g	1 unit per 535g
Soft White Sandwich Loaf (X)		6 x 535g	1 unit per 535g
Seed brown Farmhouse Loaf (X)		6 x 535g	1 unit per 535g
Glutafin Gluten-Free			
Fibre Sliced Loaf		300g	1
White Sliced Loaf		300g	1
High Fibre Loaf sliced		350g	1
Glutafin Gluten-Free Select			
Fresh Brown Loaf Sliced		8 x 400g	1 unit per 400g
Fresh White Loaf Sliced		8 x 400g	1 unit per 400g
Seeded Loaf (sliced)		400g	1
Fresh Seeded Loaf Sliced		8 x 400g	1 unit per pack
Fibre Loaf Sliced		400g	1
White Loaf Sliced		400g	1
Just: Gluten Free Bakery			
White Sandwich Bread (X)		600g	1.5 unit per 600g
Good White Bread (X)		380g	1 unit per 380g
Lifestyle Healthcare			
Brown bread sliced		8 x 400g	1 unit per 400g
High fibre bread sliced		8 x 400g	1 unit per 400g
White bread sliced		8 x 400g	1 unit per 400g
Warburtons Gluten Free (Pharmacy) Wheat & Gluten & Milk Free			
Sliced brown loaf (Cases of 4) (X)		4 x 400g	1 unit per 400g
Sliced white loaf (Cases of 4) (X)		4 x 400g	1 unit per 400g

All Wales Medicines Strategy Group

BAGUETTES, BUNS, ROLLS & SPECIALITY BREADS (400g = 1 unit)			
PRODUCT	QUANTITY REQUIRED	PACK SIZE	UNIT VALUE
Barkat			
Par-baked Baguette (X)		200g	1
Home Fresh baguettes (X)		200g	1
Home Fresh bread rolls (X)		300g	1
Par-baked Rolls (X)		2 x 100g	1
Energ-G Currently experiencing distribution issues. Often not available.			
Dinner Rolls (6 pack)		280g	1
Seattle Brown Rolls Hamburger (4 pack)		320g	1
Seattle Brown Rolls Hot Dog (4 pack)		320g	1
Glutafin			
Part baked 2 Long White Rolls		150g	0.5
Part Baked 4 Fibre Rolls		200g	0.5
Part Baked 4 white rolls		200g	0.5
4 White rolls		200g	0.5
Baguettes		2 x 175g	1
Just: Gluten Free Bakery			
Good White Rolls (4 rolls) (X)		6 x 260g	½ per 260g
Lifestyle Healthcare			
Brown Rolls (5 pack)		5 x 80g	1
High Fibre Rolls (5 pack)		5 x 80g	1
White (5 pack)		5 x 80g	1
Brown 'n' Fibre Mixed Case (bread & rolls)		8 x 400g	1 unit per 400g
White Mixed Case (bread & rolls)		8 x 400g	1 unit per 400g
Proceli			
Vienes Baguettes		2 x 125g	1
Warburtons Gluten Free (Pharmacy) (Wheat, Gluten & Dairy Free)			
3 Brown rolls (case of 4 packs) (X)		220g	0.5 unit per pack
3 White Rolls (case of 4 packs) (X)		220g	0.5 unit per pack
BREAKFAST CEREALS			
PRODUCT	QUANTITY REQUIRED	PACK SIZE	UNIT VALUE
Juvela Fibre flakes (X)		300g	1.5
Glutafin fibre flakes		300g	1.5
CRACKERS, CRISPBREADS & BREADSTICKS (150–200g = 1 unit)			
PRODUCT	QUANTITY REQUIRED	PACK SIZE	UNIT VALUE
Barkat			
Crackers (X)		200g	1
Round Matzo Crackers (X)		200g	1
Crispbread (X)		150g	0.5
Glutafin			
Crackers		210g	1
Crispbread		150g	1
High Fibre Crackers		200g	1
Mini Crackers		175g	1
Juvela			
Crispbread (X)		200g	1
Nairn's			
Wholegrain Crackers (X)		114g	1
Organ			
Toasted Corn Crispbread		125g	0.5
Warburtons Gluten Free (Pharmacy)			
Bran Crackers		150g	1

