

FIBER, EXPLAINED: THE WHY, THE HOW & EVERYTHING IN BETWEEN

YOU'VE BEEN TOLD TO EAT MORE FIBER. NO ONE'S TOLD YOU WHY - OR WHY DOING IT WRONG MIGHT BE MAKING THINGS WORSE.

A NUTRITION WORKSHOP WITH MELANIE ROEMER, REGISTERED DIETITIAN

Date: Thursday, October 1, 2026

Time: 7:30 - 8:30pm

Cost: \$10

Ages: 14 & UP

**Location: Cottonwood Heights Recreation Center
7500 South 2700 East, Cottonwood Heights**



"Eat more fiber" is one of the most repeated pieces of health advice out there - yet one of the least explained. Not all fiber does the same job. Not all bodies are ready for more of it. If you've upped your intake and ended up more bloated instead of more regular, you'll want to be here. Same goes if you don't know your soluble from your insoluble and barely eat a vegetable most days. This talk meets you wherever you're starting.

In this talk, we're going upstream. You'll learn:

- The real difference between soluble and insoluble fiber - and why the ratio matters just as much as the total.
- What prebiotic fiber and resistant starch actually do for your gut microbiome (hint: it's not the same as "fiber").
- The Fiber Five: the five whole-food categories that cover everything your gut actually needs
- Why fiber affects far more than digestion - blood sugar, cholesterol, satiety, detoxification, hormones, and gut health - to name a few.
- Simple, doable ways to build more fiber into your day without overhauling how you eat.
- Why more isn't always better, and how to increase fiber without the bloat, gas, and discomfort that sends most people running back to less.

Come with questions, and leave with a plan that makes sense for your body and your needs.



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Register at chprsa.activityreg.com

Questions? Email Bonnie@CHparksandrecUT.gov