



You produce about 6 cups of **saliva** every day. Saliva softens food and makes it easier to chew and digest.

Muscles push food down the **esophagus**, the tube that connects the mouth and the stomach.

digestive

The **digestive system** helps us break down food into the energy, nutrients and raw materials our bodies need to live and grow.

The acid in your **stomach** is so strong, a drop of it could eat through wood. Special cells lining the inside of your stomach keep that acid from digesting YOU.

From top to bottom, it takes 24 to 72 hours for food to move through the **digestive system**.

Trillions of **bacteria** live in our digestive system, breaking down food and creating vitamins and other nutrients.

