

Top 9 food to keep your body warm in winter

In the winter, to increase the body's heat, warming is not enough, you should add foods that keep your body warm from the inside. This is the top 9 food to help you feel warmer in this cold winter.

In the winter, to increase the body's heat, warming is not enough, you should add foods that keep your body warm from the inside. Here are the top 9 types of foods that can make you feel warmer in this cold winter.

1. The top 5 foods to eat are at higher risk of cancer
2. 10 tips to help you eat clean - stay healthy
3. Delicious dishes made from nuts attract users

1. Apples

Many people share with each other that, every day, eating an apple, the whole winter will not need to use medicine. Saying so to see the extremely useful use of this fruit for our health. In apples rich in antioxidants, many vitamins and minerals should help improve metabolic rate and strengthen the system. Immune during the winter.



Apples are very good for the body in the winter.

2. Butter

Not only is it delicious for your health, but in winter, if you don't want a cold to 'ask', you should add butter to your body. Although ranked in the top of beneficial foods, avocados contain many calories and fat in avocado,

so you should only consume a small amount to ensure your health and keep your body warm.



Eating butter in the winter is healthy.

3. Ghee

Ghee is butter after it has been removed, removed, removed from the top layer of yellow fat for cooking. According to nutrition experts, Ghee is very beneficial for intestinal bacteria, helps to digest and absorb nutrients. Especially in winter ghee can increase body temperature with high levels of omega-3 fatty acids.



Ghee helps you keep your winter body warm.

4. Green leafy vegetables

Did you know that green leafy vegetables such as kale, mint leaves, spinach, . also help your body significantly warm up. Not only is it good for you to eat in winter, but it's good for you to eat every season of the year. In addition to helping to dispel the cold, these green leafy vegetables are also capable of boosting your immune system.



Kale is also one of the 9 foods that keeps the body warm in the best winter.

5. Hot soup or tomato soup

Winter, eating a bowl of hot soup or tomato soup is very beneficial for your body in the days when the weather temperature drops. Tomatoes rich in vitamin C and lycopene can increase the immune system from the inside and help the body avoid the common illnesses that come in the winter like flu, rhinitis, runny nose, .



Hot soup, tomato soup has a warming effect on the body clearly for winter days.

6. Cashew nuts

Nuts are considered to help keep the body warm from the inside very effectively, most notably the cashew nuts. Eating a pinch of cashews will feel warmth and help you stay healthy throughout the winter. Moreover, they also work to prevent heart disease and depression.



Cashews also warm the body and keep you healthy in the winter.

7. Black pepper

Black pepper has anti-inflammatory properties and can treat some common winter illnesses such as respiratory inflammation, colds, coughs and even arthritis. In cold day meals, just adding a little pepper to the dish will help prevent illness.



Add pepper to a meal in winter to protect your body.

8. Rub

Rub is one of the delicious dry fruits, contains many nutrients and is particularly good in the monsoon days. If you are feeling cold, just eat a few dates and your body will be warm immediately.



Preventing cold season disease simply by dates.

9. Dark chocolate

A cup of hot, aromatic chocolate will help warm the body immediately, you can also eat a piece of pure dark chocolate daily to increase metabolism and immune system in the winter. In addition, theobromine in dark chocolate also helps the body repel cold symptoms.



Dark chocolate helps provide instant energy.

Above are 9 types of food to keep warm in the best winter , want to protect your own health as well as relatives, please refer to and add these "super foods" to your daily menu.

Wish you all stay healthy!

Maybe you are interested:

1. Remember these 10 tips, they will "save you" someday

You finished reading the article "**Top 9 food to keep your body warm in winter**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.