

# Foods that Trigger Thermogenesis

## Understanding Thermogenesis

Thermogenesis is the process by which the body generates heat through the burning of calories. Certain foods contain bioactive compounds that can help trigger this process, potentially boosting metabolism and aiding in weight management.

Incorporating thermogenic foods into your diet offers several benefits. These foods help increase calorie burn and energy expenditure, supporting weight management. Additionally, thermogenic foods provide a wide array of vitamins, minerals, and antioxidants, enhancing nutrient intake. Many of these foods are also rich in fiber, promoting digestive health and supporting overall digestion. Here are some examples of foods with bioactives that can help trigger thermogenesis.

### Vegetables

Avocado  
Beans  
Broccoli  
Bok-Choy

Carrots  
Chili Peppers  
Garlic  
Mushrooms

Onion  
Romanesco  
Soybean



### Fruits

Apple  
Tomato  
Strawberry  
Blueberry

Grapefruit  
Olives  
Orange  
Watermelon

Peach  
Pear  
Prune



### Herbs & Spices

Basil  
Black Pepper

Cinnamon  
Ginger

Lavender  
Peppermint  
Turmeric



# Incorporating Thermogenic Foods into Your Diet

## 1. Start with Breakfast

- Add blueberries, strawberries, peaches or pears to your oatmeal.
- Include avocado and fresh basil on your sourdough toast.
- Sprinkle cinnamon and turmeric in your morning tea or smoothie.

## 2. Lunch Ideas

- Create a hearty salad with mixed greens, carrots, tomatoes, fruit and kidney beans.
- Grill some chili peppers and onions, serve in a whole-grain wrap with beans, avocado.
- Prepare a stir-fry with bok choy, broccoli, mushrooms, tofu and ginger.

## 3. Dinner Options

- Make a hearty vegetable soup with beans, onions, carrots, garlic and basil.
- Grill some chili peppers and onions, serve with avocado, black beans and rice.
- Make a quinoa bowl with romanesco, olives, tempeh, and a basil pesto.

## 4. Snacks and Beverages

- Enjoy an apple, pear or watermelon for a quick snack.
- Brew a cup of peppermint, lavender or ginger tea.
- Make a golden oat milk with turmeric, ginger, cinnamon, black pepper and maple syrup

## References

Li WW. Eat to Beat Your Diet 2023 (Balance)

