

**Glutafin**

GLUTEN FREE

# YOUR GUIDE TO GLUTAFIN PRODUCTS

Putting the foods you love  
back on your table



# WELCOME TO GLUTAFIN

We're a family business with over 30 years' experience and we do everything we can to create delicious gluten free food. Actually, we do everything we can to create food so good you won't even notice it's gluten free. Food so tasty, your friends and family will hardly tell the difference.

So whether you'd like bread, rolls, cereal, pasta, pizza bases, flour mixes or crackers, you'll always find a tasty alternative from us. In fact, we offer the largest range of gluten free foods on prescription.

We understand how important it is to feel normal again, and that living gluten free can often make things difficult. For us, making things better starts right at the beginning, with our development teams who work tirelessly to create the perfect recipe, always comparing whatever they create against the gluten containing originals, until we find a recipe that we're proud of – and that you'll love.

Then there are our Dietitians who are on hand to give advice about enjoying a balanced diet, and our cookery experts who know all the tricks to help you create your own perfect gluten free dishes. The final step is our website and Careline, both of which give you direct access to our experts, meaning we're never more than a click or a phone call away if you ever have a question.



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# YOUR GUIDE TO GLUTAFIN PRODUCTS

This handy booklet will provide you with all you need to know about Glutafin's range of delicious gluten free products. Throughout this guide you'll see we refer to a 'PIP code' – this is a unique pharmacy ordering code, specific to each product, which your Pharmacist will use to order products through their dispensary system. Each prescribable gluten free food is worth a certain number of units, so this is listed in the table next to each product.

You may also see some of the following nutritional icons to help you identify which foods best meet your dietary requirements:





# OUR BREADS



We make bread the old fashioned way. We knead it, prove it, knock it back and let it rise again. The only thing we do differently is make it gluten free. Glutafin gluten free bread, made in the way bread should be made, tastes like bread should, but without the gluten.



**GREAT TASTE & FLAVOUR**



**TRADITIONALLY MADE**



**QUALITY INGREDIENTS**

## LONG LIVE GREAT BREAD!

All of our gluten free loaves are baked fresh and can be enjoyed straight from the pack. Glutafin bread comes in both fresh and longer life varieties, so it's a little bit different to the bread you may have been used to.

Our longer life loaves and rolls stay fresh for up to four weeks – not because we add preservatives, but because of the clever way we package them. Our re-sealable packaging give you a 'just baked' taste like never before, sealing in the freshness of each loaf from the moment it's baked.

If you don't think you'll get through an entire loaf, our smaller loaves are perfect for the occasional sandwich. Whichever you prefer, all of our breads and rolls are freezer friendly and taste just as good once defrosted.



# FRESH BREAD

We're proud of our gluten free fresh breads with their soft texture and delicious taste. Ready to be eaten straight from the pack, making it easy to satisfy your hunger, whenever it strikes.



## FRESH BREAD ORDERING

Cut-off times*	Delivery day to pharmacy
by 2pm on Friday	the following Wednesday (brown, seeded & white)
by 10am on Tuesday	the following Friday (white only)
by 4pm on Thursday**	the following Thursday**

\*Order times will vary in seasonal periods. \*\*Northern Ireland only.

Our fresh bread is baked to order twice a week. Prescriptions received by 10am on Tuesdays will be ready for pick-up on the following Friday (white bread only). Prescriptions received by 2pm on Friday will be ready on the following Wednesday (brown, seeded & white).

A single order of Glutafin gluten free select fresh bread contains eight loaves, all individually wrapped for maximum freshness and easy freezing. They will stay fresh for up to six days so you can keep a couple in your cupboard and freeze the rest for up to one month.

### GLUTAFIN GLUTEN FREE SELECT FRESH WHITE LOAF – SLICED (400g)



Our fresh white bread has a wonderfully soft texture, making it perfect for sandwiches. It is lactose free and contains millet and quinoa, both of which are sources of important nutrients.



**PIP: 290-6840 UNITS: 8**

### GLUTAFIN GLUTEN FREE SELECT FRESH BROWN LOAF – SLICED (400g)



Baked with sourdough, quinoa flour and sorghum flour, our fresh brown bread has a healthy, hearty flavour.



