

A collection of various foods including a whole fish, salmon fillets, broccoli, peas, mushrooms, an egg yolk, and a bowl of red liquid, arranged on a grey textured surface. The text 'High Thermogenesis Effect Foods' is overlaid in a large, glowing orange font.

High Thermogenesis Effect Foods

In India



Introduction

Thermogenesis refers to the process by which your body burns calories to digest, absorb, and metabolize food. The thermic effect of food (TEF) varies based on macronutrient composition: proteins generally have the highest TEF, followed by carbs, and then fats. This document categorizes Indian foods with high TEF under three primary groups: High Protein, High Fiber, and Vegetables. Incorporating these into a balanced diet may help boost metabolism and support weight management.

High Protein Foods



Food Item	Type	TEF Range (%)	Notes
Chicken breast	Non-veg	25–30%	Lean, complete protein
Egg whites / Whole eggs	Non-veg	20–30%	Highly bioavailable protein
Paneer (low-fat)	Veg	20–25%	Slow-digesting dairy protein
Soya chunks / Tofu	Veg	20–25%	Complete plant protein
Fish (Rohu, Salmon)	Non-veg	20–25%	Lean protein, omega-3s
Greek yogurt / Hung curd	Veg	15–20%	Low sugar, high protein
Quinoa	Veg	15–20%	Plant-based complete protein
Lentils (Moong, Masoor)	Veg	15–20%	Protein + fiber
Rajma / Chana / Lobia	Veg	15–20%	Protein and slow carbs
Sprouts (Moong, Chana)	Veg	10–15%	Raw enzymes + protein

High Fiber Foods



Food Item	Type	TEF Range (%)	Notes
Wheat bran	Veg	10–15%	Very high in fiber, low digestible calories
Oats	Veg	10–15%	Beta-glucan fiber boosts TEF
Brown rice	Veg	10–15%	Whole grain with resistant starch
Whole wheat roti	Veg	10–15%	Better than refined flour
Bajra / Ragi / Millets	Veg	10–15%	Complex carbs, fiber-rich
Sweet potato	Veg	10–15%	Low GI, fiber-dense
Flax seeds	Veg	5–10%	Insoluble fiber + healthy fat
Chia seeds	Veg	5–10%	Soluble fiber + protein
Psyllium husk	Veg	5–10%	Non-caloric fiber supplement
Almonds / Walnuts	Veg	5–10%	Some fiber with good fat

Thermogenic Vegetables



Food Item	Type	TEF Range (%)	Notes
Cabbage	Veg	5–10%	Low-cal, high fiber
Broccoli	Veg	5–10%	Contains sulforaphane, high fiber
Cauliflower	Veg	5–10%	Cruciferous + fiber
Spinach / Palak	Veg	5–10%	Iron + fiber
Lettuce	Veg	5–10%	Mostly water, low cal
Methi / Kasuri Methi	Veg	5–10%	Fiber and bitterness enhance TEF
Bottle gourd (Lauki)	Veg	5–10%	Water-dense, digestion-friendly
Green beans	Veg	5–10%	Fibrous vegetable
Carrots	Veg	5–10%	Good fiber + antioxidants
Beetroot	Veg	5–10%	High in nitrates, boosts blood flow

Disclaimer:



Certain spices and herbs (e.g., chili, black pepper, ginger) may increase thermogenesis but can cause gastric irritation or interact with medications if consumed in excess. Always consult a healthcare provider before using herbal remedies or making significant dietary changes.

Bottom Line

- Protein-rich foods have the highest thermogenic effect, followed by fiber-rich complex carbs and vegetables.
- Proteins > Carbs > Fats in thermogenic effect.
- Combine protein-rich foods with fiber and spices (like ginger, black pepper) for higher TEF.
- Avoid highly processed carbs and sugars — they have almost negligible TEF.
- Incorporating high-TEF foods in daily meals can slightly boost calorie burn and support weight loss.
- However, these effects are modest and must be coupled with a calorie deficit and physical activity.

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