

DIETIC

Meaning: Dietic refers to the science or practice of diet and nutrition, particularly in relation to health and specific dietary plans.

1. A dietic approach to nutrition can significantly improve overall health.
2. Many athletes follow a dietic regimen tailored to their specific performance goals.
3. The dietic guidelines recommend incorporating more fruits and vegetables into daily meals.
4. She consulted a dietic expert to design a meal plan for her weight loss journey.
5. Understanding dietic principles is essential for anyone looking to maintain a balanced lifestyle.

Source: sentences.whatistheurl.com

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