

DIGESTION

Meaning: Digestion is the biological process by which food is broken down into smaller components in the body, allowing for the absorption of nutrients.

1. Proper digestion is essential for the body to absorb nutrients effectively.
2. The process of digestion begins in the mouth and continues through the entire digestive tract.
3. Certain foods can aid in digestion, such as those high in fiber and probiotics.
4. Stress can negatively impact digestion, leading to various gastrointestinal issues.
5. Understanding the stages of digestion can help individuals make healthier dietary choices.

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