



# **MARCH 21ST 2018 7-9PM** **REVISTING** **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 Scroppo whips up a special fibre-rich menu for sampling, including a legumes ratatouille and date chia squares.



**The Healthy Italian**  
COOKING FOR THE LOVE OF FOOD AND FAMILY

**LONGO'S**

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Weston Rd**

**9200 Weston Rd**

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**Community Room**

**7-9pm**

**Register with  
Store Customer  
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**905- 850-6161**

**\$30 per person**

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