

abstemiousness *(ab-ste-mi-ous-ness)*

Definition

n. the quality of being moderate or restrained in eating and drinking.

Example Sentence

He showed great **abstemiousness** by only eating a small portion of cake.

More Example Sentences

Abstemiousness helps maintain a healthy lifestyle.

Synonyms

moderation; restraint; temperance

Antonyms

gluttony; excess; indulgence

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