

nourishing

 (*nour-ish-ing*)

Definition

adj. providing the substances necessary for health and bodily growth

Example Sentence

Fruits and vegetables are **nourishing** foods.

Synonyms

nutritious; nutritional; healthy

Antonyms

unhealthy

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