

**ADVANTAGES AND DISADVANTAGES OF ICE CREAM
TO HUMAN HEALTH
(КОРИСНИЙ ТА ШКІДЛИВИЙ ВПЛИВ МОРОЗИВА
НА ОРГАНІЗМ ЛЮДИНИ)**

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Ice cream is made by churning and chilling a mixture containing high-fat milk or cream, fructose- or glucose-based sweeteners, usually in the form of corn syrup, and flavorings such as vanilla or chocolate. When the mixture freezes, it develops the rich, creamy consistency of ice cream, a food that can affect your health in both positive and negative ways.

Although the nutritional content of ice cream varies among brands and types, in general it is an excellent source of energy. Ice cream is rich in carbohydrate. It also contains fat and protein. According to the scientific data one-half cup of vanilla ice cream provides 137 kilocalories of energy, about twice the amount in one-half cup of whole milk.

Ice cream is also a dietary source of two important minerals. It is particularly rich in calcium and phosphorus, with about 10 percent of the adult recommended dietary allowance. Both calcium and phosphorus promote strong, healthy bones. In fact, consuming plenty of calcium, but not phosphorus, wouldn't do human bones much good. While good amounts of these nutrients don't make ice cream a health food.

Ice cream is a high-fat food, since it must contain greater than 10 percent milk fat. Milk fat is largely cholesterol, a saturated fat. When blood cholesterol level is too high, it can build up as plaque, a fatty deposit in arteries that interferes with blood flow and raises risk of heart disease and stroke. Ice cream is also high in sugar, which makes up the majority of its carbohydrate content. Consumption of too much sugar may contribute to health problems such as weight gain, cavities and increased levels of blood triglycerides, another unhealthy type of fat.

Ice cream may cause problems for certain people because it is dairy-based and contains lactose, a milk sugar. These individuals, referred to as lactose-intolerant, are deficient in lactase, the enzyme needed to digest lactose, and may experience digestive upset if they consume ice cream. Millions of people all over the world are lactose-intolerant. So, such people should take lactase supplement when consuming ice cream or replace ice cream with a similar frozen product made with soy milk or another dairy substitute.