

NUTRITIOUS

Meaning: Nutritious: providing essential nutrients that promote health and well-being.

1. Eating a balanced diet filled with nutritious foods is essential for maintaining good health.
2. Quinoa is often praised for being a nutritious grain that provides a complete source of protein.
3. Many parents strive to make their children's lunches both tasty and nutritious.
4. Incorporating more colorful vegetables into your meals can enhance both flavor and nutrition.
5. The smoothie was not only delicious but also packed with nutritious ingredients like spinach and chia seeds.

Source: sentences.whatistheurl.com

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