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INTRODUCTION

Having a memory lapse, a word on the tip of your tongue, forgetting what you wanted to do or say just a minute ago or being unable to remember a credit card PIN are unpleasant situations that are irritating at best. Memory lapses happen to everyone to varying degrees.

About 40% of people over 65 suffer memory loss, which is part of the normal process of aging. However, memory problems can happen at any age and are not necessarily precursors of a degeneration of the brain related to an illness, such as Alzheimer's. For example, did you know that heart disease and diabetes are risk factors? Stress, depression, a sedentary lifestyle and ongoing insomnia also have an impact on our memory. However, a healthy diet, regular physical activity and effective stress management can improve brain function, which depends on your physical condition. Diet and lifestyle have a significant influence on brain performance in general, and memory skills in particular.

This book explains how to strengthen your memory through a balanced, customized diet. Twenty superfoods have been selected for their nutritional value. By definition, superfoods are foods that have more nutrients and health benefits than other foods. As part of a varied, balanced diet, they offer particular nutritional benefits.

The superfoods presented in this book are good sources of nutrients and have been scientifically studied for their impact on cognitive decline and brain function (particularly with respect to memory and concentration).

Learn how to choose, store and prepare food to get the most nutrients out of it and get the most out of your diet. And discover more than 50 healthy recipes that contain one or more of the superfoods covered in this book.

NOTE

No one food alone contains all the nutrients a body needs. This is why a healthy, balanced diet is essential for good health. Don't limit your diet to a few superfoods – no matter what their concentration of nutrients – even if they have vitamins and minerals with scientifically proven properties. Include them in your diet, but aim for variety and balance.

BLACKBERRIES

Composition

EXCELLENT SOURCE OF: manganese, fiber

GOOD SOURCE OF: vitamin K

SOURCE OF: vitamins B₉, C and E, magnesium, copper
Blackberries contain flavonoids (anthocyanins).





From a botanical point of view, blackberries and their cousin the raspberry are not really berries, but rather aggregates of fruit that form from a single flower. The main difference between blackberries and raspberries is that blackberries keep their receptacle when picked and raspberries do not.

VIRTUES

Improving cognitive capacity

Blackberries are particularly rich in anthocyanins. These pigments, which give them their dark color, may play an important role in preventing cognitive decline, particularly by neutralizing free radicals, the oxidizing action of which could result in the loss of neurons. Studies show that anthocyanins may reduce inflammation and improve blood circulation to the brain.

Protecting neurons

Blackberries are an excellent source of dietary fiber. Eating $\frac{3}{4}$ cup (180 ml) of blackberries covers 25% of the recommended daily intake of fiber. Fiber protects neurons and as a result may prevent cognitive decline.

THINGS TO REMEMBER

Thanks to their high content of antioxidants, berries such as blackberries are the ultimate fruit of the 21st century.

CHEF'S TIPS

- Blackberries are an excellent substitute for raspberries.
- They keep in the fridge for two or three days. To prevent mold, it is best to wait until serving to wash them.

HOW TO EAT IT

- in smoothies, cereal, porridge, parfaits and salads, on pancakes and waffles
- in pies, jelly, jam, sauce, sorbet or mousse
- to stuff poultry

BLACKBERRIES: FRESH OR FROZEN?

Frozen blackberries can contain 20% less vitamin C than fresh blackberries, but freezing does not affect antioxidants. Anthocyanins, for example, are completely resistant to freezing. Eating frozen blackberries gives you the benefit of their nutrients no matter what the season. Plus you can eat them like candy straight out of the freezer.

RECIPES

MEMORY

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LEGEND

 Preparation

 Refrigeration

 Marinating

 Freezing

 Soaking

 Cooking



BLACKBERRY, CHERRY AND POMEGRANATE SMOOTHIE

4 SERVINGS
15 MINUTES



INGREDIENTS

- 1 cup (250 ml) steeped green tea, cold
- 1 cup (250 ml) soy milk or milk
- 1 cup (250 ml) **blackberries**
- 1 cup (250 ml) **cherries**, pitted (see box, p. 27)
- 1 **pomegranate**, juiced, or ½ cup (125 ml) pomegranate seeds
- 1 small banana, in pieces
- 2 dried dates, pitted, or 1 tsp maple syrup
- 2 cups (500 ml) baby **spinach**
- 2 tbsp fresh mint

METHOD

In a blender, combine all ingredients and blend for 20 to 35 seconds or until smooth.

Add soy milk as needed for a smoother consistency.

CHOOSING A POMEGRANATE

Pomegranate is ripe when it has a metallic sound when hit with the palm of your hand. The skin should be smooth, shiny, a deep cardinal red and with no brown patches. The heavier the pomegranate, the juicier it is.

Nutrition Facts Per serving	
Amount	% Daily Value
Calories 150	
Fat 2 g	3%
Saturated 0.2 g	
+ Trans 0 g	
Polyunsaturated 0.5 g	
Omega-6 0.5 g	
Omega-3 0.1 g	
Monounsaturated 0.3 g	
Cholesterol 0 mg	0%
Sodium 50 mg	2%
Potassium 550 mg	16%
Carbohydrate 29 g	10%
Fiber 4 g	16%
Sugar 19 g	
Protein 5 g	
Vitamin A 191 ER	20%
Vitamin C 19 mg	30%
Calcium 115 mg	10%
Iron 1.8 mg	15%
Phosphorus 71 mg	6%