The story

What you eat could improve your memory as you age.

That's according to new research in the US that found people who had a diet rich in flavanols may be less likely to lose their memory.

The substance is found in tea, berries, apples and cacao – the seed chocolate is made from.

But while some scientists think eating more dark chocolate could help, others say more research is needed.

**Key words and phrases**

**keep (something) at bay**
prevent something bad affecting you
- Hand washing can keep infections at bay.
- New economic policies are needed to keep inflation at bay.

**stave off**
prevent something bad affecting you
- Orange juice staves off colds.
- Joining social clubs can stave off loneliness.

**drive**
force in a certain direction
- Greenhouse gasses drive climate change.
- Bad pay drives teachers to quit their profession.