

MEMORY IMPROVEMENT

How Diet Can Help

The brain and nervous system is our *mental computer* made up of a network of neuron cells which are capable of forming thousands of connections with other cells. Thinking represents a pattern of activity across this network & learning programs the wiring of the brain. Memory is part of thinking and anything that interferes with optimum brain function can also affect how well you store information. Your memory is a combination of inherited genes, your learning skills and the nutrients you obtain from the food you eat. Many people suffer memory loss due to an insufficient supply of nutrients to the brain. This means the blood lacks nutrients to carry to the brain and over time the brain becomes malnourished through incorrect diet or a “short circuit” has occurred preventing nutrients from crossing the blood-brain barrier. With proper diet, nutrition, and memory use, the memory can be improved. Memory is influenced by diet, stress levels, exercise, relaxation, smoking, alcohol, recreational drugs and medications.

DIETARY SUGGESTIONS

- Eat 3 nutritious meals and 3 snacks daily at regular times to help stabilise blood sugar levels preventing hypoglycaemia which dulls memory.
- Eat a diet of 50% raw foods and 50% cooked foods daily.
- Avoid highly processed foods.
- Combine cereal and vegetables with foods containing 10% protein and 10% essential fats. An all carbohydrate meal has an adverse effect on memory.
- Eat plenty of foods rich in vitamin B such as fish, wholegrains, beans, lentils, seeds and vegetables.
- Increase *omega 3 fatty acids* by eating fish and their oils, linseeds and pumpkin seeds.
- Use *omega 6 fatty acids* from seed oils such as pumpkin, safflower, sesame, soybean, walnut, corn and wheatgerm for salad dressings. Make a blend of oils.

- Eat one heaped tablespoon of ground seeds daily on cereals, in soups, or salads.
- Drink plenty of water throughout the day to help maintain memory systems.
- Increase *flavonoids*, these are free-radical scavengers & are found in foods such as lemons, plums, grapes, grapefruit, cherries, blueberries, spinach and green tea.
- Flavour foods using garlic, anise & rosemary.
- Avoid dairy & wheat products (except wheatgerm) for one month and if no memory improvement is noticeable slowly add these foods back in the diet.
- Limit alcohol intake to 2 drinks three times a week.
- Limit intake of stimulants such as tea, coffee, alcohol, caffeine soft drinks, sugar and cigarettes. Snack on fruit and nuts.
- Improve mental alertness by holding your breath for 30 seconds every hour for 30 days.
- Focus on events you wish to remember and give it meaning.
- Keep mentally active by activities such as reading, doing cross-words, surfing the internet or playing mentally challenging games.
- Keep physically active to help increase blood flow to the brain eg. walking, swimming, aqua aerobics, gardening.
- Consult your doctor or dietitian regarding memory.
- supplements such as Ginko biloba, gotu kola, ginseng, zinc, calcium & magnesium and essential fatty acids.
- Avoid environmental toxins, especially metals such as aluminum & mercury.

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PRODUCTS

- Gluten Free, Wheat Free
- ♥ Less than 3% fat
- ◆ No Added Sugar
- Low GI
- ♣ Dairy Free

Biscuits -Gluten & Wheat Free

- ♣ Sultana Splitz
- Chocolate Blitz (lactose free)
- ♣ Chocolate Daydream
- ♣ Crunchy Coconut

Fruit Cookies – 97% Fat Free

- ♥◆♣ Apricot Temptation (GI – 47)
- ♥◆♣ Spicy Apple Sensation (GI – 47)
- ♥◆♣ Blueberry Bliss (GI – 47)
- ♥◆♣ Zesty Ginger (GI – 47)
- ♥◆♣ Sticky Date (GI – 47)

Fruit Spreads

- ♥◆♣ Apricot (GI – 29)
- ♥◆♣ Raspberry (GI – 26)
- ♥◆♣ Strawberry (GI – 29)
- ♥◆♣ Marmalade (GI – 27)

