

nourishing

 (*nour-ish-ing*)

Definition

adj. good for health and growth.

Example Sentence

Fruits and vegetables are **nourishing** foods.

More Example Sentences

Vegetables are **nourishing** and full of vitamins.

Synonyms

healthy; beneficial; sustaining

Antonyms

unhealthy; harmful; damaging

Join thousands of students and teachers using Vocab Loco to master spelling and vocabulary through fun games, interactive activities, and engaging lessons. Make learning words an adventure!

vocabloco.com