

# Your food diary

Healthcare experts have produced helpful guidelines which suggest a reasonable amount of staple gluten-free foods a person with coeliac disease can obtain on prescription each month. Each staple gluten-free food is allocated a unit value. The number of units recommended are a contribution towards your total carbohydrate (energy) requirements. The table below indicates the number of units recommended each month for the different age and gender groups. Choose the group you fall into.

Age Group	Recommended No. of Units
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
3rd trimester pregnancy	Add 1 unit
Breastfeeding	Add 4 units

Gluten-free foods: a revised prescribing guide 2011; for further information, visit: [www.coeliac.org.uk](http://www.coeliac.org.uk) and search 'gluten-free foods: a revised prescribing guide'

To estimate how much staple food you eat in a typical month, simply complete the 4 week food diary overleaf.

You can then use these examples of approximate portion sizes as a guide to help you calculate the most efficient way of using your unit allowance to cover your staple needs.

Product	Pack size	Portion size	Unit Value
Cereals	300g	Each pack contains approx 10 average servings (30g)	1.5
Loaves	1 x 400g*	Approx 14 slices per loaf, 3-4 slices per serving	1
Rolls	5 x 85g	5 rolls per pack, approx 1-2 rolls per serving	1
Pasta	250g	Each pack contains approx 3-4 servings	1
Pasta	500g	Each pack contains approx 6-7 servings	2
Pizza Bases	2 x 180g	2 bases per pack - 1 for a main meal or ½ a base for a snack	1
Crispbread	200g	Approx 14 crispbreads per pack, 3-4 crispbreads per serving	1
Flour Mix	500g	Each 500g pack can make either: 2 loaves of bread (approx 14 slices per loaf) <b>OR</b> 12 bread rolls <b>OR</b> 2x 8" sandwich cakes <b>OR</b> 24 fairy cakes <b>OR</b> enough pastry to line 2 large quiche tins  Remember, you can also use it to thicken soups, sauces and gravies	2

\*Fresh bread is supplied in cases of 8 so this equates to 8 units of your allowance

# Your food diary

WEEK 1	BREAKFAST	LUNCH	EVENING MEAL	SNACKS
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
WEEK 2				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
WEEK 3				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
WEEK 4				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



UK's favourite essential gluten-free foods