

# DISGEST

*Meaning: Digest: to break down food in the body for absorption of nutrients or to process and understand information or thoughts.*

1. The body takes time to digest food, breaking it down into essential nutrients.
2. After a long day, I like to sit quietly and digest my thoughts before bed.
3. Children often need time to digest new information presented in the classroom.
4. It can be difficult to digest complex emotions after a significant life event.
5. The article was so dense that it took me a while to fully digest its main ideas.

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*Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)*

*<https://sentences.whatistheurl.com/sentence/digest>*