

# 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](https://vocabloco.com)