

## Digestion in Stomach and Small Intestine



Food goes through a significant part of the digestive process inside our stomach. When our most recent meal first enters the stomach, the upper part relaxes and expands. During digestion, muscles push food from the upper part of your stomach to the lower part.

The muscles of the small intestine mix food with digestive juices from the liver and pancreas and push the mixture forward for further digestion. The walls of the small intestine absorb water and digested nutrients into your bloodstream.