PIZZA BASES (220–360g = 1 unit)			
PRODUCT	QUANTITY REQUIRED	PACK SIZE	UNIT VALUE
Barkat Brown Rice Pizza Crust (X)		1 x 150g	0.5
Barkat White Rice Pizza Crust (X)		1 x 150g	0.5
Glutafin 2 Pizza Base		2 x 150g	1
Proceli Pizza Bases		2 x 125g	1
BAKING AIDS (1 tub = 1 unit)			
PRODUCT	QUANTITY REQUIRED	PACK SIZE	UNIT VALUE
Ener-G Xantham Gum		170g	1
Innovation Solutions Pure Xantham Gum		100g	1
FLOUR MIXES (500g = 2 units)			
PRODUCT	QUANTITY REQUIRED	PACK SIZE	UNIT VALUE
Barkat			
Bread Mix (X)		500g	2
All Purpose Flour Mix (X)		500g	2
Glutafin			
Bread mix		500g	2
Fibre bread mix		500g	2
Multi purpose white mix		500g	2
Fibre mix		500g	2
Glutenex			
Gluten Free White Bread Mix		500g	2
Innovative Solutions (Pure)			
Gluten free blended flour (plain)		1kg	4
Potato starch		500g	2
Brown Rice flour		500g	2
White Rice flour		500g	2
Tapioca starch		500g	2
Brown Teff flour		1kg	4
White Teff flour		1kg	4
Juvela			
Harvest white mix (X)		500g	2
Mrs Crimble's			
Home Bake Bread Mix (X)		275g	1
Mum's Mill			
Quick Bread Mix		1kg	4
Orgran			
Bread Mix		450g	2
Pizza & Pastry mix		375g	2
Self Raising Flour		500g	2
Wholemeal Bread Mix		450g	2
Plain Flour		500g	2
Proceli			
Basic Mix		1kg	4
Tobia Teff			
Brown teff flour		1kg	4
White teff flour		1kg	4

PASTA (250g = 1 unit)			
PRODUCT	QUANTITY REQUIRED	PACK SIZE	UNIT VALUE
<i>Barkat</i>			
Alphabet shapes pasta (X)		500g	2
Animal shapes pasta (X)		500g	2
Buckwheat pasta penne (X)		250g	1
Buckwheat pasta spirals (X)		250g	1
Macaroni (X)		500g	2
Short Cut Tagliatelle (X)		500g	2
Spaghetti (X)		500g	2
Spirals (X)		500g	2
Pasta Shells (X)		500g	2
Lasagne Sheets (X)		250g	1
Potato Pasta Gnocchi (X)		250g	1
<i>BiAlimenta</i>			
Pasta Grains Acini di pepe		6 x 500g	2 units per 500g
Pasta formati misti (Pack of 4 shapes)		6 x 500g	2 units per 500g
Pasta Penne		6 x 500g	2 units per 500g
Potato pasta perle di gnocchi		6 x 500g	2 units per 500g
Potato pasta gnocchi		6 x 500g	2 units per 500g
Pasta Sagnette		6 x 500g	2 units per 500g
Pasta Spirali (spirals)		6 x 500g	2 units per 500g
Pasta Tubetti		6 x 500g	2 units per 500g
<i>Glutafin</i>			
Pasta penne		500g	2
Pasta Spirals		500g	2
Pasta Shells		500g	2
Pasta long-cut Spaghetti		500g	2
Pasta Fibre Fusilli		500g	2
<i>Juvela</i>			
Spaghetti (X)		500g	2
Fusilli (X)		500g	2
Macaroni (X)		500g	2
Lasagne sheets (X)		250g	1
Fibre Penne (X)		500g	2
Tagliatelle (X)		250g	1
Fibre Linguine (X)		500g	2
<i>Orgran</i>			
Corn Spirals		250g	1
Rice & Corn Mini Lasagne Sheets		200g	1
Rice & Corn Macaroni		250g	1
Rice & Corn Spirals		250g	1
Rice and Millet spirals		250g	1
Rice Spirals		250g	1
Rice & Corn Spaghetti Noodles		375g	1.5
<i>Rizopia</i>			
Pasta Fusilli (X)		500g	2
Pasta Lasagne (X)		375g	1.5
Pasta Penne (X)		500g	2
Pasta Spaghetti (X)		500g	2

