

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)

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

alimentary	Of or providing nourishment.
calorie	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.
carbohydrate	Food consisting of or containing a lot of carbohydrates. <i>Make sure you feed them lots of carbohydrate.</i>
carnivorous	Relating to or characteristic of carnivores. <i>Carnivorous plants are capable of trapping and digesting small animals especially insects.</i>
commissariat	A department for the supply of food and equipment.
dietitian	A specialist in the study of diet and nutrition.
feed	An actor who gives a feed to a fellow performer. <i>I could feed my melancholy by reading Romantic poetry.</i>

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

