

Forum:[Hack Forums](#)

Thread: [What is your avg daily sugar intake?](#)

Theocritus - April 26, 2020, 6:58 am

alright easy question, easy answer. What is your avg sugar intake a day? please note it in grams..
thank you. give me some stats people

personally i avg about 70 grams sugar a day, 50 grams of this is natural sugars

Luca - April 26, 2020, 7:05 am

The equivalent of your mom xdx dxd

SourceCode101 - April 26, 2020, 7:07 am

well i dont take any kind of sugar,even in my coffe i drink it without sugar,no sugar for me

funtela - April 26, 2020, 7:07 am

Easily over 200+ grams. I usually eat a whole king size snickers and some other chocolate bar right before bed lol.

I fucking love sweets.

Theocritus - April 26, 2020, 7:09 am

(Apr 26, 2020 07:07 AM)!S0urceC0de! Wrote: [\[CITE\]](#) well i dont take any kind of sugar,even in my coffe i drink it without sugar,no sugar for me

sugar is included in most foods in one way or another, even if it is in the form of natural sugars, you can see it on the descriptions of the contents i would imagine

(Apr 26, 2020 07:05 AM)Luca Wrote: [\[CITE\]](#) The equivalent of your mom xdx dxd
hmmm that math is too hard for me to compute

(Apr 26, 2020 07:07 AM)funtela Wrote: [\[CITE\]](#) Easily over 200+ grams. I usually eat a whole king size snickers and some other chocolate bar right before bed lol.

I fugging love sweets.

hmm does your training regimen support that amount of intake?

SourceCode101 - April 26, 2020, 7:10 am

(Apr 26, 2020 07:09 AM)Theocritus Wrote: [\[CITE\]](#) sugar is included in most foods in one way or another, even if it is in the form of natural sugars, you can see it on the descriptions of the contents i would imagine

hmmm that math is too hard for me to compute

well cause my wife is pregrant , she is on diet,her doctor have write her special foods cause she must avoid sugar

and im doing the same diet with her to make her company

Lorem Ipsum - April 26, 2020, 7:10 am

I can't tell. Some days I drink 2 cans of Coca Cola which is already 76 grams of sugar where I live (according to the cans).

Include coffee with 2 sugar in it at morning and of course the fruit I eat during day. I never added them up nor thought about it.

shitmaster - April 26, 2020, 7:12 am

I take around 50 grams of sugar. Mostly brown sugar. My family use stevia plant extract as substitute most of the time as some are diabetic.

Luca - April 26, 2020, 7:19 am

(Apr 26, 2020 07:12 AM)shitmaster Wrote: [\[CITE\]](#) I take around 50 grams of sugar. Mostly brown sugar. My family use stevia plant extract as substitute most of the time as some are diabetic. What's wrong with white sugar you fucking racist?

SecureOp - April 26, 2020, 7:20 am

(Apr 26, 2020 07:07 AM)!S0urceC0de! Wrote: [\[CITE\]](#) well i dont take any kind of sugar,even in my coffe i drink it without sugar,no sugar for me
You're a monster.

On a serious note did you always like it like this or how'd you go from sugar to none?

Yin Yang - April 26, 2020, 7:21 am

I try to have moderate carbs/sugar, but as long as I get my total calorie in within 1800-2000 and have 150 g of protein daily, I just use the rest of my macros as fillers. Like rice, rice cake, oatmeal, etc.

AYMG - April 26, 2020, 7:36 am

(Apr 26, 2020 07:05 AM)Luca Wrote: [\[CITE\]](#) The equivalent of your mom xdx dx
Nach affects your personality way too much.

Velma - April 26, 2020, 7:42 am

(Apr 26, 2020 07:07 AM)!S0urceC0de! Wrote: [\[CITE\]](#) well i dont take any kind of sugar,even in my coffe i drink it without sugar,no sugar for me
might as well inject yourself with caffeine

SourceCode101 - April 26, 2020, 7:42 am

(Apr 26, 2020 07:42 AM)Shpelvin Wrote: [\[CITE\]](#) might as well inject yourself with caffeine go back into your cave?

shitmaster - April 26, 2020, 7:59 am

(Apr 26, 2020 07:19 AM)Luca Wrote: [\[CITE\]](#) What's wrong with white sugar you fugging racist? Don't judge me. The white ones don't taste as good as the brown ones. ?

Dorrance - April 26, 2020, 8:08 am

Honestly now of days since the gym is closed I really don't watch my intake much and Ramadan is here.

Plista - April 26, 2020, 8:14 am

I've never paid close attention to this metric

The only macros I've paid attention to in the past was carbs, protein and fat

Hero - April 26, 2020, 8:42 am

I could eat so much sugar, like KG's, maybe even tons, but nothing comes close to how sweet you are OP <3

Will you be my prom date?

Boil - April 26, 2020, 9:02 am

All natural sugar from foods. I'm gluten, dairy, and sugar free. Seems like a lot but its just cutting down on processed stuff.

