

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

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**The synonyms of “Nutritious” are: alimential, alimentary, nourishing, nutrient, nutritive, good for one, full of nourishment, full of nutrients, wholesome, healthy, healthful, beneficial, sustaining**

## Nutritious as an Adjective

### Definitions of "Nutritious" as an adjective

According to the [Oxford Dictionary of English](#), “nutritious” as an adjective can have the following definitions:

- *Of or providing nourishment.*
- *Efficient as food; nourishing.*



## Synonyms of "Nutritious" as an adjective (13 Words)

<b>alimential</b>	Of or providing nourishment.
<b>alimentary</b>	Relating to nourishment or sustenance.
<b>beneficial</b>	Resulting in good; favourable or advantageous. <i>The appellant had no <b>beneficial</b> interest in the house.</i>
<b>full of nourishment</b>	Constituting the full quantity or extent; complete.
<b>full of nutrients</b>	Containing as much or as many as is possible or normal.
<b>good for one</b>	Having or showing knowledge and skill and aptitude.
<b>healthful</b>	Free from filth and pathogens. <i>A <b>healthful</b> climate.</i>

**healthy**

Of a very satisfactory size or amount.

**Healthy** and normal outlets for youthful energy.

**nourishing**

(of food) containing substances necessary for growth, health, and good condition.

Good **nourishing** stew.

**nutrient**

Of or providing nourishment.

**nutritive**

Of or providing nourishment.

The food was low in **nutritive** value.

**sustaining**

Providing physical or mental strength or support.

A **sustaining** breakfast of bacon and eggs.

**wholesome**

Conducive to or characterized by moral well-being.

Exercise develops **wholesome** appetites.



## Usage Examples of "Nutritious" as an adjective

- *Home-cooked burgers make a nutritious meal.*





## Associations of "Nutritious" (30 Words)

<b>alimentary</b>	Of or providing nourishment.
<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 department for the supply of food and equipment.
<b>diet</b>	Put a person or animal on a special diet. <i>I began <b>dieting</b> again.</i>
<b>dietary</b>	Relating to or provided by 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>Protein <b>digests</b> in a few hours.</i>
<b>fat</b>	A fatty substance made from animal or plant products used in cooking. <i>A <b>fat</b> rope.</i>
<b>feed</b>	Feed into supply. <i>I think he is <b>feeding</b> his old employer commercial secrets.</i>
<b>fertilizer</b>	A chemical or natural substance added to soil or land to increase its fertility. <i>Sewage sludge could be a valuable <b>fertilizer</b> for use in British forests.</i>
<b>healthy</b>	Exercising or showing good judgment. <i>Clean <b>healthy</b> air.</i>
<b>intake</b>	A place or structure through which something is taken in, e.g. water into a channel or pipe from a river, fuel or air into an engine, etc. <i>A protective factor is the <b>intake</b> of cereal fibre.</i>
<b>nourish</b>	Give nourishment to. <i>He has long <b>nourished</b> an ambition to bring the show to Broadway.</i>
<b>nourishing</b>	(of food) containing substances necessary for growth, health, and good condition. <i>Good <b>nourishing</b> stew.</i>
<b>nourishment</b>	The act of nourishing. <i>Her <b>nourishment</b> of the orphans saved many lives.</i>
<b>nutrient</b>	Any substance that can be metabolized by an animal to give energy and build tissue. <i>Fish is a source of many important <b>nutrients</b> including protein vitamins and minerals.</i>

<b>nutriment</b>	Nourishment; sustenance. <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><b>Nutritional</b> information.</i>
<b>nutritionist</b>	A specialist in the study of nutrition.
<b>nutritive</b>	Of or providing nourishment. <i>The food was low in <b>nutritive</b> value.</i>
<b>reducing</b>	Any process in which electrons are added to an atom or ion as by removing oxygen or adding hydrogen always occurs accompanied by oxidation of the reducing agent. <i>A doctor supervised her <b>reducing</b>.</i>
<b><u>regimen</u></b>	A system of government. <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><u>sustenance</u></b>	The financial means whereby one lives. <i>They were in want of <b>sustenance</b>.</i>
<b>vegetarian</b>	Relating to vegetarians or vegetarianism. <i>A <b>vegetarian</b> restaurant.</i>
<b>victuals</b>	A stock or supply of foods.
<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><u>wholesome</u></b>	Conducive to or characterized by moral well-being. <i><b>Wholesome</b> attitude.</i>
<b>wholesomeness</b>	The quality of being beneficial and generally good for you.



