

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)

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

<b><u>income</u></b>	The financial gain (earned or unearned) accruing over a given period of time. <i>Figures showed an overall increase in <b>income</b> this year.</i>
<b><u>keep</u></b>	The main tower within the walls of a medieval castle or fortress. <i>If from shepherd s <b>keep</b> a lamb strayed far.</i>
<b>livelihood</b>	The financial means whereby one lives. <i>He could no longer earn his own <b>livelihood</b>.</i>
<b><u>living</u></b>	The condition of living or the state of being alive. <i>He was offered the <b>living</b> of St Katherine s.</i>
<b>maintenance</b>	Means of maintenance of a family or group. <i>Car <b>maintenance</b>.</i>
<b>means</b>	Considerable capital (wealth or income). <i>Resolving disputes by peaceful <b>means</b>.</i>
<b>means of keeping body and soul together</b>	An instrumentality for accomplishing some end.
<b>means of support</b>	An instrumentality for accomplishing some end.
<b><u>nourishment</u></b>	The action of nourishing someone or something. <i>Tubers from which plants obtain <b>nourishment</b>.</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>provisions</b>	A stock or supply of foods.
<b>rations</b>	The food allowance for one day (especially for service personnel).
<b>source of income</b>	A process by which energy or a substance enters a system.
<b><u>subsistence</u></b>	The means of maintaining or supporting oneself. <i>The garden provided not only <b>subsistence</b> but a little cash crop.</i>
<b>support</b>	Supporting structure that holds up or provides a foundation. <i>He leaned against the wall for <b>support</b>.</i>
<b>sustainment</b>	The support or maintenance of someone or something, especially military equipment or personnel. <i>The <b>sustainment</b> of our current and future army depends on continuing logistics transformation.</i>

**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)

<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>	Edible. <i>A fridge groaning with <b>comestibles</b>.</i>
<b>commissariat</b>	A government department of the USSR before 1946.

<b>diet</b>	Follow a regimen or a diet as for health reasons. <i>Diet soft drinks.</i>
<b>dietary</b>	Of or relating to the diet. <i>Dietary advice for healthy skin and hair.</i>
<b>dietitian</b>	A specialist in the study of diet and nutrition.
<b>digest</b>	A substance or mixture obtained by digestion. <i>Protein <b>digests</b> in a few hours.</i>
<b>edible</b>	Any substance that can be used as food. <i>The dinner was barely <b>edible</b>.</i>
<b>feed</b>	Feed into supply. <i>A paper <b>feed</b>.</i>
<b>healthy</b>	Financially secure and functioning well. <i>Plenty of <b>healthy</b> sleep.</i>
<b>ingestion</b>	The process of absorbing information. <i>Vomiting after <b>ingestion</b> of contaminated food.</i>
<b>intake</b>	An amount of food, air, or another substance taken into the body. <i>She heard his sharp <b>intake</b> of breath.</i>
<b>maintenance</b>	Means of maintenance of a family or group. <i>A divorced man paying his ex wife 2 500 a year <b>maintenance</b>.</i>
<b>nourish</b>	Provide with nourishment. <i>I was doing everything I could to <b>nourish</b> and protect the baby.</i>
<b>nourishment</b>	A source of materials to nourish the body. <i>Tubers from which plants obtain <b>nourishment</b>.</i>
<b>nutrient</b>	A substance that provides nourishment essential for the maintenance of life and for growth. <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>He took the Bible for spiritual <b>nutriment</b>.</i>
<b>nutrition</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>	Relating to the process of providing or obtaining the food necessary for health and growth. <i><b>Nutritional</b> information.</i>
<b>nutritionist</b>	A person who studies or is an expert in nutrition.

<b><u>nutritious</u></b>	Of or providing nourishment. <i>Home cooked burgers make a <b>nutritious</b> meal.</i>
<b>nutritive</b>	Relating to nutrition. <i>The food was low in <b>nutritive</b> value.</i>
<b>provender</b>	Animal fodder. <i>To raise the prices of <b>provender</b> for cattle importation has been severely curtailed.</i>
<b><u>regimen</u></b>	A systematic plan for therapy (often including diet). <i>A <b>regimen</b> of one or two injections per day.</i>
<b><u>upkeep</u></b>	The act of sustaining life by food or providing a means of subsistence. <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>	A source of materials to nourish the body.
<b>vitamin</b>	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 <b>vitamin</b>.</i>
<b><u>wholesome</u></b>	Conducive to or suggestive of good health and physical well-being. <i>A grin on his ugly <b>wholesome</b> face.</i>
<b>wholesomeness</b>	The quality of being beneficial and generally good for you.



