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di·et¹  (dī ĭt)

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n.

1. The usual food and drink of a person or animal.
2. A regulated selection of foods, as for medical reasons or cosmetic weight loss.
3. Something used, enjoyed, or provided regularly: *subsisted on a diet of detective novels during his vacation.*

adj.

1. Of or relating to a food regimen designed to promote weight loss in a person or an animal: *the diet industry.*

2.

- a. Having fewer calories.
- b. Sweetened with a noncaloric sugar substitute.
3. Designed to reduce or suppress the appetite: *diet pills; diet drugs.*

v. **di·et·ed**, **di·et·ing**, **di·ets**

v.intr.

To eat and drink according to a regulated system, especially so as to lose weight or control a medical condition.

v.tr.

To regulate or prescribe food and drink for.

[Middle English *diete*, from Old French, from Latin *diaeta*, way of living, diet, from Greek *diaita*, back-formation from *diaitāsthai*, to live one's life, middle voice of *diaitān*, to treat.]

di et·er *n.*

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di·et²  (dī ĭt)

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n.

1. A national or local legislative assembly in certain countries, such as Japan.
2. A formal general assembly of the princes or estates of the Holy Roman Empire.

[Middle English *diete*, day's journey, day for meeting, assembly, from Medieval Latin *diēta*, alteration (influenced by Latin *diēs*, day) of Latin *diaeta*, daily routine; see [DIET](#)¹.]

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Indo-European & Semitic Roots Appendices

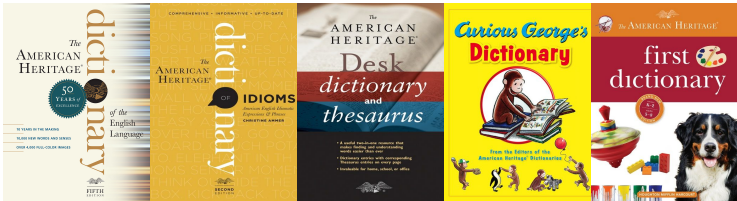
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The Indo-European appendix covers nearly half of the Indo-European roots that have left their mark on English words. A more complete treatment of Indo-European roots and the English words derived from them is available in our [Dictionary of Indo-European Roots](#).

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