

OVEREAT

Meaning: Overeat: to consume more food than the body needs or can comfortably handle, often leading to discomfort or excess.

1. It's easy to overeat during the holidays when delicious food is everywhere.
2. Many people tend to overeat when they're stressed or emotional.
3. To avoid feeling sluggish, it's important to be mindful and not overeat at dinner.
4. After a long day, I often find myself wanting to relax with a snack, but I try not to overeat.
5. She realized she had a habit of overeating while watching her favorite TV shows.

Source: sentences.whatistheurl.com

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