**PIP: 330-6800 UNITS: 8**

### GLUTAFIN GLUTEN FREE SELECT FRESH SEEDED LOAF – SLICED (400g)

**NEW**



Introducing our Glutafin Fresh Seeded Bread which has a wonderfully soft texture, making it perfect for sandwiches. It is lactose free and contains millet and quinoa, both of which are sources of important nutrients.



**PIP: 402-3685 UNITS: 8**

# LONGER LIFE BREAD



Our bread is made from nutritious gluten free ingredients and is ready to eat straight from the pack. Available to pre order individually, they make it easy to mix up your prescription. We offer 4 different kinds of bread including white, fibre, high fibre and seeded loaves. All of our 400g loaves are high in fibre and fortified with calcium to keep bones strong and folic acid for general health.

## GLUTAFIN GLUTEN FREE HIGH FIBRE LOAF – SLICED (350g)



Nutty and fibre-rich, our rustic loaf is packed with nutrient-rich seeds for extra crunch and flavour. Enjoy a doorstep-sized chunk dipped into a hearty bowl of your favourite soup.



**PIP: 401-4296 UNITS: 1**



### GLUTAFIN GLUTEN FREE SELECT WHITE LOAF – SLICED (400g)



Perfect for sandwiches, layer up with your favourite fillings or top with scrambled eggs for a hearty breakfast.

HIGH  
FIBRE

SOURCE OF  
CALCIUM

SOURCE OF  
FOLIC ACID

LACTOSE  
FREE

**PIP: 054-6093 UNITS: 1**

### GLUTAFIN GLUTEN FREE SELECT FIBRE LOAF – SLICED (400g)



Boosting your fibre intake is easy with this satisfying loaf, baked with added nutrients. Ready to eat from the bag, it's a tasty and wholesome addition to your gluten free diet.

HIGH  
FIBRE

SOURCE OF  
CALCIUM

SOURCE OF  
FOLIC ACID

LACTOSE  
FREE

**PIP: 054-6101 UNITS: 1**

### GLUTAFIN GLUTEN FREE SELECT SEEDED LOAF – SLICED (400g)



Baked with a specially chosen combination of tasty sunflower, linseed, chia and millet seeds, this granary style seeded loaf is a source of essential calcium and high in fibre.

HIGH  
FIBRE

SOURCE OF  
CALCIUM

SOURCE OF  
FOLIC ACID

LACTOSE  
FREE

**PIP: 308-9364 UNITS: 1**

### OTHER LOAVES IN OUR RANGE

We also make white and fibre loaves in 300g sizes. Remember, you can always freeze our bread and defrost a slice or two as and when you fancy.

**GLUTAFIN GLUTEN FREE WHITE LOAF – SLICED (300g) PIP: 090-4268 UNITS: 1**

**GLUTAFIN GLUTEN FREE FIBRE LOAF – SLICED (300g) PIP: 237-7356 UNITS: 1**

# LONGER LIFE ROLLS

Ready to eat straight from the pack, or warmed in the oven for that just baked, crusty sensation, our white and fibre rolls and traditional baguettes are longer life so they'll stay fresh and delicious for up to four weeks.

## GLUTAFIN GLUTEN FREE 4 WHITE ROLLS (200g)



Soft and delicious, our white rolls are ready to eat straight from the bag. They're perfect for sandwiches on the go or for stuffing with your best homemade burgers.



IMPROVED  
RECIPE

CAN BE EATEN  
STRAIGHT FROM  
THE PACK

PIP: 344-3645 UNITS: ½

## GLUTAFIN GLUTEN FREE PART-BAKED 4 WHITE ROLLS (200g)



These rolls are temptingly soft and tasty. Just warm them in the oven for a few minutes for a crusty crunch or eat straight from the pack. They're wheat free and lactose free.



CAN BE EATEN  
STRAIGHT FROM  
THE PACK

PIP: 344-2753 UNITS: ½

A hearty lunch. A sausage sandwich. A filled baguette for your picnic hamper or a crusty accompaniment to dunk in your soup.

All of our gluten free rolls can be frozen and stay fresh for up to four weeks in our longer life packs. For maximum freshness, keep them in an airtight container.