Theocritus - April 26, 2020, 9:10 am

(Apr 26, 2020 07:21 AM)Yin Yang Wrote: [\[CITE\]](#) I try to have moderate carbs/sugar, but as long as I get my total calorie in within 1800-2000 and have 150 g of protein daily, I just use the rest of my macros as fillers. Like rice, rice cake, oatmeal, etc.

i have been up at 4000 calories a day when building mass, can be really difficult to eat properly in that process

(Apr 26, 2020 08:08 AM)Dorrance Wrote: [\[CITE\]](#) Honestly now of days since the gym is closed I really don't watch my intake much and Ramadan is here.

don't miss a day sir, keep it consistent, stay strong

humanbody - April 26, 2020, 1:38 pm

Around 70-80grams of sugarinho per day. No more no less. That's my limit and I do feel perfectly fine. The moment I go above this I feel like Clay Davis.

Scooby - April 26, 2020, 7:46 pm

I used to have a high amount of sugar intake daily due to the energy drinks I was drinking. The had like 59 grams a piece and I was drinking 2 of them daily along with a few powerades. I've since switched to sugar free of both. Now the only sugar I get is from candy, just like it fucking should be lol.

Ash Ketchum - April 26, 2020, 7:49 pm

i got no idea, but id eat your candy apple.

Boil - April 26, 2020, 8:51 pm

(Apr 26, 2020 07:49 PM)Ash Ketchum Wrote: [\[CITE\]](#) i got no idea, but id eat your candy apple. I've got a poison candy apple. Want it?

Grim - April 26, 2020, 8:54 pm

I have no idea but probably not to much the only sugar in have during the day is in the morning with my coffee

Simplex - April 26, 2020, 8:55 pm

Probably about 50 grams. I'm not a fan of sugar. I prefer fatty foods any day.

SaintJimmy - April 26, 2020, 9:08 pm

I am assuming you are asking about refined sugar. Without getting on the high horse of crazy nutrition fads, the body doesn't need refined sugar. However, sugars are what the body uses to transport energy to all the cells of the body. From personal experience that the intake should be restricted to 4-5 tea-spoons provided one is not suffering from the problem of diabetes or blood sugar as it is commonly known.

4dik - April 26, 2020, 9:51 pm

Damn lately my in-take of sugar has only been around 35-60g per day! I haven't really ate or drank sugar ever since this quarantine thing has happened

Jay - April 26, 2020, 9:53 pm

idk but it's a shit ton lmao

PAXFun - April 27, 2020, 11:03 am

Around 60 grams of sugar, maybe less or more depends.

KushBlowin - April 27, 2020, 11:12 am

I don't know the value by any means but I know it's high. Way to high while I am at a perfect weight for my height I am sure it is affecting me in other ways negatively. So I have been trying to start cutting it out. Caffeine as well for sure.

knowledge - April 27, 2020, 12:55 pm

all I know is I have coffee with extra sugar

hfrocket1713 - April 27, 2020, 6:35 pm

I rarely eat processed sugar....I do have a lot of sodium in my diet but I drink tons of water.

Matter of fact, I prob eat at most 10g of processed sugar (I don't drink sugary drinks like pop or anything). I don't eat candy. I do eat tons of food so just natural sugars.

Beherit - April 28, 2020, 9:53 am

For the last few weeks I've been having a soda (23g) a day and an energy drink (10g) early in my day. This thread was a good reminder to chill with the sugar.

Bossk - April 29, 2020, 10:07 am

(Apr 26, 2020 06:58 AM)Theocritus Wrote: [\[CITE\]](#) alright easy question, easy answer. What is your avg sugar intake a day? please note it in grams.. thank you. give me some stats people

personally i avg about 70 grams sugar a day, 50 grams of this is natural sugars
how am i supposed to know this, sir?

Theocritus - April 29, 2020, 10:10 am

(Apr 29, 2020 10:07 AM)Bossk Wrote: [\[CITE\]](#) how am i supposed to know this, sir?
look at the table of contents of what you eat sir ?

Bossk - April 29, 2020, 10:11 am

(Apr 29, 2020 10:10 AM)Theocritus Wrote: [\[CITE\]](#) look at the table of contents of what you eat sir ?
what if i eat something i find in nature sir ???

Theocritus - April 29, 2020, 11:53 am

(Apr 29, 2020 10:11 AM)Bossk Wrote: [\[CITE\]](#) what if i eat something i find in nature sir ???
I'm sure even nature has conformed to our standards by now

Present - April 29, 2020, 11:55 am

I rarely track my macros but when I do I range 80g of carbs just from processed sugars. Don't gain a single pound of anything even at a surplus lol.

I'm starting to cut down on this, I know the negative health impacts it WILL have on my health.

Sam Winchester - May 2, 2020, 10:19 am

Honestly it varies a lot. I drink energy drinks occasionally so it has a lot to do with that. I'm not really into sweets or other sugary products like that though.

Accord - May 2, 2020, 6:33 pm

How do you measure your intake in the first place?? im drinking coffee, i use tablespoon to add sugar on it, i cook my own launch and dinner but i dont know how to measure those sugar intake.

