

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)

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

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

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

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

