



By  **Kelseybricknell** on July 30, 2014



Feeling the chills of winter? Hot foods just not warming you up enough? If you're not all that keen on spice, you might think that boiling soups and steaming stews are your only other option during the winter months. But there's more to "warming" foods than just their temperature. Don't burn your taste-buds off this winter – heat yourself from the inside-out with the following three foods instead!

1) Wine

White wine is for summer and red is for winter – ever been told that? Well, it's not 100% true. While white wine is usually served cold, making it somewhat undesirable if your fingertips are freezing off, all types of alcohol have warming tendencies on a cellular level. Alcohol dehydrates the body, widening the blood vessels and increasing blood flow to the extremities and skin. When this occurs the body heats and people tend to "feel flushed".

The benefit of drinking red wine over white in winter is that the **tannins and histamines** found in the skins of red grapes add to the power of the alcohol effect. Plus there's the romantic notion of drinking red wine around a fire—glove free, because the glass doesn't frost over. It all comes down to personal preference (Russians and Vodka anyone?) and just how warm you want to get. Personally, I just don't think you can beat the red!

2) Ice-cream

I've always been an advocate for year-round ice-cream consumption, and now I have research allowing it! **Barry Swanson**, Professor and Food Scientist at Washington State University, states that foods which contain more fat and protein often heat the body up slightly while they're being digested. The fat content in ice-cream makes your body warmer while it's being digested—the body has to provide energy to process the food and it moves slowly, meaning the sensation can last longer. Obviously there are other foods which fit the fat-protein-warming prerequisites too, but if someone is offering you the chance to eat ice-cream all year round, you just don't turn it down!!

3) Whole Grains

Yep. Don't be misled into thinking that winter is all about rich, fatty junk-food. Complex carbohydrates (whole grains and brown rice) are hard to digest, meaning that the body works extra hard to process them. For this reason, obviously, these foods are good for healthy weight-loss, but they're also good for warming you up! The digestive processes involved with complex carbs can cause the body to heat slightly, effectively warming people up. So don't drop your healthy eating by the wayside this winter—keep it up and stay toasty!

Well there you have it – three foods to warm you up this winter. If temperature just isn't working for you,

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remember to address your internal temperature instead. There's something to warm everyone. From liquid dieters, to sweet-tooths, and health fanatics, no one has to give in to the chill. Be smart about your intake this winter. Good luck!

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