

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

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Associations of "Nourished" (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 department for the supply of food and equipment.
consumption	The action of using up a resource. <i>A daily consumption of 15 cigarettes.</i>
diet	Follow a regimen or a diet as for health reasons. <i>Screen violence is becoming the staple diet of the video generation.</i>
dietary	A regulated daily food allowance. <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>
edible	Any substance that can be used as food. <i>The shrub has small edible berries.</i>
eutrophication	Excessive richness of nutrients in a lake or other body of water, frequently due to run-off from the land, which causes a dense growth of plant 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>A feed pipe.</i>
healthy	Indicating or promoting good health. <i>Staying fit and healthy.</i>
ingestion	The process of taking food, drink, or another substance into the body by swallowing or absorbing it. <i>Vomiting after ingestion of contaminated food.</i>

<u>intake</u>	Land reclaimed from a moor or common. <i>Cut rectangular holes for the air intake.</i>
nourishing	Of or providing nourishment. <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	A source of materials to nourish the body. <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 guide to good nutrition.</i>
nutritional	Of or relating to or providing nutrition. <i>Nutritional deficiencies in the diet.</i>
nutritionist	A person who studies or is an expert in nutrition.
<u>nutritious</u>	Of or providing nourishment. <i>Home cooked burgers make a nutritious meal.</i>
nutritive	Relating to nutrition. <i>The food was low in nutritive value.</i>
provender	Food. <i>To raise the prices of provender for cattle importation has been severely curtailed.</i>
<u>regimen</u>	A prescribed course of medical treatment, diet, or exercise for the promotion or restoration of health. <i>A regimen of one or two injections per day.</i>
supplement	A supplementary component that improves capability. <i>The handout is a supplement to the official manual.</i>
<u>sustenance</u>	A source of materials to nourish the body. <i>Poor rural economies turned to potatoes for sustenance.</i>
vituals	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>

wholesome Conducive to or characterized by moral well-being.
*The food is plentiful and very **wholesome**.*

wholesomeness The quality of being beneficial and generally good for you.

