

INNUTRITIOUS

Meaning: Innutritious refers to food that lacks essential nutrients and is generally unhealthy or unbeneficial for one's diet.

1. Many fast foods are often criticized for being innutritious and high in unhealthy fats.
2. The innutritious nature of processed snacks can lead to various health issues over time.
3. Parents are increasingly concerned about the innutritious options available in school cafeterias.
4. A diet consisting mainly of innutritious foods can negatively impact both physical and mental well-being.
5. Nutritionists warn that relying on innutritious meals can hinder one's overall health and vitality.

Source: sentences.whatistheurl.com

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