

Need another word that means the same as “diet”? Find 17 synonyms and 30 related words for “diet” in this overview.

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**The synonyms of “Diet” are: dieting, selection of food, food and drink, food, foodstuffs, provisions, fare, dietary regime, dietary regimen, dietary programme, crash diet, follow a diet, be on a diet, eat sparingly, eat selectively, abstain, fast**

## Diet as a Noun

### Definitions of "Diet" as a noun

According to the [Oxford Dictionary of English](#), “diet” as a noun can have the following definitions:

- *A legislative assembly in certain countries (e.g., Japan).*
- *The act of restricting your food intake (or your intake of particular foods).*
- *The usual food and drink consumed by an organism (person or animal).*
- *(of food or drink) with reduced fat or sugar content.*
- *A prescribed selection of foods.*
- *A special course of food to which a person restricts themselves, either to lose weight or for medical reasons.*
- *The kinds of food that a person, animal, or community habitually eats.*
- *The activities, pastimes, etc. in which a person or group habitually engages.*



## Synonyms of "Diet" as a noun (11 Words)

<b>crash diet</b>	A loud resonant repeating noise.
<b>dietary programme</b>	A regulated daily food allowance.
<b>dietary regime</b>	A regulated daily food allowance.
<b>dietary regimen</b>	A regulated daily food allowance.
<b>dieting</b>	The act of restricting your food intake (or your intake of particular foods).
<b>fare</b>	A paying (taxi) passenger. <i>We should go to Seville but we cannot afford the air <b>fare</b>.</i>
<b>food</b>	Any substance that can be metabolized by an animal to give energy and build tissue. <b>Food</b> and drink.
<b>food and drink</b>	Any solid substance (as opposed to liquid) that is used as a source of nourishment.

**foodstuffs**

A substance that can be used or prepared for use as food.

**provisions**

A store or supply of something (especially of food or clothing or arms).

**selection of food**

The act of choosing or selecting.



### **Usage Examples of "Diet" as a noun**

- *Screen violence is becoming the staple diet of the video generation.*
- *I'm going on a diet.*
- *Diet soft drinks.*
- *A vegetarian diet.*



## Diet as a Verb

### Definitions of "Diet" as a verb

According to the [Oxford Dictionary of English](#), "diet" as a verb can have the following definitions:

- *Restrict oneself to small amounts or special kinds of food in order to lose weight.*
- *Eat sparingly, for health reasons or to lose weight.*
- *Follow a regimen or a diet, as for health reasons.*
- *Put (a person or animal) on a special diet.*



## Synonyms of "Diet" as a verb (6 Words)

- abstain**      Restrain oneself from doing or enjoying something.  
*Most pregnant women **abstain** or drink very little.*
- be on a diet**    Be priced at.
- eat selectively** Use up (resources or materials).
- eat sparingly**    Use up (resources or materials).
- fast**             Abstain from certain foods, as for religious or medical reasons.  
*Before the medical exam you must **fast**.*
- follow a diet**    Grasp the meaning.



## Usage Examples of "Diet" as a verb

- *I began dieting again.*
- *He has high blood pressure and must stick to a low-salt diet.*



## Associations of "Diet" (30 Words)

<b>alimentary</b>	Of or providing nourishment.
<b>calorie</b>	The energy needed to raise the temperature of 1 kilogram of water through 1 C equal to one thousand small calories and often used to measure the energy value of foods.
<b>carbohydrate</b>	Food consisting of or containing a lot of carbohydrates. <i>Make sure you feed them lots of <b>carbohydrate</b>.</i>
<b>carnivorous</b>	Relating to or characteristic of carnivores. <i><b>Carnivorous</b> plants are capable of trapping and digesting small animals especially insects.</i>
<b>commissariat</b>	A department for the supply of food and equipment.
<b>dietitian</b>	A specialist in the study of diet and nutrition.
<b>feed</b>	An actor who gives a feed to a fellow performer. <i>I could <b>feed</b> my melancholy by reading Romantic poetry.</i>

<b>healthy</b>	Promoting health; healthful. <i>The <b>healthy</b> attitude of French laws.</i>
<b>herbivore</b>	An animal that feeds on plants. <i>Horses are <b>herbivores</b>.</i>
<b><u>intake</u></b>	The people taken into an organization at a particular time. <i>His alcohol <b>intake</b>.</i>
<b><u>nourish</u></b>	Provide with nourishment. <i>He has long <b>nourished</b> an ambition to bring the show to Broadway.</i>
<b>nourishing</b>	(of food) containing substances necessary for growth, health, and good condition. <i>Good <b>nourishing</b> stew.</i>
<b><u>nourishment</u></b>	A source of materials to nourish the body. <i>She was starved of emotional <b>nourishment</b>.</i>
<b>nutrient</b>	Any substance (such as a chemical element or inorganic compound) that can be taken in by a green plant and used in organic synthesis. <i>Fish is a source of many important <b>nutrients</b> including protein vitamins and minerals.</i>
<b>nutriment</b>	Nourishment; sustenance. <i>He took the Bible for spiritual <b>nutriment</b>.</i>
<b><u>nutrition</u></b>	The branch of science that deals with nutrients and nutrition particularly in humans. <i>A feeding tube gives her <b>nutrition</b> and water.</i>
<b>nutritional</b>	Relating to the process of providing or obtaining the food necessary for health and growth. <i><b>Nutritional</b> information.</i>
<b>nutritionist</b>	A specialist in the study of nutrition.
<b><u>nutritious</u></b>	Of or providing nourishment. <i>Home cooked burgers make a <b>nutritious</b> meal.</i>
<b>nutritive</b>	Relating to nutrition. <i><b>Nutritive</b> food.</i>
<b>omnivorous</b>	Feeding on both plants and animals. <i>An <b>omnivorous</b> reader.</i>
<b>protein</b>	Proteins collectively especially as a dietary component. <i>A <b>protein</b> found in wheat.</i>
<b>provender</b>	Animal fodder. <i>To raise the prices of <b>provender</b> for cattle importation has been severely curtailed.</i>



- reducing** Any process in which electrons are added to an atom or ion as by removing oxygen or adding hydrogen always occurs accompanied by oxidation of the reducing agent.  
*A doctor supervised her **reducing**.*
- starch** Food containing starch.  
***Starch** clothes.*
- vegetarian** Relating to vegetarians or vegetarianism.  
*A **vegetarian** restaurant.*
- veggie** A vegetable.  
*16 per cent of US households are buying **veggie** burgers.*
- victuals** A stock or supply of foods.
- wholesome** Sound or exhibiting soundness in body or mind.  
*A grin on his ugly **wholesome** face.*
- wholesomeness** The quality of being beneficial and generally good for you.

