

NUTRITURE

Meaning: Nutriture refers to the provision and quality of nutrients necessary for health, growth, and development.

1. Nutriture plays a crucial role in maintaining overall health and well-being.
2. The study emphasized the importance of nutriture in childhood development.
3. Proper nutriture can enhance cognitive function and physical performance.
4. Many diets focus on optimizing nutriture to prevent chronic diseases.
5. Nutriture varies widely across different cultures and dietary practices.

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