

INGESTA

Meaning: Ingesta refers to the substances, particularly food or drink, that are taken into the body for digestion.

1. The doctor explained that the body can only process a certain amount of ingesta at a time.
2. After the hike, we were careful about what ingesta we allowed ourselves to consume.
3. Research indicates that the quality of ingesta significantly impacts overall health and well-being.
4. The nutritionist provided guidelines on the ideal ingesta for athletes during training.
5. Monitoring ingesta is crucial for individuals with specific dietary restrictions or health conditions.

Source: sentences.whatistheurl.com

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