

Gluten-free diets

People can follow a gluten-free diet by consuming foods that are naturally gluten-free such as

- most dairy products, such as cheese, butter and milk
- eggs
- fruit and vegetables
- meat and fish (although not breaded or battered)
- potatoes
- rice and rice noodles
- rice, corn, soy and potato flours

Eating manufactured gluten-free foods is not necessary for a healthy diet.

You can find advice at:

<http://www.sheffieldccg.nhs.uk/Your-Health/gluten-free-diet.htm>

Recipes

The Coeliac UK website has helpful information and advice about a gluten-free diet and lifestyle.

There are various other websites which provide gluten-free recipe ideas:

http://www.bbc.co.uk/food/diets/gluten_free

<https://www.bbcgoodfood.com/recipes/collection/gluten-free>

Gluten-free recipe books are also available via your local library or visit the Sheffield City Council libraries website <https://www.sheffield.gov.uk/home/libraries-archives>

Gluten-free advice

Advice is available at:

NHS Choices

www.nhs.uk/Conditions/Coeliac-disease/Pages/Treatment.aspx

Coeliac UK

www.coeliac.org.uk/home/

All patients can access further advice from their GP, community dietitian or pharmacist.

Changes to gluten-free prescribing in Sheffield

Patient information

Working with you to make Sheffield

H E A L T H I E R

About the CCG

CCGs are responsible for planning and buying (commissioning) most of the healthcare for their populations.

NHS Sheffield CCG looks after the budget for Sheffield. The CCG is composed of local GPs and other health care professionals.

The CCG buys services such as: emergency care, hospital care, community, GP and mental health services.

Gluten-free prescribing

NHS Sheffield Clinical Commissioning Group's (CCG) Governing Body has approved a decision to change GP prescribing guidelines for gluten-free foods for adults in Sheffield.

What is changing?

The CCG is asking Sheffield GPs and prescribers to suspend prescribing manufactured gluten-free foods to adults (over the age of 18). **There are no changes for under 18s.**

Are there any exceptions?

GPs and other prescribers prescribe according to their clinical judgement.

It is important that you continue to eat a gluten-free diet. If you feel that you will struggle to manage this you should speak to your GP or prescriber.

When does it start?

1 December 2017. The impact of the change will be monitored and reviewed by the CCG in 12 months' time.



Why is it changing?

For more than 30 years, the NHS has prescribed gluten-free foods such as bread, flour, cereal and pasta to help people with coeliac disease follow a gluten-free diet.

When gluten-free prescriptions were first used it was because it was very difficult to find gluten-free foods. Now most supermarkets stock a wide range. Food labelling has also improved so people know what is in their food and can avoid gluten more easily. People can also follow a gluten-free diet by consuming foods that are naturally gluten-free.

Did you ask patients for their views?

The CCG ran a 6 week public consultation where they asked people for their views on the proposals.

The full consultation report and all responses can be found on the CCG website www.sheffieldccg.nhs.uk under Involve me / Consultations.