*Best bread I have tasted since I was told I had coeliac disease. Keep up the good work Glutafin!*



M. Brown

### GLUTAFIN GLUTEN FREE PART-BAKED 4 FIBRE ROLLS (200g)



Ciabatta-style rolls with a delicious texture and nutty flavour. Just like our part-baked white rolls, these fibre equivalents can be eaten straight from the pack or warmed up for a crispy crust.



CAN BE EATEN  
STRAIGHT FROM  
THE PACK

PIP: 344-3652 UNITS: ½

### GLUTAFIN GLUTEN FREE PART-BAKED 2 LONG WHITE ROLLS (150g)



Gluten free and wheat free, these long rolls are ideal for hot dogs and jumbo sandwiches, or slice them down the middle and fill with garlic butter for delicious garlic bread. Rolls are individually packed to stay fresher for longer.



CAN BE EATEN  
STRAIGHT FROM  
THE PACK

PIP: 344-3637 UNITS: ½

### GLUTAFIN GLUTEN FREE BAGUETTES (350g)



Our tasty baguettes can be eaten straight from the bag or warmed in the oven for a crisp crust and soft centre.



CAN BE EATEN  
STRAIGHT FROM  
THE PACK

PIP: 224-0117 UNITS: 1

# FLOUR MIXES

Fortified with calcium and folic acid, Glutafin gluten free flour mixes are perfect for cooking up healthy, delicious dishes. Whether you're baking bread, cakes, sweet or savoury pastries, gravy or bechamel sauce, our white and fibre varieties make it easy to get great results. Check out our fabulous flour mix recipes at [www.glutafin.co.uk](http://www.glutafin.co.uk)



*I served Spinach and Ricotta Tarts from Glutafin's pastry recipe to friends and they didn't have a clue they were gluten free.*



S. Hammond





For baking everyday favourites we recommend our Multipurpose White and Fibre Mixes. These versatile flour mixes offer fantastic results when used as a substitute in the recipes you made before you were diagnosed. They also come with a sachet of yeast to use for bread making.

### GLUTAFIN GLUTEN FREE SELECT MULTIPURPOSE WHITE MIX (500g)



Our most versatile flour, Select Multipurpose White Mix can be used to bake light, fluffy breads, delicious cakes and wonderfully crisp pastry. What's more, it's a great substitute for many recipes that use 'traditional' flours, allowing you to adapt your favourites to great gluten free versions.



**PIP: 004-5187 UNITS: 2**

### GLUTAFIN GLUTEN FREE SELECT MULTIPURPOSE FIBRE MIX (500g)



If you need a higher fibre intake, or you prefer a wholemeal loaf, our Multipurpose Fibre Mix is perfect for you. It is great for rich, soft fruit cakes, light savoury wraps and nutty bread or rolls.



**PIP: 004-5591 UNITS: 2**

If you are looking for a more specialist mix just for baking bread and rolls, we have Bread Mixes available in both white and fibre varieties.

**GLUTAFIN GLUTEN FREE SELECT BREAD MIX (500g)**

**PIP: 274-4951 UNITS: 2**

**GLUTAFIN GLUTEN FREE SELECT FIBRE BREAD MIX (500g)**

**PIP: 297-9912 UNITS: 2**

### NEED TO AVOID OTHER ALLERGENS?

If you have other allergies, you may require one of the other mixes in our range. See page 24-25 for a full list of allergens to determine the right mix for you.

**GLUTAFIN GLUTEN FREE MULTIPURPOSE WHITE MIX (500g)**

**PIP: 231-2981 UNITS: 2**

**GLUTAFIN GLUTEN FREE FIBRE MIX (500g)**

**PIP: 231-2973 UNITS: 2**

**GLUTAFIN GLUTEN FREE BREAD MIX (500g)**

**PIP: 298-8418 UNITS: 2**

**GLUTAFIN GLUTEN FREE FIBRE BREAD MIX (500g)**

**PIP: 298-8426 UNITS: 2**

# PASTA AND PIZZA BASES

Made from a traditional recipe that originated in the Italian Alps, our pasta is dried slowly to preserve its authentic Italian flavour. And on the days when only pizza will do just add your favourite toppings to our delicious gluten free pizza bases.



**DID YOU KNOW?**

Glutafin pasta is the no.1 choice in pharmacies.

