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apr 11 2024 on average food takes two to five hours to empty from the stomach two to six hours to pass through the small intestine and 10 to 59 hours to transit through the large intestine before a

jun 7 2025 on average it takes about six hours for food to move through the stomach and small intestine the digested food then travels into the large intestine also called the colon

mar 27 2025 food generally takes 14 to 58 hours to move through your digestive tract with the average time being 28 hours some foods are digested more quickly while foods high in protein

dec 5 2025 gut transit time influences digestion nutrient absorption fermentation and microbiome balance explaining why similar diets can lead to different gut health outcomes

oct 27 2025 on average it takes about 24 to 72 hours for food to move completely through your digestive

tract this total transit time can vary significantly based on your metabolism the type of

apr 19 2021 the colon large bowel then takes what your body didn t use and prepares to get rid of it through a bowel movement how long does food take to digest dr lee says the entire digestive

aug 19 2025 however on average it can take anywhere from 4 to 72 hours for food to pass through the digestive system and reach the colon here is a general outline of the timeline food is chewed

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