

To: Jena Masquelier [REDACTED]
From: [REDACTED]
Sent: Mon 8/20/2018 12:15:53 PM
Subject: Re: Satiety - plus, trending lookups galore!

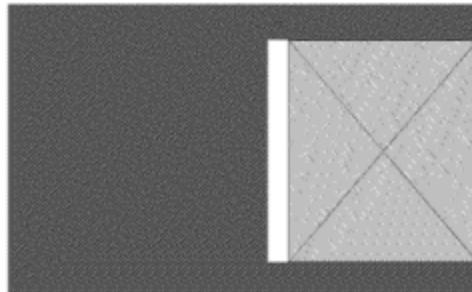
YES!!! word of the day :) I try to live my life by eating to satiety and no more!

On Aug 20, 2018, at 7:50 AM, jena masquelier <[REDACTED]> wrote:

!!! Remember this?

Begin forwarded message:

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



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
NOW:

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WORD GAMES AND QUIZZES: WEEKLY CHALLENGE

Difficult Spelling Words Quiz

Can you spell these 15 tricky spelling words?

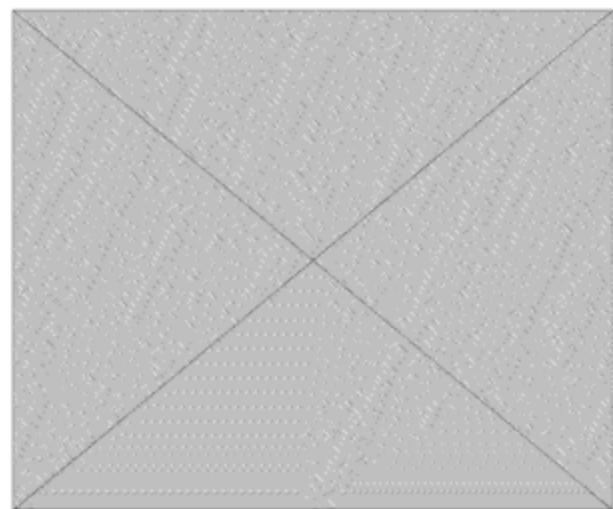
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Nailed this quiz? We have plenty more to try! [TAKE ME THERE](#) 

Did You Know?

You may have accurately guessed that *satiety* is related to satisfy, sati (which means "to satisfy fully or to excess"), and sate (which means "to glut" or "to satisfy full"). *Satiety*, along with the others, ultimately comes from the Latin word *satis*, which means "enough." English speakers apparently couldn't get enough of these 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 French.

French word *satiété* of the same meaning.



Examples of SATIETY

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

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

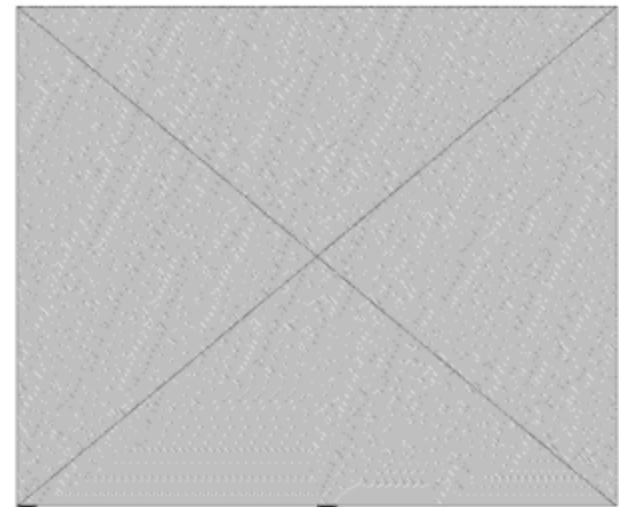
"High fiber foods increase *satiety*, or the feeling of fullness, and reduce Feeling fuller for longer can reduce a person's overall calorie intake."

— **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"

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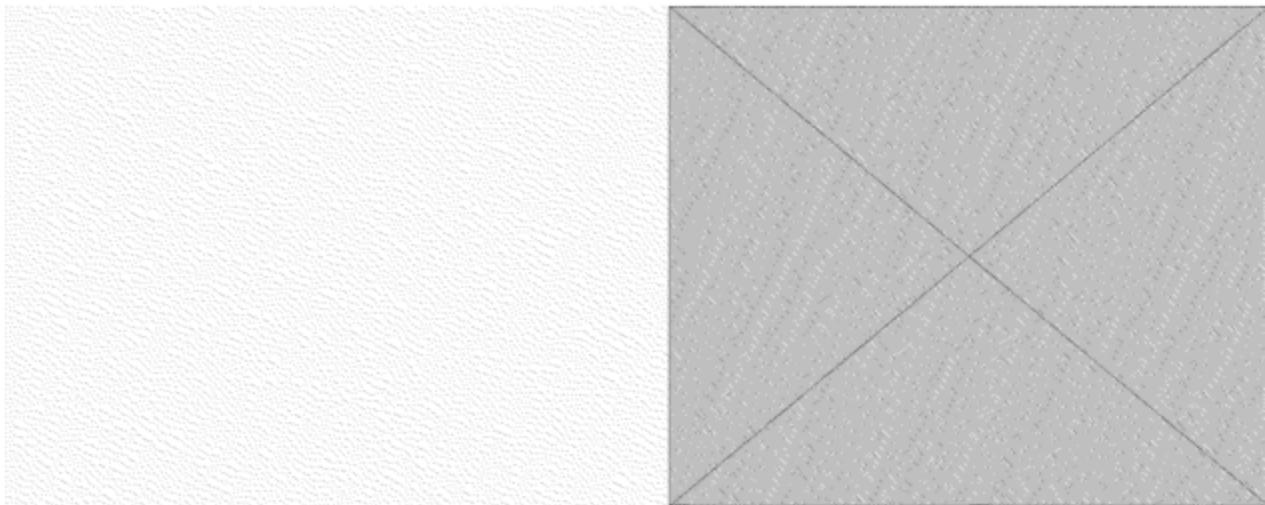
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