

**To:** Lesley Groff [REDACTED]  
**From:** jena masquelier  
**Sent:** Mon 8/20/2018 11:50:29 AM  
**Subject:** Fwd: Satiety - plus, trending lookups galore!

!!! Remember this?

Begin forwarded message:

**From:** "M-W's Word of the Day" <[REDACTED]>  
**Date:** August 20, 2018 at 4:10:41 AM CDT  
**To:** [REDACTED]  
**Subject:** Satiety - plus, trending lookups galore!  
**Reply-To:** [REDACTED]



# satiety



*noun* | suh-TYE-uh-tee

## Definition

1 : the quality or state of being fed or gratified to or beyond capacity : surfeit, fullness

2 : the revulsion or disgust caused by overindulgence or excess

Scroll down for more about  
*satiety*

 TRENDING  
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WORD GAMES AND QUIZZES: WEEKLY CHALLENGE

## Difficult Spelling Words Quiz

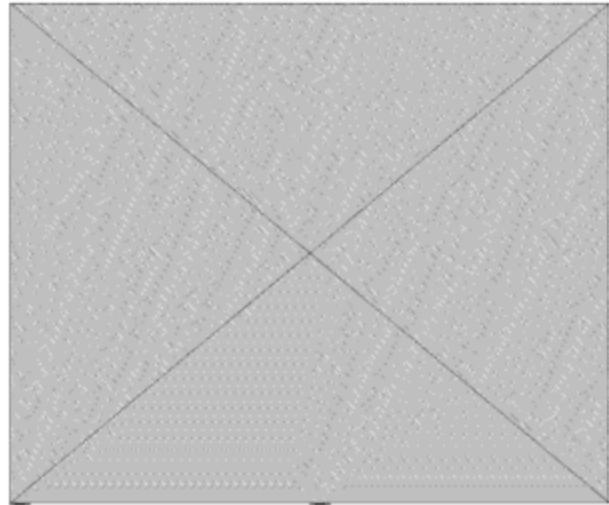
Can you spell these 15 tricky spelling words?

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Nailed this quiz? We have plenty more to try! [TAKE ME THERE](#) 

## Did You Know?

You may have accurately guessed that *satiety* is related to *satisfy*, *satiate* (meaning "to satisfy fully or to excess"), and *sate* (which means "to glut" or "to satisfy to the full"). *Satiety*, along with the others, ultimately comes from the Latin word *satis*, which means "enough." English speakers apparently couldn't get enough of *satis*- derived words in the 15th and 16th centuries, when all of these words entered the language. *Satiety* itself was borrowed into English in the mid-1500s from the Middle French word *satiété* of the same meaning.



## Examples of SATIETY

"Yes, avocado is high in fat, but it's the good, monounsaturated kind that helps increase *satiety* so you feel full with fewer calories."

— **Georgia Downard**, *Self*, June 2011

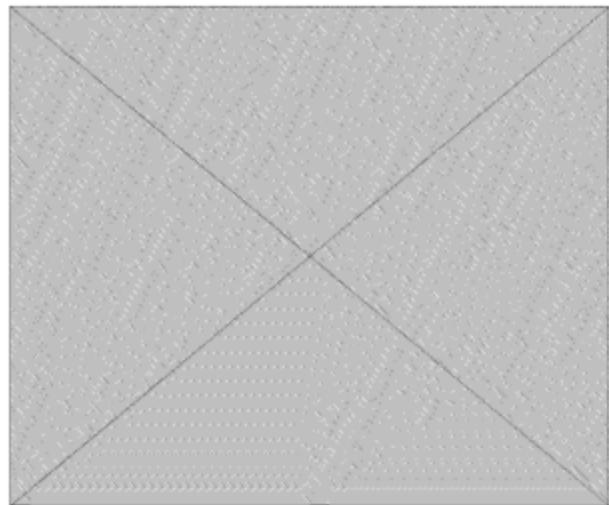
"High fiber foods increase *satiety*, or the feeling of fullness, and reduce appetite. Feeling fuller for longer can reduce a person's overall calorie intake."

— **Laura Sant**, *The Preston Citizen*, 20 June 2018

## Test Your Vocabulary

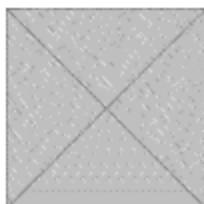
What 4-letter verb begins with "c" and means "to fill with food to satiety"?

[VIEW THE ANSWER](#) 



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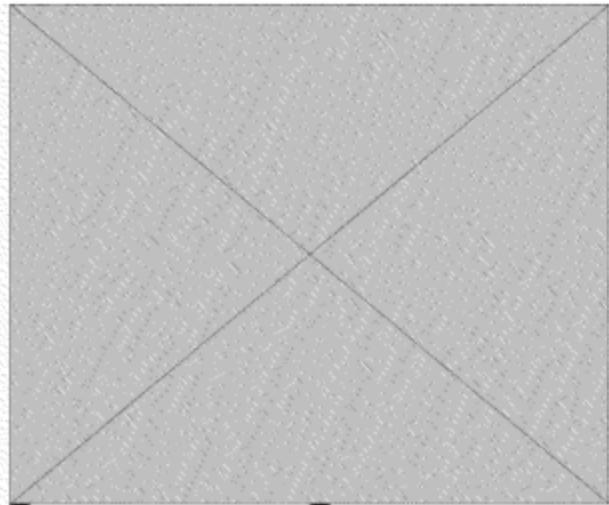
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