

Need another word that means the same as “wholesome”? Find 20 synonyms and 30 related words for “wholesome” in this overview.

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The synonyms of “Wholesome” are: healthy, healthful, good, good for one, beneficial, sustaining, nutritious, nourishing, full of nourishment, full of nutrients, nutritive, unrefined, moral, ethical, nice, clean, virtuous, pure, innocent, chaste

Wholesome as an Adjective

Definitions of "Wholesome" as an adjective

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

- *Sound or exhibiting soundness in body or mind.*
- *Conducive to or characterized by moral well-being.*
- *Conducive to or suggestive of good health and physical well-being.*
- *Conducive to or characteristic of physical or moral well-being.*



Synonyms of "Wholesome" as an adjective (20 Words)

- beneficial** Relating to rights to the use or benefit of property, other than legal title.
*The appellant had no **beneficial** interest in the house.*
- chaste** Abstaining from extramarital, or from all, sexual intercourse.
***Chaste** Classical symmetry.*
- clean** Free from dirt or impurities or having clean habits.
*The **clean** lines and pared down planes of modernism.*
- ethical** Adhering to ethical and moral principles.
***Ethical** holidays.*
- full of nourishment** Filled to satisfaction with food or drink.
- full of nutrients** Constituting the full quantity or extent; complete.

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| good | Sufficient to pay for. Good looks. |
| good for one | Promoting or enhancing well-being. |
| healthful | Free from filth and pathogens. Healthful nutrition. |
| healthy | Normal, natural, and desirable. Healthy relations between labor and management. |
| innocent | Lacking in sophistication or worldliness. An innocent bystander. |
| moral | Concerned with or derived from the code of behaviour that is considered right or acceptable in a particular society. A moral lesson. |
| nice | Pleasant or pleasing or agreeable in nature or appearance. A nice dress. |
| nourishing | (of food) containing substances necessary for growth, health, and good condition. Good nourishing stew. |
| nutritious | Of or providing nourishment. Home cooked burgers make a nutritious meal. |
| nutritive | Relating to nutrition. Nutritive food. |
| pure | Of color being chromatically pure not diluted with white or grey or black. Pure primary colors. |
| sustaining | Providing physical or mental strength or support. A sustaining breakfast of bacon and eggs. |
| unrefined | Not refined or processed. Unrefined sugar. |
| virtuous | Morally excellent. She considered herself very virtuous because she neither drank nor smoked. |



Usage Examples of "Wholesome" as an adjective

- *Exercise develops wholesome appetites.*
- *Good wholesome fun.*
- *Wholesome food.*
- *A grin on his ugly wholesome face.*
- *The food is plentiful and very wholesome.*
- *Wholesome appearance.*
- *Wholesome attitude.*



Associations of "Wholesome" (30 Words)

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| 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 government department of the USSR before 1946. |
| diet | Put a person or animal on a special diet. <i>He has high blood pressure and must stick to a low salt diet.</i> |
| dietary | A regulated or restricted diet. <i>Dietary advice for healthy skin and hair.</i> |
| dietitian | A specialist in the study of diet and nutrition. |
| 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> |

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| healthy | Promoting health; healthful- C.B.Davis. <i>The family is the basis of any healthy society.</i> |
| intact | Not damaged or impaired in any way; complete. <i>The vase remained intact despite rough handling.</i> |
| intake | An act of taking people into an organization. <i>Facilities for the intake of grain by road.</i> |
| nourish | Provide with nourishment. <i>He has long nourished an ambition to bring the show to Broadway.</i> |
| nourishing | Of or providing nourishment. <i>A simple but nourishing meal.</i> |
| nourishment | The act of nourishing. <i>The nourishment of our bodies and of our minds.</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 | A source of materials to nourish the body. <i>The bees reprocess the food and extract the last particle of nutriment from it.</i> |
| nutrition | The branch of science that deals with nutrients and nutrition particularly in humans. <i>A guide to good nutrition.</i> |
| nutritional | Of or relating to or providing nutrition. <i>Nutritional deficiencies in the diet.</i> |
| nutritionist | A specialist in the study of nutrition. |
| nutritious | Of or providing nourishment. <i>Home cooked burgers make a nutritious meal.</i> |
| nutritive | Relating to nutrition. <i>Nutritive food.</i> |
| sustenance | A source of materials to nourish the body. <i>The sustenance of parliamentary democracy.</i> |
| undamaged | Not harmed or damaged. <i>Buildings undamaged during the war.</i> |
| unharm | Not injured or harmed. <i>All the hostages were released unharm.</i> |
| unhurt | Free from danger or injury. <i>He was shaken but unhurt after being pelted with cans and bottles.</i> |

- unimpaired** Not damaged or diminished in any respect.
***Unimpaired** mobility.*
- uninjured** Not injured physically or mentally.
*They escaped **uninjured** when their homes were hit.*
- unscathed** Not injured or harmed.
*I came through all those perils **unscathed**.*
- 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.*
- wholesomeness** The quality of being beneficial and generally good for you.

