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**"The right nutrients can nourish brain cells and enhance their functioning, turning you into a problem-solving whiz."**

—Georgianna Donadio, Ph.D.,  
director of the New England  
School for Whole Health Education

## Never forget a face

If you're always having trouble putting names with faces, eat more veggies. Women who consume two daily servings of leafy greens or cruciferous vegetables (like broccoli and cauliflower) have better recall and verbal ability than those who don't, according to findings at Brigham and Women's Hospital in Boston. "The free radical-eradicating antioxidants in fresh vegetables fortify the brain against cognitive decline," says Georgianna Donadio, Ph.D., director of the New England School for Whole Health Education. So hit the crudités at your next party and never have another "Hi...um...?" moment again.