Our Glutafin pastas are low in fat, have no added sugar and are lactose free. Perfect for creating great gluten free pasta salads or bakes.

### GLUTAFIN GLUTEN FREE PASTA SPIRALS (FUSILLI) (500g)



Ideal with your favourite sauce or as a refreshing salad with chopped vegetables and vinaigrette.



IMPROVED  
RECIPE

PIP: 211-5178 UNITS: 2

### GLUTAFIN GLUTEN FREE PASTA PENNE (500g)



Enjoy with a simple pesto sauce and a sprinkling of parmesan and roasted pine nuts. Or why not make a classic, tasty macaroni cheese?



IMPROVED  
RECIPE

PIP: 211-5152 UNITS: 2



### GLUTAFIN GLUTEN FREE PASTA LONG CUT SPAGHETTI (500g)

Top with a meaty bolognese or a medley of chunky vegetables.



IMPROVED  
RECIPE

PIP: 211-5160 UNITS: 2

## GLUTAFIN GLUTEN FREE PASTA SHELLS (500g)



Mix with a tuna and tomato sauce, top with cheese and brown under the grill for a hearty pasta bake.



**PIP: 250-0676 UNITS: 2**

## GLUTAFIN GLUTEN FREE PASTA FIBRE FUSILLI (500g)



This fibre rich alternative to our regular fusilli is a great base for any pasta sauce.



**PIP: 386-2646 UNITS: 2**

## GLUTAFIN GLUTEN FREE PIZZA BASE (300g)



Add your favourite toppings to our 8" pizza bases for an easy, delicious dinner. Individually wrapped for maximum freshness and handy freezing.



**PIP: 334-1112 UNITS: 1**





BREAD & ROLLS

FLOUR MIXES

PASTA & PIZZA BASES

CRACKERS

CEREAL

BISCUITS

For lots of great pasta and  
pizza recipes, visit  
[www.glutafin.co.uk/recipes](http://www.glutafin.co.uk/recipes)

# CRACKERS



## GLUTAFIN GLUTEN FREE CRACKERS (200g)

Our most popular crackers, they're crunchy and delicious and are packed into handy portions for maximum freshness.



**PIP: 009-3302 UNITS: 1**



## GLUTAFIN GLUTEN FREE HIGH FIBRE CRACKERS (200g)

Rich in fibre, these crackers are a healthy complement to your favourite cheeses.



**PIP: 018-7641 UNITS: 1**



## GLUTAFIN GLUTEN FREE CRISP BREAD (150g)

With a satisfying crunch and light texture, these crispbreads help to fill a gap between meals.



**PIP: 338-4443 UNITS: 1**



## GLUTAFIN GLUTEN FREE MINI CRACKERS (175g)

Our delicious Ritz-style crackers are moreish on their own or add cheese for an indulgent treat.



**PIP: 353-5515 UNITS: 1**



# CEREAL

BREAD & ROLLS

FLOUR MIXES

PASTA & PIZZA BASES

CRACKERS

CEREAL

BISCUITS



## GLUTAFIN GLUTEN FREE CORNFLAKES (375g)



Our cornflakes are low in fat, sugar, a good source of fibre and suitable for all the family. Top with fruit for a better breakfast.

SOURCE OF  
FIBRE

LOW  
FAT

LACTOSE  
FREE

FORTIFIED WITH  
VITAMINS

PIP: 381-3748 UNITS: 1½

## GLUTAFIN GLUTEN FREE FIBRE FLAKES (300g)



Glutafin Gluten Free Fibre Flakes are a tasty rice-based, high fibre breakfast cereal. Not only do our crunchy Fibre Flakes contain just 2% fat, but they're also a great source of 9 essential vitamins and minerals, including B vitamins, iron and vitamin D.

HIGH  
FIBRE

LOW  
FAT

LACTOSE  
FREE

FORTIFIED WITH  
VITAMINS

PIP: 401-4288 UNITS: 1½

# BISCUITS



## GLUTAFIN GLUTEN FREE DIGESTIVE BISCUITS (150g)

This classic tea break snack comes in small portion packs. They make a great base for fruity cheesecakes.



**PIP: 017-0225 UNITS: 1**



## GLUTAFIN GLUTEN FREE SHORTBREAD BISCUITS (100g)

With a buttery rich texture, our shortbread biscuits are an indulgent treat.

