

Previously, it was believed that ice cream could help with angina, but the doctor explained that it can only slightly alleviate symptoms for a short time. This happens due to cooling, but excessive consumption of ice cream can lead to hypothermia, headaches, and worsening of the condition.

For angina, flu, ARVI, and COVID-19, it is recommended to avoid cold foods, including ice cream. Doctors advise following a diet where the food temperature should not drop below 15 degrees. In addition, after tonsil removal (tonsillectomy), it is also not recommended to eat ice cream, despite previous widespread recommendations. In the first days after surgery, cold foods should be avoided, and ice cream can be included in the diet no earlier than 2-3 weeks after consulting a doctor.

For flu and other infectious diseases, it is best to avoid ice cream. Cold ice cream can worsen the course of the disease and slow down the recovery process. At the same time, if ice cream is consumed, preference should be given to fruit ice or sorbet, which contain less sugar and calories.

As for the amount of ice cream, it is recommended not to exceed 100 grams per day - this is about two scoops. It is also important to remember that ice cream at body temperature is acceptable only if it is at room temperature. Cold ice cream during illness and after surgeries should be excluded.