

# DISGESTION

*Meaning: Digestion is the biological process by which food is broken down into smaller components that can be absorbed and utilized by the body.*

1. Digestion is a complex process that breaks down food into nutrients our bodies can use.
2. After eating a large meal, some people experience discomfort due to slow digestion.
3. Understanding the stages of digestion can help individuals make better dietary choices.
4. Certain enzymes play a crucial role in the digestion of carbohydrates and proteins.
5. A balanced diet can support optimal digestion and overall health.

---

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

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