Nutritious Foods to Keep You Warm In Cold Weather

In general, foods that take longer to digest can help raise your body temperature and make you feel warmer. The medical term for this process is thermogenesis, which is the process of your body producing heat caused by food metabolizing. Look for food that's high in healthy fats, proteins and carbohydrates. Many of these foods take longer to digest.

Eat Bananas

Bananas have a lot of vitamin B and magnesium, which are important for your thyroid and adrenal glands to function properly. These glands help regulate body temperature.

Drink Ginger Tea

Hot ginger tea can make you feel warm inside on a cold day. Ginger is known to be good for digestive health and can stimulate thermogenesis. It's also a diaphoretic, which means it will help your body warm from the inside out. Keeping you warm is only one of the many health benefits of drinking ginger tea.

Drink Coffee

One of the benefits to drinking coffee is the caffeine. Caffeine increases your metabolism, which can raise your body temperature. Technically, iced coffee can be even better because it has more caffeine. However, if you can't give up the warm cup of coffee in your hands, you'll still get the benefits from a hot cup of coffee.

Eat Red Meat

Red meat, such as beef, lamb and pork, is a good source of iron. Iron is an important mineral to help carry oxygen throughout your body. People with low iron may notice cold hands and feet or feel tired easily. Eating red meat can also supply vitamin B12, which contributes to healthy nerves and a strong immune system.

Eat Sweet Potatoes

Sweet potatoes and other root vegetables need more energy to move through the digestion process, which raises your body temperature. High in vitamin A, vitamin C and potassium, sweet potatoes can add fiber and other nutrients to a warm winter meal. Research shows sweet potatoes are also good for eye health.

Drink Water

A simple way to help your body stay warm this winter is to drink water. Water keeps your body functioning at its best and helps regulate your internal temperature. Dehydration causes your core temperature to drop, which may lead to hypothermia. People are less likely to drink water when it's cold outside

because they don't feel as thirsty, according to Summit Medical Group. You may want to carry a water bottle with you to serve as a reminder.

Avoid Alcohol

You may follow the old adage that a shot of whisky can keep you warm. However, whisky and other kinds of alcohol actually lower your body's core temperature. You may feel warm at first but it will be hard to stay warm over time. Alcohol also impairs your ability to shiver, which is a natural response to raise your body temperature.

御寒美食指南：冬天吃啥更扛冻？

一般来说，需要更长时间来消化的食物可以升高体温，让你感觉更温暖。这个过程在医学上称为产热作用，也就是由食物代谢引起的身体产生热量的过程。多吃富含健康脂肪、蛋白质和碳水化合物的食物，这类食物的消化速度更慢。

吃香蕉

香蕉含有大量的维生素 B 和镁，它们对甲状腺和肾上腺的正常运转很重要。这些腺体有助于调节体温。

喝姜茶

在寒冷的日子里，热姜茶可以温暖你。众所周知，生姜有益于消化系统健康，并能刺激产热。姜也是一种发汗剂，能让你的身体从里到外感到温暖。保暖只是喝姜茶的众多健康益处之一。

喝咖啡

喝咖啡的一个好处是咖啡因。咖啡因能促进新陈代谢，从而让体温升高。理论上，冰咖啡效果更好，因为含咖啡因更多。然而，如果你舍不得手中那杯温暖的咖啡，一杯热咖啡也可以很不错。

吃红肉

牛肉、羊肉和猪肉等红肉富含铁元素。铁是一种重要的矿物质，有助于将氧气输送到全身。缺铁的人可能出现手脚冰冷或容易感到疲劳的症状。吃红肉还可以补充维生素 B12，对神经系统和免疫系统有益。

吃红薯

红薯和其他根茎类蔬菜需要更多的能量来消化，这会让体温升高。红薯富含维生素 A、维生素 C 和钾元素，可以为温暖的冬季膳食增添纤维和其他营养素。研究表明，红薯还有益于眼睛健康。

喝水

在冬天保暖的一个简单方法就是喝水。水使身体保持最佳状态，并帮助调节体温。脱水会导致核心体温下降，这可能导致体温过低。据 Summit 医疗集团称，天气寒冷时，人们就不太喝水，因为他们感觉不那么渴。你可以随身携带一个水瓶提醒自己喝水。

避免饮酒

你可能会相信老话说得那样，喝杯威士忌让你热乎乎。然而，威士忌和其他种类的酒实际上会降低你身体的核心温度。一开始你可能感觉很温暖，但过段时间就不行了。酒精还会削弱你的颤抖能力，这是一种升高体温的自然反应。

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