

# MEMORY FOODS

*Aged garlic:* improves spatial memory, fights age-related memory loss.

*Sugar/Glucose:* improves short-term memory.

*Carbohydrates in pasta:* stimulates production of serotonin, which fuels learning.

*Unsaturated fat in olive oil and fish oil:* strengthens general learning abilities.

*Citicoline in egg yolks and organ meats:* enhances verbal memory.

*Phosphatidylserine (PS):* stimulates memory of names, faces, lost objects and numbers.

*Boron in apples, pears, beans and peas:* enhances alertness for learning.

*Magnesium in whole wheat and nuts:* enhances alertness and general memory.

*Zinc in shellfish, beans, peas, and dark turkey meat:* aids short-term recall, word and visual memory.

Adapted from "Brain Fitness" by Robert Goldman M.D.