

# nutritious

 (*nu-tri-tious*)

## Definition

adj. providing essential nutrients for health.

## Example Sentence

We had a very **nutritious** lunch.

## More Example Sentences

Eating **nutritious** meals helps us grow.

## Synonyms

healthy; nourishing; beneficial

## Antonyms

unhealthy; harmful; detrimental

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)