

NUTRITIVE

Meaning: Nutritive: providing nourishment or essential nutrients necessary for health and growth.

1. Eating a balanced diet rich in nutritive foods can significantly improve overall health.
2. The chef emphasized the importance of using fresh, nutritive ingredients in his recipes.
3. For a growing child, it's essential to provide meals that are both delicious and nutritive.
4. Many smoothies can be both tasty and nutritive, making them a great choice for breakfast.
5. The nutritive value of the meal was enhanced by adding a variety of colorful vegetables.

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