Fiber is known for assisting in weight loss, filling quality, zero calorie content, laxative effect, helping with lowering cholesterol, regulating blood sugar, increase the excretion of fat, which protects against heart disease. Fiber may also serve a role in preventing hemorrhoids, diverticulosis, constipation, and other intestinal problems like colon cancer. Daily fiber intake should be between 25-40 grams per day.



For More Information please contact Skidmore College Dining Services.

**Phone:** 518-580-5550

HTTP://CMS.SKIDMORE.EDU/DININ GSERVICE/INDEX.CFM



ste ste ste			
	and the second	1 M 8 1:	
		and the second	And the second s
	and the second		Martin Martin Contractory of the second s
a service of		8	
a martin			× Marcana *
8	8 10 VE 10	lat.	
a com			Western Barrier and Barrier
		8 #24	
y 1 - 4		80 80 80 80 80	
11 married and	The second s		The second se
		25-W <sup>3</sup> - D	
Ver th			The second se
-		S24 NALA# NALA# NALA# NIL ₩ 🕷 🛈 S17	
ALL PROPERTY OF			
		· · · · · · · · · · · · · · · · · · ·	
	8		
No.	27 A A A A A A A A A A A A A A A A A A A	and a second	2704 B 2704
6 ()			
	- 10		
	205 #2		
(SING		and the second	
	A CONTRACTOR OF A CONTRACTOR O		
ver?	A REAL PROPERTY AND		
(A)			