

# METABOLIZE

*Meaning: Metabolize: to convert substances, such as nutrients or drugs, into energy or other compounds through biochemical processes in the body.*

1. The body can efficiently metabolize sugars into energy for immediate use.
2. Some medications are designed to alter the way the liver metabolizes cholesterol.
3. Athletes focus on their diets to ensure they metabolize nutrients effectively during training.
4. Certain enzymes help to metabolize fats, making them easier for the body to process.
5. Understanding how different foods metabolize can aid in weight management strategies.

---

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

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