

Need another word that means the same as “abstemious”? Find 16 synonyms and 30 related words for “abstemious” in this overview.

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The synonyms of “Abstemious” are: light, temperate, abstinent, austere, moderate, self-disciplined, self-denying, restrained, sober, ascetic, puritanical, spartan, strict, severe, self-abnegating, hair-shirt

Abstemious as an Adjective

Definitions of "Abstemious" as an adjective

According to the [Oxford Dictionary of English](#), “abstemious” as an adjective can have the following definitions:

- *Indulging only very moderately in something, especially food and drink.*
- *Sparing in consumption of especially food and drink.*
- *Marked by temperance in indulgence.*
- *Sparing in consumption of especially food and drink- John Galsworthy.*

Synonyms of "Abstemious" as an adjective (16 Words)

abstinent	Refraining from an activity or from the consumption of something, especially alcohol. <i>The patients are best advised to be totally abstinent from alcohol.</i>
ascetic	Pertaining to or characteristic of an ascetic or the practice of rigorous self discipline. <i>Ascetic practices.</i>
austere	(of living conditions or a way of life) having no comforts or luxuries. <i>A desert nomad s austere life.</i>

hair-shirt	Self-sacrificing or austere.
light	Having a considerable or sufficient amount of natural light not dark. <i>A light smoker.</i>
moderate	Being within reasonable or average limits; not excessive or extreme. <i>A moderate fine.</i>
puritanical	Of or relating to Puritans or Puritanism. <i>His puritanical parents saw any kind of pleasure as the road to damnation.</i>
restrained	Kept under control. <i>The drawings with their restrained colours give a feeling of peace and contemplation.</i>
self-abnegating	Used especially of behavior.
self-denying	Used especially of behavior.
self-disciplined	Used of nonindulgent persons.
severe	Severely simple. <i>The damage is not too severe.</i>
sober	Not affected by a chemical substance (especially alcohol). <i>His expression became sober.</i>
spartan	Resolute in the face of pain or danger or adversity. <i>Spartan courage.</i>
strict	Characterized by strictness severity or restraint. <i>A strict upbringing.</i>
temperate	Relating to or denoting a region or climate characterized by mild temperatures. <i>A temperate response to an insult.</i>

Usage Examples of "Abstemious" as an adjective

- *The pleasures of the table, never of much consequence to one naturally abstemious.*
- *'We only had a bottle.' 'Very abstemious of you.'*
- *Abstemious with the use of adverbs.*

Associations of "Abstemious" (30 Words)

abstinent	Self-restraining; not indulging an appetite especially for food or drink. <i>The patients are best advised to be totally abstinent from alcohol.</i>
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ascetic	A person who follows an ascetic life. <i>Be systematically ascetic do something for no other reason than that you would rather not do it.</i>
asperity	Harshness of manner. <i>The asperity of northern winters.</i>
austere	Severely simple. <i>The cathedral is impressive in its austere simplicity.</i>
 censorship	Counterintelligence achieved by banning or deleting any information of value to the enemy. <i>We have strict censorship laws.</i>
contained	Gotten under control. <i>The oil spill is contained.</i>
controlled	Having been limited in intensity or level; kept in check. <i>A sentence for possessing controlled substances.</i>
disciplinary	Relating to discipline in behavior. <i>A soldier will face disciplinary action after going absent without leave.</i>
disciplined	Obeying the rules. <i>The beautiful coordination of his disciplined muscles.</i>
dominated	Harassed by persistent nagging.
enforcement	The act of enforcing; ensuring observance of or obedience to. <i>The strict enforcement of environmental regulations.</i>
extreme	The highest or most extreme degree of something. <i>The extreme of applying for poor relief.</i>
harsh	Disagreeable to the senses. <i>Had harsh words.</i>
manage	Be the manager of a sports team or a performer. <i>We manage our cash extremely well.</i>
martinet	Someone who demands exact conformity to rules and forms. <i>A martinet of a staff officer.</i>
moralist	A person who behaves in a morally commendable way.
pedant	A person who is excessively concerned with minor details and rules or with displaying academic learning. <i>The royal palace some pedants would say the ex royal palace.</i>
puritan	A person with censorious moral beliefs, especially about self-indulgence and sex. <i>Don t be such a puritan.</i>

<u>refrain</u>	The part of a song where a soloist is joined by a group of singers. <i>He refrained from hitting him back.</i>
regulate	Check the emission of (sound). <i>This town likes to regulate.</i>
remotely	In the slightest degree. <i>The only remotely similar place in the country is in Palm Springs.</i>
<u>repression</u>	The act of repressing; control by holding down. <i>Children and adults pay a heavy price for their deep repression of thoughts about death.</i>
restrained	Characterized by reserve or moderation; unemotional or dispassionate. <i>The head and chest injuries that even restrained drivers can suffer through impact with the steering wheel.</i>
<u>rigorous</u>	(of a rule, system, etc.) strictly applied or adhered to. <i>A rigorous teetotaller.</i>
rigour	The quality of being valid and rigorous. <i>The full rigour of the law.</i>
<u>severe</u>	Severely simple. <i>A severe shortage of technicians.</i>
spartan	A resident of Sparta. <i>Spartan courage.</i>
strict	Characterized by strictness severity or restraint. <i>Civil servants are bound by strict rules on secrecy.</i>
stringency	Conscientious attention to rules and details.
<u>understatement</u>	A statement that is restrained in ironic contrast to what might have been said. <i>To say I am delighted is an understatement.</i>