

# staple *(sta-ple)*

## Definition

n. a basic food that is eaten often.

## Example Sentence

Flour is a **staple** in our diet. OR Please **staple** the pages together.

## More Example Sentences

Wheat is a **staple** for making bread.

## Synonyms

necessity; basic food; essential

## Antonyms

nonessential; extra; minor; unnecessary

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