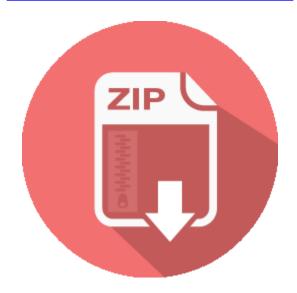
SUGAR SMART DIET PLAN



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Read This Before Starting a Low Carb Diet SparkPeople

The bottom line here is that you should be working to cut down on added sugar and refined grains, but should still consider all other carbs fair game.

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Am I Eating Too Much Sugar POPSUGAR Fitness

Mood Swings. If you haven't been feeling like the nicest or happiest version of yourself, your diet could be to blame. "A high-sugar diet can cause you to have severe mood swings," said Bates.

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Whether you're trying to drop a dress size or maintain your weight, we've got all the healthy eating tips you need. Check out our satisfying snack ideas, must-try superfoods, smart food swaps, and

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