
Diet Therapy for Memory

Description/Explanation

A growing body of research supports the role of diet in improving memory and preventing memory loss. The goals of this diet are to reduce damage done to the cells by oxidative stress, improve the communication in neurological pathways, reduce inflammation, and inhibit the problematic inflammatory response markers such as NF-kB.

The primary principles of this diet are:

- **Low Advanced Glycation End Product (AGE):** AGEs occur naturally in our body when fats meet up with carbohydrates during digestion. They are another contributor to the aging process. AGEs also exist in foods, so choosing those that are lower may help slow aging and reduce inflammation and cell damage.
- **Color:** Richly colored fruits and vegetables contain polyphenols which reduce inflammation.
- **Gut Health:** Probiotics are the healthy bacteria in our gut, while prebiotics are the food that feed our healthy bacteria. Intake of both are extremely important in promoting overall gut health.
- **Healthy Fats:** Omega-3 Fatty Acids have been shown to reduce inflammation and improve a variety of conditions, including memory loss.
- **Mitochondrial Support:** The mitochondria are the part of our cells that produce energy. Damage to our mitochondria is part of what causes aging.

Advanced Glycation End Products (AGEs)

AGEs occur primarily in animal-based foods, though they can also be found in some plants. The higher the fat content, typically the higher the AGEs. Even more importantly than the food itself is the way that it's cooked. High temperature, dry cooking methods (broiling, grilling, frying, sautéing) increase AGEs significantly more than low temperature methods that use moisture (poaching, boiling, steaming, slow cookers, etc). Eating a primarily plant-based diet with animal products as a "side" instead of an "entrée" can help reduce the AGEs that you eat. When you do cook animal products, try to use methods with moisture.

POLYPHENOLS	THERAPEUTIC FOODS
Resveratrol	Grapes, Itadori Tea, Peanuts, Red Wine
Curcumin	Turmeric
Punicalagin	Pomegranate
Lycopene	Tomatoes (<i>especially cooked</i>)
ECGC	Green Tea (<i>consume without food</i>)
PREBIOTICS	THERAPEUTIC FOODS
Fructooligosaccharides (FOS)	Asparagus, Beets, Garlic, Chicory, Onion, Jerusalem Artichoke, Wheat, Honey, Banana, Barley, Tomato, Rye
Galactooligosaccharides (GOS)	Milk
Lactulose	<i>Must be prescribed by a medical professional in the US</i>
PROBIOTICS	THERAPEUTIC FOODS
Vegetables	Fermented Vegetables (sauerkraut, kimchi, etc)
Dairy	Yogurt (<i>must have added cultures</i>), Kefir
Beverages	Kombucha
OMEGA-3 FATTY ACIDS	THERAPEUTIC FOODS
Vegetables	Brussel Sprouts, Dark Green Leafy Vegetables
Meat/Fish	Salmon, Mackerel, Herring, Sardines, Tuna; Grass-Fed Beef; Omega-3 Eggs
Nuts/Seeds	Almonds, Ground Flaxseed, Chia Seed, Walnuts
Fats/Oils	Flax Oil, Olive Oil

Sample One Day Meal Plan

Breakfast: Smoothie (1 cup plain kefir, ¼ cup pomegranate juice, ½ banana, 1 cup spinach, 1 tbsp chia seed, 1 tbsp ground flax seed), 2 poached omega-3 eggs

Snack: 1 cup green tea

Lunch: ½-1 cup chickpea or brown rice noodles, 4 oz shredded chicken (boiled), with sautéed asparagus, tomatoes, onions, and garlic (can blend with water or broth to make more of a “sauce”)

Snack: 1 cup yogurt with ½ cup blueberries, 2 Tbsp walnuts, 1 Tbsp chia seeds, 1 tsp honey

Dinner: 4 ounces poached salmon (with lemon, turmeric, and dill), 1 cup roasted brussel sprouts, 1 cup of grapes

Snack: Pickled Beets (or other vegetables)