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Ways to improve memory function

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known for their antioxidants, such as vitamin C, and have been shown to reduce age-related memory loss. Greens also are rich in folate, which can improve memory by decreasing inflammation and improving blood circulation to the brain.



Whole grains and legumes

Cracked wheat, wholegrain couscous, chickpeas, oats, sweet potatoes and black beans are examples of complex carbohydrates. Since brain cells run on glucose derived from carbohydrates and don't store excess glucose, they need a steady supply of it. Complex carbohydrates are a preferred brain food, providing a slow, sustained supply of glucose. They take longer to metabolize and are high in folate, the memory-boosting B vitamin.

Seafood

Fatty fishes, such as salmon, trout, mackerel, herring, sardines, pilchards and kippers, are rich in heart-healthy omega-3 fatty acids. These have been shown to improve memory when eaten one to two times per week. Omega-3 fatty acids don't affect low-density lipoprotein (LDL) cholesterol and can lower triglycerides.

Shellfish and crustaceans, such as oysters, mussels, clams, crayfish, shrimp and lobster, are good sources of vitamin B12, a nutrient involved in preventing memory loss.

Healthier fats

Olive oil provides monounsaturated fat, which can help reduce LDL cholesterol levels when used in place of saturated or trans fat. Extra-virgin olive oil is the least processed type with the highest protective antioxidant compound levels.

Nuts, such as walnuts, are a source of omega-3 fatty acids, which lower triglycerides, improve vascular health, help moderate blood pressure and decrease blood clotting.

Herbs or seeds

Cocoa seeds are a rich source of flavonoid antioxidants, which are especially important in preventing damage from LDL cholesterol, protecting arterial lining and preventing blood clots. Cocoa also contains arginine, a compound that increases blood vessel dilation.

Rosemary and mint are in the same herb family. Rosemary has been shown to increase blood flow to the brain, improving concentration and memory. Peppermint aroma has been found to enhance memory.

Sesame seeds are a rich source of the amino acid tyrosine, which is used to produce dopamine, a neurotransmitter responsible for keeping the brain alert and memory sharp. Sesame seeds are also rich in zinc, magnesium and vitamin B6, other nutrients involved in memory function. Saffron has been shown to positively affect people with mild to moderate Alzheimer's disease. Making lifestyle modifications to control your cholesterol, blood sugar and blood pressure levels, as well as not smoking, taking daily walks and keeping your weight in a healthy range can help preserve memory function.

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