

# dieting

 (*di-et-ing*)

## Definition

n. the act of restricting your food intake or your intake of particular foods; v. eat sparingly for health reasons or to lose weight

## Example Sentence

Because the temptation for fatty food was too great he stopped **dieting**.

## Synonyms

count calories; eat sparingly; watch weight

## Antonyms

gorge; indulge

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