

DIGESTIBILITY

Meaning: Digestibility refers to the ease with which food can be broken down and absorbed by the body.

1. The digestibility of different food sources can significantly affect nutritional absorption.
2. Research has shown that cooking methods can influence the digestibility of certain grains.
3. Some people are more sensitive to lactose due to the low digestibility of dairy products.
4. The digestibility of plant-based proteins is often compared to that of animal proteins in dietary studies.
5. Improving the digestibility of fiber-rich foods can enhance their health benefits for consumers.

Source: sentences.whatistheurl.com

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