



# Total Memory Workout

## Step 3: Food for Thoughts Memorises

1. Over the next week, become more aware of your diet. How many of the tips outlined in Step 3 do you already follow? Which do you need to work on?
2. Keep track of the impact sugar has on your memory and on your overall functioning. Notice what happens after you have a sugary snack. Is it harder for you to think clearly? Do you experience a “sugar slump”? If you’re not sure, try this test: Avoid sweets for approximately eight hours. Then, eat a sugary snack, such as a sugared soft drink or jellybeans. Note your reaction. Remember how sugar affects you the next time you are tempted to indulge yet need your memory to be at its best.
3. Keep an eye on the java. Over the next week, keep track of how much caffeine you drink or eat. Remember that caffeine can come not only from coffee, but also from tea, caffeinated soft drinks, and chocolate. Notice where your threshold is between when caffeine helps you feel stimulated and when it makes you jittery.
4. If you don’t already take a multivitamin, consider adding one to your diet. Go to your local drugstore and research which multivitamin will work best for you. Make sure you look for one that has folic acid (folate), B6, B12, Zinc, and boron. Consider taking a liquid or power form of multivitamin, both of which are becoming more widely available.