

**Food that boost memory**

* Oily fish
* Walnuts
* Fruit
* Vegetables
* Soybeans
* Eggs
* Wheat germ
* Fresh water
* Omega-3 fatty acids

**Negative effects**

* Lack of sleep
* The wrong food and nutrition
* Inactive lifestyle
* Stress and anxiety
* Illness and medication
* Aging

**Positive effects**

* Adequate sleep
* The right food and nutrition
* Physical fitness – exercise
* No stress
* No drugs

**Food that hinder memory**

* Refined sugars
* White flour
* Food with MSG
* Food with aspartame
* Coffee
* White bread
* Soda drinks

**Brain functioning**