

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)

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

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

nutriment	Nourishment; sustenance. <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>Nutritional information.</i>
nutritionist	A specialist in the study of nutrition.
nutritive	Of or providing nourishment. <i>The food was low in nutritive value.</i>
reducing	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 reducing.</i>
<u>regimen</u>	A system of government. <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 financial means whereby one lives. <i>They were in want of sustenance.</i>
vegetarian	Relating to vegetarians or vegetarianism. <i>A vegetarian restaurant.</i>
victuals	A stock or supply of foods.
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>Wholesome attitude.</i>
wholesomeness	The quality of being beneficial and generally good for you.

