

Need another word that means the same as “nourishment”? Find 13 synonyms and 30 related words for “nourishment” in this overview.

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**The synonyms of “Nourishment” are: aliment, alimentation, nutriment, nutrition, sustenance, victuals, food, fare, diet, daily bread, provisions, rations, means of keeping body and soul together**

## **Nourishment as a Noun**

### **Definitions of "Nourishment" as a noun**

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

- *The act of nourishing.*
- *A source of materials to nourish the body.*
- *The action of nourishing someone or something.*
- *The food necessary for growth, health, and good condition.*



## Synonyms of "Nourishment" as a noun (13 Words)

<b>aliment</b>	Food; nourishment.
<b>alimentation</b>	A source of materials to nourish the body.
<b>daily bread</b>	A newspaper that is published every day.
<b>diet</b>	A special course of food to which a person restricts themselves, either to lose weight or for medical reasons. <i><b>Diet</b> soft drinks.</i>
<b>fare</b>	The sum charged for riding in a public conveyance. <i>The taxi driver was anxious to pick up a <b>fare</b>.</i>
<b>food</b>	Any solid substance (as opposed to liquid) that is used as a source of nourishment. <i>We need <b>food</b> and water.</i>
<b>means of keeping body and soul together</b>	An instrumentality for accomplishing some end.

<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 guide to good <b>nutrition</b>.</i>
<b>provisions</b>	A stipulated condition.
<b>ration</b>	The food allowance for one day (especially for service personnel.
<b><u>sustenance</u></b>	The maintaining of someone or something in life or existence. <i>They were in want of <b>sustenance</b>.</i>
<b>victuals</b>	Any substance that can be used as food.



### Usage Examples of "Nourishment" as a noun

- *Tubers from which plants obtain nourishment.*
- *Her nourishment of the orphans saved many lives.*
- *The nourishment of our bodies and of our minds.*

- *She was starved of emotional nourishment.*



## Associations of "Nourishment" (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>comestible</b>	Any substance that can be used as food. <i>A fridge groaning with <b>comestibles</b>.</i>
<b>commissariat</b>	A government department of the USSR before 1946.
<b>diet</b>	Put a person or animal on a special diet. <i>Screen violence is becoming the staple <b>diet</b> of the video generation.</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><u>digest</u></b>	A substance or mixture obtained by digestion. <i>The computer <b>digested</b> your labours into a form understandable by a program.</i>
<b><u>edible</u></b>	Items of food. <i>The dinner was barely <b>edible</b>.</i>
<b>feed</b>	An actor who gives a feed to a fellow performer. <i>The island s simple agriculture could hardly <b>feed</b> its inhabitants.</i>
<b>healthy</b>	Having or indicating good health in body or mind; free from infirmity or disease. <i>A rosy <b>healthy</b> baby.</i>
<b>ingestion</b>	The process of taking food, drink, or another substance into the body by swallowing or absorbing it. <i>The effect of caffeine <b>ingestion</b> on exercise performance.</i>
<b><u>intake</u></b>	An act of taking something into the body. <i>A protective factor is the <b>intake</b> of cereal fibre.</i>
<b>maintenance</b>	Means of maintenance of a family or group. <i>Essential <b>maintenance</b> work.</i>
<b><u>nourish</u></b>	Provide with nourishment. <i>I was doing everything I could to <b>nourish</b> and protect the baby.</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>	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 guide to good <b>nutrition</b>.</i>
<b>nutritional</b>	Of or relating to or providing nutrition. <i><b>Nutritional</b> deficiencies in the diet.</i>
<b>nutritionist</b>	A person who studies or is an expert in 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>	Food for domestic livestock. <i>There s no one to carry your <b>provender</b> in brown paper bags to the boot of your car.</i>
<b><u>regimen</u></b>	(medicine) a systematic plan for therapy (often including diet). <i>A <b>regimen</b> of one or two injections per day.</i>
<b><u>sustenance</u></b>	Food and drink regarded as a source of strength; nourishment. <i>They were in want of <b>sustenance</b>.</i>
<b><u>upkeep</u></b>	Financial or material support of a person or animal. <i>Payments for the children s <b>upkeep</b>.</i>
<b>vegetarian</b>	Relating to vegetarians or vegetarianism. <i>A <b>vegetarian</b> restaurant.</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><b>Vitamin</b> deficiency.</i>
<b><u>wholesome</u></b>	Conducive to or characterized by moral well-being. <i>Exercise develops <b>wholesome</b> appetites.</i>
<b>wholesomeness</b>	The quality of being beneficial and generally good for you.

