

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

Table Of Contents:

- [Wholesome as an Adjective](#)
- [Definitions of "Wholesome" as an adjective](#)
- [Synonyms of "Wholesome" as an adjective \(20 Words\)](#)
- [Usage Examples of "Wholesome" as an adjective](#)
- [Associations of "Wholesome" \(30 Words\)](#)

**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.

<b>good</b>	Sufficient to pay for. <b>Good</b> looks.
<b>good for one</b>	Promoting or enhancing well-being.
<b>healthful</b>	Free from filth and pathogens. <b>Healthful</b> nutrition.
<b>healthy</b>	Normal, natural, and desirable. <b>Healthy</b> relations between labor and management.
<b>innocent</b>	Lacking in sophistication or worldliness. An <b>innocent</b> bystander.
<b>moral</b>	Concerned with or derived from the code of behaviour that is considered right or acceptable in a particular society. A <b>moral</b> lesson.
<b>nice</b>	Pleasant or pleasing or agreeable in nature or appearance. A <b>nice</b> dress.
<b>nourishing</b>	(of food) containing substances necessary for growth, health, and good condition. Good <b>nourishing</b> stew.
<b>nutritious</b>	Of or providing nourishment. Home cooked burgers make a <b>nutritious</b> meal.
<b>nutritive</b>	Relating to nutrition. <b>Nutritive</b> food.
<b>pure</b>	Of color being chromatically pure not diluted with white or grey or black. <b>Pure</b> primary colors.
<b>sustaining</b>	Providing physical or mental strength or support. A <b>sustaining</b> breakfast of bacon and eggs.
<b>unrefined</b>	Not refined or processed. <b>Unrefined</b> sugar.
<b>virtuous</b>	Morally excellent. She considered herself very <b>virtuous</b> 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)

<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 government department of the USSR before 1946.
<b>diet</b>	Put a person or animal on a special diet. <i>He has high blood pressure and must stick to a low salt <b>diet</b>.</i>
<b>dietary</b>	A regulated or restricted diet. <i><b>Dietary</b> advice for healthy skin and hair.</i>
<b>dietitian</b>	A specialist in the study of diet and nutrition.
<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>	Promoting health; healthful- C.B.Davis. <i>The family is the basis of any <b>healthy</b> society.</i>
<b>intact</b>	Not damaged or impaired in any way; complete. <i>The vase remained <b>intact</b> despite rough handling.</i>
<b>intake</b>	An act of taking people into an organization. <i>Facilities for the <b>intake</b> of grain by road.</i>
<b>nourish</b>	Provide with nourishment. <i>He has long <b>nourished</b> an ambition to bring the show to Broadway.</i>
<b>nourishing</b>	Of or providing nourishment. <i>A simple but <b>nourishing</b> meal.</i>
<b>nourishment</b>	The act of nourishing. <i>The <b>nourishment</b> of our bodies and of our minds.</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>	A source of materials to nourish the body. <i>The bees reprocess the food and extract the last particle of <b>nutriment</b> from it.</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>	Of or relating to or providing nutrition. <i><b>Nutritional</b> deficiencies in the diet.</i>
<b>nutritionist</b>	A specialist in the study of nutrition.
<b>nutritious</b>	Of or providing nourishment. <i>Home cooked burgers make a <b>nutritious</b> meal.</i>
<b>nutritive</b>	Relating to nutrition. <i><b>Nutritive</b> food.</i>
<b>sustenance</b>	A source of materials to nourish the body. <i>The <b>sustenance</b> of parliamentary democracy.</i>
<b>undamaged</b>	Not harmed or damaged. <i>Buildings <b>undamaged</b> during the war.</i>
<b>unharm</b>	Not injured or harmed. <i>All the hostages were released <b>unharm</b>.</i>
<b>unhurt</b>	Free from danger or injury. <i>He was shaken but <b>unhurt</b> 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.