**PIP: 316-7848 UNITS: ½**



## GLUTAFIN GLUTEN FREE TEA BISCUITS (150g)

A delicious sweet biscuit with a hint of coconut.



**PIP: 018-5868 UNITS: 1**



# HELPING YOUR BODY TO HEAL



After diagnosis, your Dietitian will help you to establish a healthy, well-balanced gluten free diet. Some people may gain weight after diagnosis which is a sign that your gut lining is healing and absorbing nutrients more easily. You may also find that as your body heals, your appetite returns and you naturally start to eat more than you did before diagnosis.

At Glutafin we take pride in ensuring that our products contain certain nutrients required as part of a gluten free diet:

## CALCIUM

People with coeliac disease have an increased requirement for calcium: 1000mg/day or 1200mg for post menopausal women and men 55+.

Good gluten free sources include: dairy, tinned fish with bones, such as sardines, green leafy vegetables, dried fruit, and gluten free breads and mixes fortified with calcium, such as Glutafin gluten free fresh bread and all Glutafin gluten free flour mixes.

## IRON

Approximately 25% of adults are anaemic when first diagnosed.

Good sources include red meat, dried apricots, spinach, beans, peas and lentils.

## FIBRE

A gluten free diet can be low in fibre and wholegrains due to the lack of cereals.

### There are 2 types of fibre:

Insoluble fibre helps to keep the bowel healthy and prevent constipation. It is found in wholegrain rice, nuts, seeds, fruit and vegetable skins, Glutafin gluten free bread and Glutafin gluten free multipurpose fibre mix.

Soluble fibre helps to lower cholesterol levels and improve blood glucose control. Good sources include beans, fruit and vegetables.

## OUR DEDICATED DIETITIANS ARE WORKING FOR YOU

As former NHS specialists, our resident Dietitians are experts in coeliac disease and eating gluten free. They stay up to date with all the latest regulations, developments and nutritional issues, so that our Careline staff can give you the best advice and support possible.

# ADDITIONAL PRODUCT INFORMATION

Gluten free  
Wheat free  
Lactose free  
Contains milk  
Contains egg  
Contains soya  
Contains lupin  
Unit Guide  
PIP Code

## Breads – Fresh

Glutafin Gluten Free Select Fresh White Loaf – sliced (400g)	✓	✓	✓			✓	♦	8	290-6840
Glutafin Gluten Free Select Fresh Brown Loaf – sliced (400g)	✓	✓	✓			✓	♦	8	330-6800
Glutafin Gluten Free Select Fresh Seeded Loaf – sliced (400g)	✓	✓	✓			✓	♦	8	402-3685

## Breads – Longer Life

Glutafin Gluten Free Select White Loaf – sliced (400g)	✓	✓	✓			✓	♦	1	054-6093
Glutafin Gluten Free Select Fibre Loaf – sliced (400g)	✓	✓	✓			✓	♦	1	054-6101
Glutafin Gluten Free Select Seeded Loaf – sliced (400g)	✓	✓	✓			✓	♦	1	308-9364
Glutafin Gluten Free High Fibre Loaf – sliced (350g)	✓	✓	✓			♦	♦	1	401-4296
Glutafin Gluten Free White Loaf – sliced (300g)	✓	✓	✓			✓	♦	1	090-4268
Glutafin Gluten Free Fibre Loaf – sliced (300g)	✓	✓	✓			✓	♦	1	237-7356

## Rolls – Longer Life

Glutafin Gluten Free 4 White Rolls (200g)	✓	✓	✓			♦	✓	½	344-3645
Glutafin Gluten Free Part-Baked 4 Fibre Rolls (200g)	✓	✓	✓			✓	♦	½	344-3652
Glutafin Gluten Free Part-Baked 4 White Rolls (200g)	✓	✓	✓			✓	♦	½	344-2753
Glutafin Gluten Free Part-Baked 2 Long White Rolls (150g)	✓	✓	✓			✓		½	344-3637
Glutafin Gluten Free Baguettes (350g)	✓	✓	✓			✓		1	224-0117

