

HEALTHFUL

Meaning: Healthful: conducive to good health; promoting physical well-being and nutrition.

1. Eating a variety of fruits and vegetables is essential for maintaining a healthful diet.
2. Regular exercise contributes to a healthful lifestyle and improves overall well-being.
3. Many people believe that a healthful breakfast can set a positive tone for the day ahead.
4. The cookbook offers numerous healthful recipes that are both delicious and easy to prepare.
5. Incorporating more whole grains into your meals can lead to a more healthful eating pattern.

Source: sentences.whatistheurl.com

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