Snacks

- Corn Chips, fried
 - ◆ Plain
 - Cheese
- ♥◆♣ Baked Corn Chips - Plain
- ◆♣ Chick Pea Chips
- ◆♣ Potato Chips (GI – 44)
- ♣ Crackers
- Snackbread – *dry crackers*
- Snack Pack:
 - Gluten/Wheat Free, Dairy Nut & Egg Free
 - ♣ Spinach & Garlic Dips & Crackers

Spreads

- ♥♣ Vege Spread
- ◆♣ Soy Butter

Sauces

- ♥◆♣ Tomato Pasta Sauce

Breakfast Cereal

- ♥◆♣ Hi-Lite with Wholegrain Cereal - enriched with vitamin C, folate & iron, wheat free (GI – 54)
- ◆♣ Muesli - Gluten Free, Wheat Free (GI – 50)
- ◆♣ Muesli - Yeast Free, Wheat Free (GI – 44)
- ♥◆♣ Rice Flakes with Psyllium
- ♥♣ Rice Puffs with Psyllium
- ♥◆♣ Ultra Rice with Psyllium
- ♥♣ Corn Flakes with Psyllium
- ◆♣ Quick Oat Porridge, Wheat Free (GI – 50)

Slices/Bars

- Choc Chip Slice Multipack
- ♥◆♣ Strawberry Slice Multipack - **Medium GI (58)**
- ♣♣ Omega Bar (GI – 21)
- Nutritional Snack Bars: Gluten free, low carb, high fibre
 - ♣ Almond & Apricot (GI - 54)
 - ♣ Simply Nuts (GI - 39)
 - Yoghurt Coated Almond & Apricot (GI - 52)
 - ♣ Macadamia & Pineapple – **Medium GI (56)**

Breakfast Bar

- ◆♣ Muesli Breakfast Bar – Gluten Free (GI – 50)
- ♥◆♣ Hi-Lite Breakfast Bar (GI – 53)
- ◆♣ Super Berry Breakfast Bar, only 4% fat - **Medium GI (57)**

Confectionery

- Fruit strips enriched with a vitamin & mineral blend
- ♥◆♣ Apricot & Apple (GI – 29)
- ♥◆♣ Peach & Pear (GI – 29)
- ♥◆♣ Plum & Apple (GI – 29)

Pastas

- Enriched with a vitamin & mineral blend & added fibre
- ♥◆♣ Enriched Spaghetti (GI – 51)
- ♥◆♣ Enriched Rice Pasta (GI – 51)

Shakes & Mixes

- ♥◆ All-Purpose Flour (lactose free)
- ♥ Pancake Mix – **Medium GI (61)** (lactose free)
- ♥■ Corn Fritters Mix (GI – 34) (lactose free)

Beverages

- Organic Grape Juices
 - ♥◆♣ Black Muscatel
 - ♥◆♣ White Muscatel
 - ♥◆♣ Shiraz

Cookbook (RRR \$24.95)

NEW GLUTEN FREE PRODUCTS AVAILABLE SOON:

- **Wraps**
- **Frozen Foods** - Pizzas (Supreme, Hawaiian)
 - Shepherd's Pie
 - Crumbed Fish Fillets
 - Crumbed Chicken Fillets
 - Apple Crumble
 - Sticky Date Pudding
 - Donuts

Low Allergenic Personal Care Products

- Natural shampoo & conditioner
- Crystal deodorant stick
- Crystal deodorant spray
- Crystal roll-on
- Fragrant free aluminium free roll-on deodorant
- Fragrant free body soap

Avoid any of these Freedom Food Products if a known allergy exists.

Glycemic Index (GI) is a ranking of carbohydrate according to their effect on blood glucose levels. The GI has been tested by the International Diabetes Institute using approved methodology.
Low GI ≤ 55
Medium GI = 56-69
High GI ≥ 70

The Freedom Foods cookbook (RRP \$24.95) provides an interesting variety of high nutrient dishes that makes food preparation and cooking easy. Visit Freedom Foods website www.freedomfoods.com.au or free-call 1800 646 231 for further information