



Food to improve memory

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Abstract. Absolutely everyone knows that human memory, no matter how wonderful it is, deteriorates over time. And absolutely everyone also knows that this happens for various reasons, most often physiological. However, not every person is ready to put up with this state of affairs. This article is a kind of review of the most effective, from the point of view of leading nutritionists and physiologists on the planet, ways to improve memory.

Key words: food for memory, recommendations, benefits, harm, beneficial properties, contraindications

What is memory

Omitting complex terminology and speaking in simple, understandable language, memory is a special ability of a person that allows him to remember, store and reproduce this or that information at the right time. A huge number of scientists have been and are studying all these processes.

Moreover, some of them even tried to measure the size of a person's memory, for example, Robert Berge from Syracuse University (USA). He spent a long time studying the mechanisms of storage and transmission of genetic information and in 1996 concluded that **the brain may contain from 1 to 10 terabytes of data**. These calculations are based on knowledge of the number of neurons and the assumption that each of them contains 1 bit of information.

However, it is difficult to consider this information reliable at the moment, since this organ has not been fully studied. And the results obtained are more of a guess than a statement of fact. However, this statement provoked a large-scale discussion around this issue, both in the scientific community and online.

As a result, people thought not only about their own capabilities, but also about ways to improve them.

Nutrition and memory

Have you started to notice that your memory is gradually deteriorating? Well-known nutritionist Gu Chui Hong from Malaysia claims that in this case it is especially **important to adjust your diet**. After

all, the reason for this may be a lack of nutrients necessary for the brain, which improve its blood supply.

She also mentions that there was a publication in the journal Neurology describing the positive effects of the Mediterranean and DASH diets [1] (to prevent hypertension) on memory. According to them, you need to eat as much fish, fruits, vegetables and nuts as possible, trying to saturate your body with fiber.

“ You need to eat 7-9 servings of fruits and vegetables every day. Do not overuse salty foods and eliminate harmful fats, replacing them with healthy ones. You can also add cereal, lots of nuts and seeds, which have unsaturated fatty acids,” says Gu.

In addition, we must not forget about antioxidants. [2] And blueberries are their best source. According to the nutritionist, scientists have long proven that 1 cup of blueberries a day can not only prevent memory impairment, but also improve brain activity. And all because it contains anthocyanins. In addition to blueberries, any berries are suitable, as well as vegetables and fruits of blue, burgundy, pink, dark blue and black - blackberries [3], red cabbage, cranberries, black currants [4], etc.

Moreover, you need to add green leafy vegetables to your diet - spinach [5], lettuce, all types of cabbage. They contain folic acid, a deficiency of which can cause memory impairment. This conclusion was made after scientific studies in which 518 people aged 65 years and older took part.

It is also necessary to ensure a sufficient supply of omega-3 fatty acids [6], as these are excellent antioxidants. Most of them are in fish and seeds.

How to remember all these principles?

According to the nutritionist, it's enough just to put a plate with the most “colorful” food in front of you. Thus, you can enrich your diet with all the necessary substances, improve blood circulation, memory and brain activity.

Top 12 Memory Improvement Products

1. Blueberry. Powerful antioxidant. 1 cup of blueberries per day is enough.
2. Walnuts. To feel the positive effect, you need to eat 20 grams. nuts a day. [7]
3. Apples. They contain a large amount of vitamins that directly affect brain function. You need to eat 1 apple every day. [8]
4. Tuna. It contains both omega-3 fatty acids and iron. In addition to tuna, mackerel, salmon, cod and seafood are suitable.
5. Citrus. They contain not only antioxidants, but also iron [9], which is necessary for the normal functioning of the brain.
6. Poultry and beef liver. These are excellent sources of iron.
7. Rosemary. It is indispensable for good memory. It can be added to various dishes or tea.
8. Sage tea. It improves memory and increases concentration.
9. Beans. It contains B vitamins [10]. They have a positive effect on brain function and help fight depression, which is often one of the causes of memory impairment.
10. Eggs and, in particular, egg yolk. In addition to proteins and vitamins, it contains a special substance called choline, which also improves memory.
11. Milk and dairy products. Sources of choline and vitamin B12 [11], the lack of which negatively affects brain function and memory.
12. Coffee. Research results have shown that this drink helps concentrate and also saturates the body with antioxidants. The main thing is not to abuse it and drink no more than 1-2 cups a day.

How else can you improve your memory?

- **Get enough sleep.** Insomnia or lack of sleep, less than 6-8 hours can provoke memory impairment.
- **Visit an endocrinologist regularly.** Many people with thyroid disease have poor memory. By the way, the same symptoms can be observed in all those who suffer from chronic diseases, as well as diabetes.
- **Avoid drinking alcohol, excessively salty foods and smoking,** as well as foods containing unhealthy fats (butter, lard), replacing them with vegetable oils with healthy fats.
- **Never stop learning.** Any brain activity has a positive effect on memory.
- **Communicate.** Scientists say that sociable people have practically no memory problems.
- **Develop new habits.** They make the brain work, thereby improving memory. You can also solve crosswords, play mind games, or do puzzles.
- **Exercise.** Physical activity improves blood circulation and saturates the brain with oxygen, which undoubtedly has a positive effect on both its activity and memory.

And also look for the positive in everything. Dissatisfaction with life often leads to depression, which causes memory impairment.

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