

# diets

## Definition

n. 1 what a person or animal usually eats and drinks; 2 a legislative assembly in certain countries; v. eat sparingly for health reasons or to lose weight

## Example Sentence

Special **diets** without sugar can be healthy.

## Synonyms

daily intake of food; menu; nourishment; count calories; eat sparingly

## Antonyms

inedible items

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