

INTAKE

Meaning: Intake refers to the amount of a substance, such as food or drink, consumed or taken in, often measured over a specific period.

1. The doctor advised her to keep a detailed log of her daily water intake.
2. The school's nutrition program emphasizes the importance of a balanced intake of vitamins and minerals.
3. Excessive intake of sugar can lead to various health issues over time.
4. To improve his fitness, he started monitoring his calorie intake more closely.
5. The researchers studied the impact of different levels of protein intake on muscle growth.

Source: sentences.whatistheurl.com

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