

NUTRITIONIST

Meaning: A nutritionist is a professional who specializes in the study and application of nutrition and dietary practices to promote health and well-being.

1. The nutritionist recommended a balanced diet rich in fruits and vegetables.
2. After consulting with a nutritionist, she felt more confident in her meal planning.
3. Many athletes hire a nutritionist to optimize their performance through diet.
4. The nutritionist emphasized the importance of hydration alongside healthy eating.
5. She decided to pursue a career as a nutritionist to help others achieve their health goals.

Source: sentences.whatistheurl.com

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