

Foods that help increase memory

Foods containing the antioxidant Quercetin and brain-healthy Anthocyanin have the effect of increasing memory effectively.

Scientists have researched and proven that some foods and fruits such as apples, cherries, purple onions, strawberries, eggs, fish, . contain the antioxidants Quercetin and antioxidants. Anthocyanin beneficial for the brain. These are foods that have the effect of increasing memory effectively.



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first

Apples are high in Quercetin



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Quercetin is an antioxidant, effective against Alzheimer's disease, helps to nourish the heart, prevent cardiovascular events. Quercetin is found most in apple skin, then in the flesh of apples. Red apples also contain anthocyanins - compounds that are good for the brain.

2

Cherries contain anthocyanins that are beneficial for the brain.



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Cherries also have crimson skin like apples, cherries contain many anthocyanins that are beneficial for the brain.

3

Purple onions contain anthocyanins and quercetins.



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Red onion is one of the important spices in meals, onions are considered a folk remedy to help nourish and enhance memory.

4

Strawberries help protect the brain



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Strawberries help protect the brain and reduce the risk of developing dementia in older adults. Strawberries contain Folate - a vitamin that helps reduce the amount of Homocysteine in the blood. According to research, too much Homocysteine in the blood will damage brain cells and cause Alzheimer's disease.

5

Spinach contains Quercetin to help improve memory



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Spinach, also known as spinach, contains Quercetin to help improve memory, is a source of Omega-3 and Folic Acid to help prevent heart disease, reduce the risk of stroke. Eating spinach also helps strengthen muscles, keeping the body healthy.

6

Red radish contains compounds that help enhance memory



Red radish contains compounds that help enhance memory
Just like red onions, red beets also contain anthocyanins - compounds that help enhance memory.

7

Egg Yolk Rich in Colin



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Colin is considered by scientists to be a great substance for the brain. Foods such as fish, liver, and eggs are rich in Colin. Colin affects the body systems, used as medicine to enhance the activity of liver cells. Colin has a good effect on memory, especially on the "memory" mechanism of memory.

Egg yolk is the food containing the most Colin, in one egg yolk, there are nearly 500mg of Colin. However, only the egg yolk "opped" will bring more Colin, if the egg is fried, the amount of Colin in the yolk is no longer available.

8

Grapes help the brain work effectively



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The special sugar in grapes has the ability to provide an energy source to help the brain work effectively. Red, purple, or black grapes all contain Quercetin and Anthocyanin, substances that enhance memory.

9

Bananas are rich in Serotonin



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In 100g banana contains 1.7mg Serotonin. This is an essential hormone for the brain, helping you to fight stress and focus well.

ten

Yogurt contains 2 important amino acids



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Yogurt contains two important amino acids: Tryptophan and Tyrosine. Tryptophan helps to relax the brain while Tyrosine helps the brain to be more active. Also found in milk, cheese, meat, fish, sunflower seeds, pumpkin seeds, sesame, peanuts, spirulina.

11

Oysters contain a lot of zinc, which is good for the brain



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Oyster meat contains a lot of zinc, which is very important for the brain. Zinc deficiency will impair brain activity, leading to drowsiness, lack of concentration, taste and smell disorders.

twelfth

Fish contains substances that increase intelligence



Fish contains substances that increase intelligence

In fatty fish such as catfish, mackerel, tuna, salmon, herring, sardines, there are many Omega-3 substances that increase intelligence. For good brain function, you should eat fish at least three times a week.

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