

wholesome *(whole-some)*

Definition

adj. 1 conducive to or characteristic of physical or moral wellbeing 2 sound or exhibiting soundness in body or mind

Example Sentence

Mom only uses the **wholesome** ingredients to keep us healthy.

Synonyms

nourishing; nutrient; nutritious; nutritive; heart-healthy; healthy

Antonyms

unhealthful; unhealthy

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