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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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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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A good diet during exams will go a long way in not just boosting memory but also in securing good grades in exams! Truweight expert nutritionists recommend the following for every student.

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Eat Smart Five important goals to improve your diet CNN

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