

Fill in the gaps with the words from the box:

alleviate inhibit bolsters make up for tranquil backfire swear by falls into
put ___ to the test eating away at drifting off satiety withdrawal (x2) staple

Low-fat or fat-free products are healthier choices. (myth)

Many products labeled low-fat or fat-free contain added sugar or sodium to help _____ the loss of flavor when removing or reducing fat. In addition, fat helps with _____ — making you feel fuller longer. Choosing a fat-free product to reduce calories can _____ as you may find yourself snacking soon after.

Coffee is highly addictive (myth)

We know a lot of people who start drinking coffee don't stop, but that doesn't mean your morning caffeine routine _____ the "highly addictive substance" category. Despite people casually using the word "addicted" with their coffee habit, the caffeine in coffee just isn't that kind of stimulant. A mild headache on a coffee-less Monday doesn't compare to _____ from an actual addictive substance. Most institutions, including The National Institute on Drug Abuse, define a caffeine habit as a "dependence," something that people can stop using without life-threatening _____ symptoms or self-destructive behaviors.

Having low vitamin D is linked to a bad mood (fact)

As a supplement, vitamin D has been a common _____ on drugstore shelves for years — and its popularity is only growing. Studies claims that it _____ our bone health, muscle function and immune system. but what many people may not know, though, is that vitamin D deficiency also affects mood and depressive symptoms. According to a study published in July 2018 in Genes and Nutrition, vitamin D plays a role in the production of serotonin, which helps regulate mood and sleep.