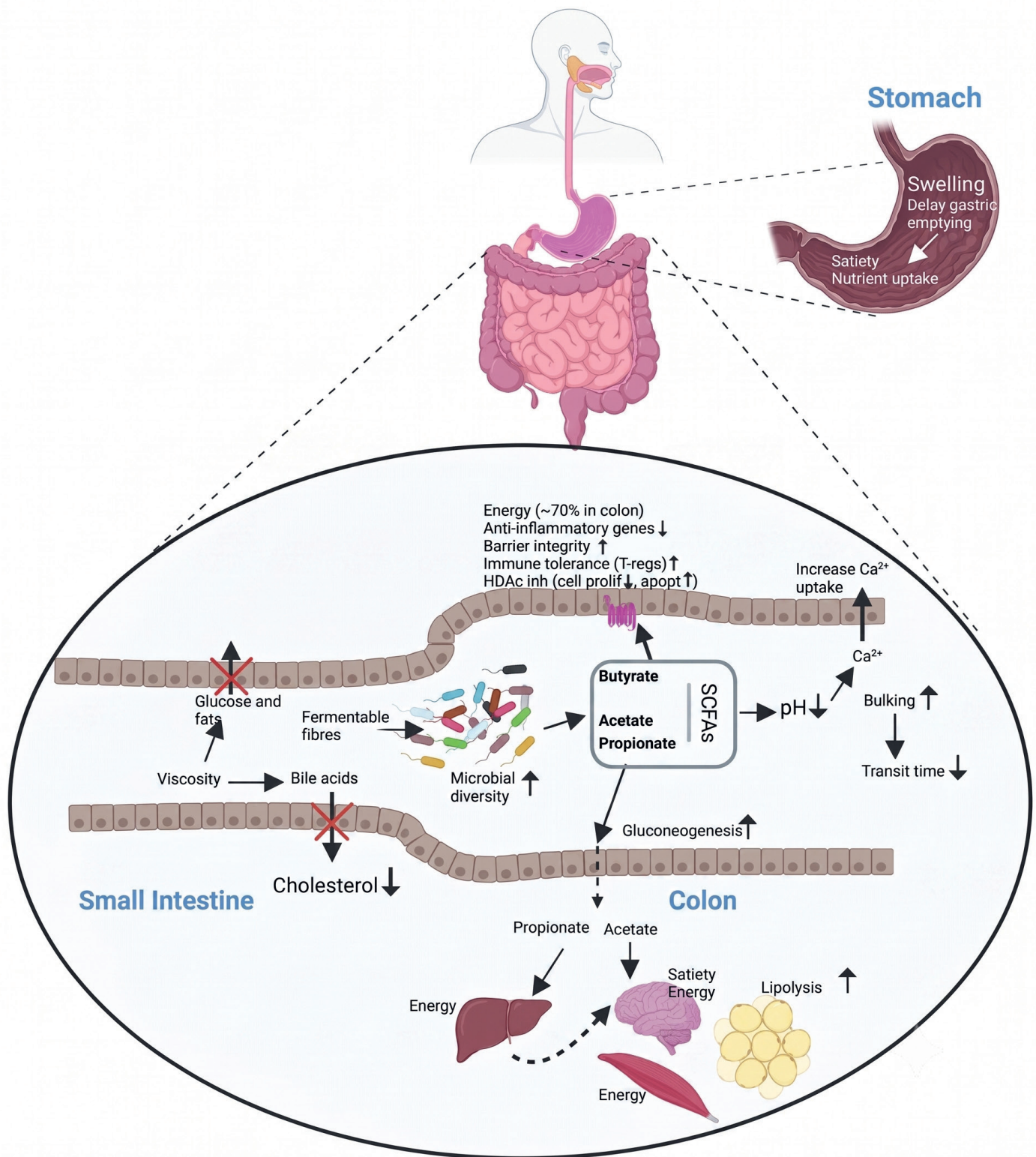




Fiber har mange effekter på fordøyelsen.

FIGUR FRA ARTIKKELEN DIETARY FIBER - A SCOPING REVIEW FOR NORDIC NUTRITION RECOMMENDATIONS 2023 (CARLSEN H, PAJARI AM) FOOD & NUTRITION RESEARCH. 2023