

四六级备战：饮食提高你的记忆力 PDF转换可能丢失图片或格式，建议阅读原文

[https://www.100test.com/kao\\_ti2020/646/2021\\_2022\\_\\_E5\\_9B\\_9B\\_E5\\_85\\_AD\\_E7\\_BA\\_A7\\_E5\\_c84\\_646189.htm](https://www.100test.com/kao_ti2020/646/2021_2022__E5_9B_9B_E5_85_AD_E7_BA_A7_E5_c84_646189.htm) 四六级考试临近，大家都在紧张的备考当中，如何饮食才能让我们更有效率的学习呢？下面这五种食物受到科学和古老文明的一致推崇，是提高记忆力的不二食疗法宝：

1. Herbs 草本植物 One of the most famous memory-enhancing herbs is rosemary. Rosemary is rich in the anti-oxidant, carnosic acid which dilates the cerebral vascular tissues. Studies have shown that even the smell of rosemary can improve memory performance in office workers. Other herbs that may help memory include "the three Gs": ginko, ginseng, and gotu kola.
2. Tea 茶 Another food with a long pedigree and which seems to have many benefits on the brain is usually served as a beverage, tea. Tea 's benefits may spring from its healthy combination of anti-oxidants and caffeine. The antioxidants in tea are called polyphenols which have repeatedly been shown to improve cognitive function and memory. Tea also contains a calming amino acid called theanine which helps reduce "the jitters" and keeps the mind relaxed and focused. Perhaps the best news is that tea has up to 10X the polyphenols found in foods like fruits and vegetables.
3. Fruits

100Test 下载频道开通，各类考试题目直接下载。详细请访问 [www.100test.com](http://www.100test.com)