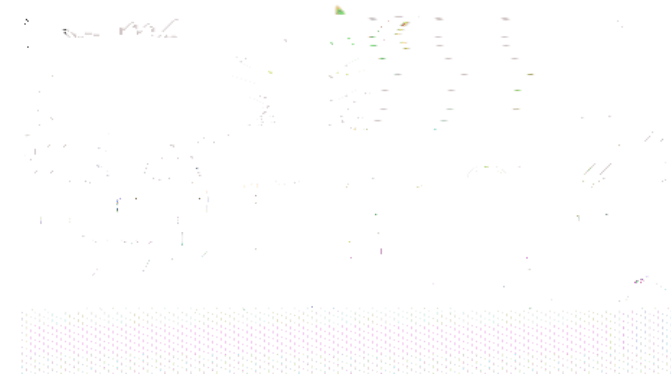


Fiber is known for assisting in weight loss, filling quality, zero calorie content, laxative effect, helping with lowering cholesterol, regulating blood sugar, increase the excretion of fat, which protects against heart disease. Fiber may also serve a role in preventing hemorrhoids, diverticulosis, constipation, 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

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