The products listed below contain Codex Wheat Starch³			
BREAD (400g = 1 unit)			
PRODUCT	QUANTITY REQUIRED	PACK SIZE	UNIT VALUE
Juvela			
Fibre Loaf sliced (X)		400g	1
Fibre Loaf unsliced (X)		400g	1
Fresh Fibre Bread (X)		8 x 400g	1 unit per 400g
Fresh White Bread (X)		8 x 400g	1 unit per 400g
Fibre Part Baked Loaf (X)		400g	1
White Part Baked Loaf (X)		400g	1
White Loaf Sliced (X)		400g	1
White Loaf Unsliced (X)		400g	1
BAGUETTES, BUNS & ROLLS (400g = 1 unit)/PIZZA BASES (220–360g = 1 unit)			
PRODUCT	QUANTITY REQUIRED	PACK SIZE	UNIT VALUE
Juvela			
Fresh fibre rolls (case of 8 packs) (X)		5 x 85g	1 unit per pack
Fresh white rolls (case of 8 packs) (X)		5 x 85g	1 unit per pack
White Part baked rolls (X)		5 x 75g	1
Fibre Part baked rolls (X)		5 x 75g	1
White rolls (X)		5 x 85g	1
Fibre Rolls (X)		5 x 85g	1
Pizza Base (X)		2 x 180g	1
Savoury Biscuits (X)		150g	1
FLOUR MIXES (500g = 2 units)			
PRODUCT	QUANTITY REQUIRED	PACK SIZE	UNIT VALUE
Finax			
Coarse flour mix		3 x 900g	3.5 units per 900g
Fibre bread mix		3 x 1kg	4 units per 1kg
Flour mix		3 x 900g	3.5 units per 900g
Glutafin Select			
Bread Mix		500g	2
Fibre bread mix		500g	2
Multi-Purpose Fibre Mix		500g	2
Multi-Purpose White Mix		500g	2
Juvela			
White Mix (X)		500g	2
Fibre Mix (X)		500g	2
TOTAL NUMBER OF UNITS :			

APPENDIX 2. GLUTEN-FREE EXCEPTIONAL PRESCRIBABLE ITEMS (BASED ON THE 'PRESCRIBABLE PRODUCTS LIST' PRODUCED BY COELIAC UK) (UPDATED JUNE 2018)

PATIENT NAME: D.O.B: ADDRESS:
 No. OF UNITS PRESCRIBABLE PER MONTH (maximum): PREFERRED PHARMACY:
 (X) = product carries Coeliac UK cross grain symbol

BISCUITS (150–200g = 0.5 unit)			
PRODUCT	QUANTITY REQUIRED	PACK SIZE	UNIT VALUE
<i>Barkat</i>			
Coffee biscuits (X)		200g	0.5
Digestive biscuits (X)		175g	0.5
<i>Ener-G</i>			
Vanilla cookies		435g	1
<i>Glutafin</i>			
Digestive biscuits		150g	0.5
Shortbread biscuits		100g	0.5
Tea biscuits		150g	0.5
<i>Juvela</i>			
Digestive biscuits (X)		150g	0.5
Sweet biscuits (X)		150g	0.5
Tea biscuits (X)		150g	0.5
BREAKFAST CEREALS (300–500g = 1.5 units)			
PRODUCT	QUANTITY REQUIRED	PACK SIZE	UNIT VALUE
<i>Barkat</i>			
Cornflakes (X)		250g	1
Porridge Flakes (X)		500g	2
<i>Glutafin</i>			
Cornflakes		375g	1.5
<i>Juvela</i>			
Flakes (X)		300g	1.5
Pure Oats (X)		500g	1.5
Corn Flakes (X)		375g	1.5
Crispy Rice (X)		375g	1.5
<i>Nairn's</i>			
Scottish Porridge Oats (X)		500g	1.5
TOTAL NUMBER OF UNITS :			