

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

Definition

adj. moderate; esp. in eating and drinking; temperate characterized by abstinence

Example Sentence

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

Synonyms

abstinent; abstentious; ascetic; ascetical; austere;
spartan

Antonyms

ravenous; voracious; wolfish; greedy; hoggish;
piggish; piggy; porcine

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