

INNUTRITION

Meaning: Innutrition refers to a state of poor nutrition resulting from a diet lacking essential nutrients, often characterized by the consumption of empty calories.

1. The concept of innutrition highlights the detrimental effects of consuming empty calories.
2. Innutrition can lead to a range of health issues, including fatigue and weakened immunity.
3. Addressing innutrition is essential for improving overall health and well-being.
4. Public health campaigns often focus on the dangers of innutrition in low-income communities.
5. Educating individuals about balanced diets can help combat the prevalence of innutrition.

Source: sentences.whatistheurl.com

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