

The doctor warned of the dangers of ice coffee in the heat due to the risk for the respiratory tract

The nutritionist Daria Rusakova warned of possible risks of eating ice coffee in hot weather.

According to the expert, such a drink can adversely affect well-being at high temperature conditions and cause breathing problems. Rusakova notes that the use of ice drinks can be unsafe due to a sharp temperature difference.

The nutritionist also emphasized that coffee without adding sugar can refresh, but at the same time affects the water balance and the work of the cardiovascular system. Therefore, it is important to consider the total volume of fluid consumed and the type of drink.

Despite this, coffee contains antioxidants and substances that have a beneficial effect on the liver, so in general the drink is useful in any form. However, with severe sweating, it is important to replenish electrolytes using drinks without adding sugar, but with salts.

***News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.***