

# nutrient *(nu-tri-ent)*

## Definition

n. a substance that provides nourishment for growth.

## Example Sentence

He wanted to know if there was one healthy **nutrient** in the cookie.

## More Example Sentences

Fruits and vegetables are good **nutrient** sources.

## Synonyms

nourishment; food; sustenance

## Antonyms

junk

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)