

POSTPRANDIAL

Meaning: Postprandial refers to the period following a meal.

1. Postprandial fatigue often leads people to take a short nap after their meals.
2. Doctors recommend light exercise during the postprandial period to aid digestion.
3. The study focused on the postprandial blood sugar levels of participants after various diets.
4. Many cultures have traditions surrounding postprandial socializing over coffee or tea.
5. Postprandial discomfort can be alleviated by avoiding heavy, greasy foods at lunch.

Source: sentences.whatistheurl.com

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