

# abstemious *(ab-ste-mi-ous)*

## Definition

adj. not allowing oneself to have too much food or drink.

## Example Sentence

The support group helped him become **abstemious**.

## More Example Sentences

The **abstemious** man chose water over soda.

## Synonyms

moderate; temperate; self-restrained

## Antonyms

gluttonous; indulgent; excessive

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