

Need another word that means the same as “nourish”? Find 15 synonyms and 30 related words for “nourish” in this overview.

Table Of Contents:

- [Nourish as a Verb](#)
- [Definitions of "Nourish" as a verb](#)
- [Synonyms of "Nourish" as a verb \(15 Words\)](#)
- [Usage Examples of "Nourish" as a verb](#)
- [Associations of "Nourish" \(30 Words\)](#)

**The synonyms of “Nourish” are: aliment, nutrify, nurture, sustain, feed, provide for, maintain, cherish, foster, harbour, nurse, keep in one's mind, entertain, hold, have**

## Nourish as a Verb

### Definitions of "Nourish" as a verb

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

- *Provide with nourishment.*
- *Keep (a feeling or belief) in one's mind, typically for a long time.*
- *Enhance the fertility of (soil).*
- *Give nourishment to.*
- *Provide with the food or other substances necessary for growth, health, and good condition.*



## Synonyms of "Nourish" as a verb (15 Words)

<b>aliment</b>	Give nourishment to.
<b>cherish</b>	Protect and care for (someone) lovingly. <i>I <b>cherish</b> the letters she wrote.</i>
<b>entertain</b>	Provide entertainment for. <i>Washington <b>entertained</b> little hope of an early improvement in relations.</i>
<b>feed</b>	Feed into supply. <i>I could <b>feed</b> my melancholy by reading Romantic poetry.</i>
<b><u>foster</u></b>	Bring up under fosterage of children. <i>Appropriate praise helps a child <b>foster</b> a sense of self worth.</i>
<b>harbour</b>	Of a ship or its crew moor in a harbour. <i>Patients who may have been <b>harbouring</b> tuberculosis.</i>
<b>have</b>	Have gained a qualification. <i>I don t <b>have</b> that much money on me.</i>
<b>hold</b>	Have or hold in one s hands or grip. <i>The auditorium can t <b>hold</b> more than 500 people.</i>
<b>keep in one's mind</b>	Conform one's action or practice to.
<b>maintain</b>	Maintain by writing regular records. <i>Agricultural prices will have to be <b>maintained</b>.</i>
<b>nurse</b>	Work as a nurse. <i>He <b>nursed</b> the flowers in his garden and fertilized them regularly.</i>
<b><u>nurture</u></b>	Provide with nourishment. <i>My father <b>nurtured</b> my love of art.</i>
<b>nutrify</b>	Give nourishment to. <i>Burrowing crabs oxygenate and <b>nutrify</b> the peaty substrate.</i>
<b>provide for</b>	Mount or put up.
<b><u>sustain</u></b>	(of a performer) represent (a part or character) convincingly. <i>He <b>sustained</b> the role of Creon with burly resilience.</i>



## Usage Examples of "Nourish" as a verb

- *This kind of food is not nourishing for young children.*
- *He has long nourished an ambition to bring the show to Broadway.*
- *A clay base nourished with plant detritus.*
- *Spiritual resources which nourished her in her darkest hours.*
- *I was doing everything I could to nourish and protect the baby.*





## Associations of "Nourish" (30 Words)

<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>commissariat</b>	A stock or supply of foods.
<b>consumption</b>	A wasting disease, especially pulmonary tuberculosis. <i>Industrialized countries should reduce their energy <b>consumption</b>.</i>
<b>diet</b>	Follow a regimen or a diet as for health reasons. <i>A vegetarian <b>diet</b>.</i>
<b>dietary</b>	A regulated or restricted diet. <i><b>Dietary</b> advice for healthy skin and hair.</i>
<b>dietitian</b>	A specialist in the study of nutrition.
<b>digest</b>	A substance or mixture obtained by digestion. <i>I cannot <b>digest</b> milk products.</i>

<b><u>edible</u></b>	Any substance that can be used as food. <i>The dinner was barely <b>edible</b>.</i>
<b>eutrophication</b>	Excessive nutrients in a lake or other body of water, usually caused by runoff of nutrients (animal waste, fertilizers, sewage) from the land, which causes a dense growth of plant life; the decomposition of the plants depletes the supply of oxygen, leading to the death of animal life. <i>He argued that the controlling factor in <b>eutrophication</b> is not nitrate but phosphate.</i>
<b>feed</b>	An actor who gives a feed to a fellow performer. <i>This dish <b>feeds</b> six.</i>
<b>healthy</b>	In a good physical or mental condition; in good health. <i><b>Healthy</b> competition.</i>
<b>ingestion</b>	The process of taking food into the body through the mouth (as by eating). <i>The quiet <b>ingestion</b> of information.</i>
<b><u>intake</u></b>	An amount of food, air, or another substance taken into the body. <i>The first <b>intake</b> of women was in 1915.</i>
<b>nourishing</b>	(of food) containing substances necessary for growth, health, and good condition. <i>A simple but <b>nourishing</b> meal.</i>
<b><u>nourishment</u></b>	The food necessary for growth, health, and good condition. <i>Her <b>nourishment</b> of the orphans saved many lives.</i>
<b>nutrient</b>	A substance that provides nourishment essential for the maintenance of life and for growth. <i>Fish is a source of many important <b>nutrients</b> including protein vitamins and minerals.</i>
<b>nutriment</b>	A source of materials to nourish the body. <i>The bees reprocess the food and extract the last particle of <b>nutriment</b> from it.</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>	Of or relating to or providing nutrition. <i>Genetic engineering can alter the <b>nutritional</b> value of food.</i>
<b>nutritionist</b>	A specialist in the study of nutrition.
<b><u>nutritious</u></b>	Efficient as food; nourishing. <i>Home cooked burgers make a <b>nutritious</b> meal.</i>
<b>nutritive</b>	Relating to nutrition. <i><b>Nutritive</b> food.</i>

<b>provender</b>	Animal fodder. <i>There s no one to carry your <b>provender</b> in brown paper bags to the boot of your car.</i>
<b>regimen</b>	(medicine) a systematic plan for therapy (often including diet). <i>A <b>regimen</b> of one or two injections per day.</i>
<b>supplement</b>	A supplementary component that improves capability. <i>Multivitamin <b>supplements</b>.</i>
<b>sustenance</b>	The act of sustaining life by food or providing a means of subsistence. <i>The <b>sustenance</b> of parliamentary democracy.</i>
<b>victuals</b>	Any substance that can be used as food.
<b>vitamin</b>	A pill containing a specified amount of a particular vitamin or vitamins taken as a dietary supplement. <i>Most people can get all the <b>vitamins</b> they need from a healthy diet.</i>
<b>wholesome</b>	Conducive to or characterized by moral well-being. <i>A grin on his ugly <b>wholesome</b> face.</i>
<b>wholesomeness</b>	The quality of being beneficial and generally good for you.

