

Need another word that means the same as “nutrition”? Find 9 synonyms and 30 related words for “nutrition” in this overview.

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The synonyms of “Nutrition” are: aliment, alimentation, nourishment, nutriment, sustenance, victuals, nutrients, food, daily bread

Nutrition as a Noun

Definitions of "Nutrition" as a noun

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

- *Food or nourishment.*
- *The organic process of nourishing or being nourished; the processes by which an organism assimilates food and uses it for growth and maintenance.*
- *(physiology) the organic process of nourishing or being nourished; the processes by which an organism assimilates food and uses it for growth and maintenance.*
- *The process of providing or obtaining the food necessary for health and growth.*
- *A source of materials to nourish the body.*
- *The scientific study of food and drink (especially in humans).*
- *The branch of science that deals with nutrients and nutrition, particularly in humans.*



Synonyms of "Nutrition" as a noun (9 Words)

aliment Food; nourishment.

alimentation A source of materials to nourish the body.

daily bread A newspaper that is published every day.

food Any nutritious substance that people or animals eat or drink or that plants absorb in order to maintain life and growth.
*We need **food** and water.*

nourishment The action of nourishing someone or something.
*She was starved of emotional **nourishment**.*

nutrients Any substance that can be metabolized by an animal to give energy and build tissue.

nutriment A source of materials to nourish the body.

nutriment *The bees reprocess the food and extract the last particle of **nutriment** from it.*

sustenance Food and drink regarded as a source of strength; nourishment.
*Poor rural economies turned to potatoes for **sustenance**.*

victuals A source of materials to nourish the body.



Usage Examples of "Nutrition" as a noun

- *A guide to good nutrition.*
- *A feeding tube gives her nutrition and water.*



Associations of "Nutrition" (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.
comestible	An item of food. <i>A fridge groaning with comestibles.</i>
commissariat	A government department of the USSR before 1946.
dietary	Of or relating to the diet. <i>Dietary restrictions.</i>
dietitian	A specialist in the study of nutrition.
digest	A substance or mixture obtained by digestion. <i>The computer digested your labours into a form understandable by a program.</i>

<u>edible</u>	Suitable for use as food. <i>The farm grows a variety of tropical plants yielding an amazing assortment of fruits and other edibles.</i>
feed	Feed into supply. <i>Her success feeds her vanity.</i>
fertilization	The action or process of applying a fertilizer to soil or land.
healthy	Normal, natural, and desirable. <i>Plenty of healthy sleep.</i>
<u>intake</u>	An amount of food, air, or another substance taken into the body. <i>Cut rectangular holes for the air intake.</i>
<u>nourish</u>	Give nourishment to. <i>I was doing everything I could to nourish and protect the baby.</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>The nourishment of our bodies and of our minds.</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>
nutritional	Relating to the process of providing or obtaining the food necessary for health and growth. <i>Genetic engineering can alter the nutritional value of food.</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	Of or providing nourishment. <i>Nutritive food.</i>
provender	A stock or supply of foods. <i>To raise the prices of provender for cattle importation has been severely curtailed.</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.
*Multivitamin **supplements**.*
- sustenance** The financial means whereby one lives.
*Poor rural economies turned to potatoes for **sustenance**.*
- veg** Edible seeds or roots or stems or leaves or bulbs or tubers or nonsweet fruits of any of numerous herbaceous plant.
*They were **vegging** out in front of the TV.*
- victuals** A source of materials to nourish the body.
- vitamin** A pill containing a specified amount of a particular vitamin or vitamins taken as a dietary supplement.
***Vitamin** deficiency.*
- wholesome** Conducive to or characteristic of physical or moral well-being.
*Good **wholesome** fun.*
- wholesomeness** The quality of being beneficial and generally good for you.

