

Need another word that means the same as “sustenance”? Find 27 synonyms and 30 related words for “sustenance” in this overview.

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The synonyms of “Sustenance” are: bread and butter, keep, livelihood, living, support, maintenance, sustainment, sustentation, upkeep, aliment, alimentation, nourishment, nutriment, nutrition, victuals, food, fare, diet, daily bread, provisions, rations, means of keeping body and soul together, means of support, means, subsistence, income, source of income

Sustenance as a Noun

Definitions of "Sustenance" as a noun

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

- *The maintaining of someone or something in life or existence.*
- *A source of materials to nourish the body.*
- *The financial means whereby one lives.*
- *Food and drink regarded as a source of strength; nourishment.*
- *The act of sustaining life by food or providing a means of subsistence.*



Synonyms of "Sustenance" as a noun (27 Words)

aliment	Maintenance; alimony.
alimentation	The provision of nourishment or other necessities of life.
bread and butter	Food made from dough of flour or meal and usually raised with yeast or baking powder and then baked.
daily bread	A newspaper that is published every day.
diet	A legislative assembly in certain countries (e.g., Japan). <i>Screen violence is becoming the staple diet of the video generation.</i>
fare	An agenda of things to do. <i>We should go to Seville but we cannot afford the air fare.</i>
food	Anything that provides mental stimulus for thinking. <i>Baby foods.</i>

income

The financial gain (earned or unearned) accruing over a given period of time.

*Figures showed an overall increase in **income** this year.*

keep

The main tower within the walls of a medieval castle or fortress.

*If from shepherd s **keep** a lamb strayed far.*

livelihood

The financial means whereby one lives.

*He could no longer earn his own **livelihood**.*

living

The condition of living or the state of being alive.

*He was offered the **living** of St Katherine s.*

maintenance

Means of maintenance of a family or group.

*Car **maintenance**.*

means

Considerable capital (wealth or income).

*Resolving disputes by peaceful **means**.*

**means of keeping
body and soul
together**

An instrumentality for accomplishing some end.

means of support

An instrumentality for accomplishing some end.

nourishment

The action of nourishing someone or something.

*Tubers from which plants obtain **nourishment**.*

nutriment

Nourishment; sustenance.

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

nutrition

The branch of science that deals with nutrients and nutrition particularly in humans.

*A feeding tube gives her **nutrition** and water.*

provisions

A stock or supply of foods.

rations

The food allowance for one day (especially for service personnel).

source of income

A process by which energy or a substance enters a system.

subsistence

The means of maintaining or supporting oneself.

*The garden provided not only **subsistence** but a little cash crop.*

support

Supporting structure that holds up or provides a foundation.

*He leaned against the wall for **support**.*

sustainment

The support or maintenance of someone or something, especially military equipment or personnel.

*The **sustainment** of our current and future army depends on continuing logistics transformation.*

sustentation

The act of sustaining life by food or providing a means of subsistence.

*Provision is made for the **sustentation** of preachers.*

upkeep

Financial or material support of a person or animal.

*We will be responsible for the **upkeep** of the access road.*

victuals

A stock or supply of foods.



Usage Examples of "Sustenance" as a noun

- *He kept two or three cows for the sustenance of his family.*
- *Poor rural economies turned to potatoes for sustenance.*
- *They were in want of sustenance.*
- *The sustenance of parliamentary democracy.*



Associations of "Sustenance" (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.
comestible	Edible. <i>A fridge groaning with comestibles.</i>
commissariat	A government department of the USSR before 1946.

diet	Follow a regimen or a diet as for health reasons. <i>Diet soft drinks.</i>
dietary	Of or relating to the diet. <i>Dietary advice for healthy skin and hair.</i>
dietitian	A specialist in the study of diet and nutrition.
digest	A substance or mixture obtained by digestion. <i>Protein digests in a few hours.</i>
edible	Any substance that can be used as food. <i>The dinner was barely edible.</i>
feed	Feed into supply. <i>A paper feed.</i>
healthy	Financially secure and functioning well. <i>Plenty of healthy sleep.</i>
ingestion	The process of absorbing information. <i>Vomiting after ingestion of contaminated food.</i>
intake	An amount of food, air, or another substance taken into the body. <i>She heard his sharp intake of breath.</i>
maintenance	Means of maintenance of a family or group. <i>A divorced man paying his ex wife 2 500 a year maintenance.</i>
nourish	Provide with nourishment. <i>I was doing everything I could to nourish and protect the baby.</i>
nourishment	A source of materials to nourish the body. <i>Tubers from which plants obtain nourishment.</i>
nutrient	A substance that provides nourishment essential for the maintenance of life and for growth. <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>
nutrition	The branch of science that deals with nutrients and nutrition particularly in humans. <i>A guide to good nutrition.</i>
nutritional	Relating to the process of providing or obtaining the food necessary for health and growth. <i>Nutritional information.</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	Animal fodder. <i>To raise the prices of provender for cattle importation has been severely curtailed.</i>
<u>regimen</u>	A systematic plan for therapy (often including diet). <i>A regimen of one or two injections per day.</i>
<u>upkeep</u>	The act of sustaining life by food or providing a means of subsistence. <i>Payments for the children s upkeep.</i>
vegetarian	Relating to vegetarians or vegetarianism. <i>A vegetarian restaurant.</i>
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. <i>I woke up this morning and took a vitamin.</i>
<u>wholesome</u>	Conducive to or suggestive of good health and physical well-being. <i>A grin on his ugly wholesome face.</i>
wholesomeness	The quality of being beneficial and generally good for you.

