

In the fast-paced world of academia, success isn't just about studying hard – it's also about eating smart. This paper delves into the complex interplay between nutrition and student performance, aiming to uncover how our dietary choices influence our ability to concentrate and excel in the classroom. By examining the eating habits of students and their impact on academic outcomes, we seek to shed light on the association between nutrition and academic success. As college students, understanding this connection between nutrition and cognitive function is essential for maximizing our academic potential.