

BRAN

Meaning: Bran is the hard outer layer of cereal grains, rich in fiber and nutrients, often used as a dietary supplement.

1. Bran is often added to cereals for extra fiber.
2. The bakery specializes in whole grain bread that includes oat bran.
3. Many health enthusiasts incorporate bran into their smoothies for added nutrition.
4. She decided to bake bran muffins to increase her dietary fiber intake.
5. Bran can help improve digestion and regulate blood sugar levels.
6. The recipe called for wheat bran, which adds a nutty flavor to the dish.
7. Some people enjoy sprinkling bran on yogurt for a healthier breakfast option.
8. Bran flakes are a popular choice for those looking to start their day with a nutritious meal.
9. He learned that bran is a byproduct of grain milling, often used in animal feed.
10. Incorporating bran into your diet can contribute to heart health and weight management.

Source: sentences.whatistheurl.com

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