

HEALTHINESS

Meaning: Healthiness refers to the state of being conducive to good health, particularly in relation to diet and nutrition.

1. The healthiness of your diet can significantly impact your overall well-being.
2. Many people are becoming more aware of the healthiness of organic foods.
3. Regular exercise is essential for maintaining the healthiness of both body and mind.
4. The healthiness of a community often reflects the accessibility of fresh produce.
5. She prioritized the healthiness of her meals by incorporating more vegetables and whole grains.

Source: sentences.whatistheurl.com

<https://sentences.whatistheurl.com/sentence/healthiness>