

NUTRITIONAL

Meaning: NUTRITIONAL: relating to the substances required for growth, metabolism, and overall health in the diet.

1. A balanced diet is essential for maintaining optimal nutritional health.
2. Many athletes pay close attention to their nutritional intake to enhance performance.
3. The study highlighted the importance of nutritional education in childhood development.
4. Nutritional labels on food products help consumers make informed choices.
5. Eating a variety of fruits and vegetables can significantly improve your nutritional well-being.

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