

MEMORY IMPROVING FOODS

Learning is a lifelong process of transforming information and experience into knowledge, skills, behavior and attitudes. **Memory** is the ability of the brain to store, retain and subsequently to recall information received from the world. **Cognition** can be defined as organization of information. It includes acquiring information (perception), selecting (attention), representing (understanding) and retaining (memory) information and using it to guide behavior (reasoning and coordination of motor outputs).

There are so many conditions associated with memory and cognitive impairment which include Aging, Alzheimer's disease, Stroke, Stress, Head injuries, Seizures, Benzodiazepines, Brain tumors, Depression, Temporal lobe defects and Schizophrenia etc.

Choline rich foods can enhance memory and learning and may be useful in improving cognitive abilities. These include sea foods, liver, egg yolk, soysbeans, broccoli, ash gourd. Coloured fruits and vegetables are good source of antioxidants which improve concentration. It is advised to decrease the consumption of foods rich in trans fats like hydrogenated oils, fried foods, beef, pork, mutton and ice creams and pastries. Such foods increase the deposition of fats in the neurons and impair cognition. Tea, cocoa and turmeric are reported to have good nootropic activity i.e. improving memory and learning. Apart from the foods, one should keep the brain active to maintain its cognitive function well.

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