## Flour Mixes

Glutafin Gluten Free Select Multipurpose White Mix (500g)	✓	•		✓				2	004-5187
Glutafin Gluten Free Select Multipurpose Fibre Mix (500g)	✓	•		✓				2	004-5591
Glutafin Gluten Free Select Bread Mix (500g)	✓	•		✓				2	274-4951
Glutafin Gluten Free Select Fibre Bread Mix (500g)	✓	•		✓				2	297-9912
Glutafin Gluten Free Multipurpose White Mix (500g)	✓	✓		✓		♦		2	231-2981
Glutafin Gluten Free Fibre Mix (500g)	✓	✓	✓					2	231-2973
Glutafin Gluten Free Bread Mix (500g)	✓	✓		✓		♦		2	298-8418
Glutafin Gluten Free Fibre Bread Mix (500g)	✓	✓	✓		✓			2	298-8426

### Pasta and Pizza Bases

	Gluten free	Wheat free	Lactose free	Contains milk	Contains egg	Contains soya	Contains lupin	Unit Guide	PIP Code
Pasta and Pizza Bases									
Glutafin Gluten Free Pasta Spirals (Fusilli) (500g)	✓	✓	✓			♦		2	211-5178
Glutafin Gluten Free Pasta Fibre Fusilli (500g)	✓	✓	✓			♦		2	386-2646
Glutafin Gluten Free Pasta Penne (500g)	✓	✓	✓			♦		2	211-5152
Glutafin Gluten Free Pasta Shells (500g)	✓	✓	✓			♦		2	250-0676
Glutafin Gluten Free Pasta Long Cut Spaghetti (500g)	✓	✓	✓			♦		2	211-5160
Glutafin Gluten Free Pizza Base (300g)	✓	✓	✓			♦		1	334-1112

### Crackers

Glutafin Gluten Free Crackers (200g)	✓	✓	✓	✓			1	009-3302
Glutafin Gluten Free High Fibre Crackers (200g)	✓	✓			✓		1	018-7641
Glutafin Gluten Free Crisp Bread (150g)	✓	✓	✓		♦		1	338-4443
Glutafin Gluten Free Mini Crackers (175g)	✓	✓	✓		✓	♦	1	353-5515

### Cereal

Glutafin Gluten Free Cornflakes (375g)	✓	✓	✓				1½	381-3748
Glutafin Gluten Free Fibre Flakes (300g)	✓	✓	✓				1½	401-4288

### Biscuits

Glutafin Gluten Free Shortbread Biscuits (100g)	✓	✓		✓	✓	♦	½	316-7848
Glutafin Gluten Free Digestive Biscuits (150g)	✓	✓	✓		✓	♦	1	017-0225
Glutafin Gluten Free Tea Biscuits (150g)	✓	✓	✓		✓	♦	1	018-5868

- This product includes gluten free wheat starch. This is a specially manufactured ingredient from which gluten has been removed to a trace level, considered safe for people with coeliac disease. Gluten free wheat starch is used to enhance the quality and texture of breads, cakes and pastries made using our flour mixes.

- ♦ Please note: These products do not contain milk, egg, lupin or soya as ingredients. However, we are not able to guarantee that they are milk, egg, lupin or soya free.

a. Please note, this is a full list of all Glutafin products, availability varies depending on your area's individual prescribing policy.

The Glutafin logo is displayed in white serif font on a dark red rectangular background. The background of the entire page is a close-up photograph of a sandwich with a bite taken out of it, showing layers of bread, meat, cheese, and greens.

# Glutafin

GLUTEN FREE

## WE'RE HERE TO HELP

Every day the Glutafin Careline handles calls, emails and online requests from people all over the country. If you have a question about Glutafin or gluten free living, whether it's cooking tips, recipe ideas or information on our products, just get in touch. Our dedicated team of gluten free experts will be happy to help.



### Call us freephone

0800 988 2470\*

\*UK freephone only. As an alternative rate number for use from a mobile call us on 01925 865100.



### Chat to us online

[www.glutafin.co.uk](http://www.glutafin.co.uk)



### Write to us

Glutafin, 401 Faraday Street,  
Birchwood Park, Warrington,  
WA3 6AE



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### Email us

[glutenfree@glutafin.co.uk](mailto:glutenfree@glutafin.co.uk)



### Twitter

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