

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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