



MARCH 21ST 2018 7-9PM

REVISITING DIETARY FIBRE:

Going Beyond Cereal

Where do you get your fibre? If you said the cereal box, you're missing out on other key fibre benefits. Registered Dietitian Filomena Vernace-Inserra explains the difference between fibre types (soluble vs insoluble), their role beyond constipation relief and when to use fibre supplements effectively. Still not sure how to incorporate more fibre into your diet? No problem. Cookbook author Fina Scropo whips up a special fibre-rich menu for sampling, including a legume ratatouille and date chia squares.

 Inner Health
Nutrition Consulting

The Healthy Italian
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