

Forum:[Hack Forums](#)

Thread: [Do you drink cow milk? Is it healthy?](#)

Aklimczak522 - June 13, 2020, 3:58 am

Personally I just can't live without milk, I just love it. I drink about a litre almost everyday, usually my breakfast is milk with cereals. I always thought it is also very healthy. But there are a lot of researchs now saying that milk is unhealthy for humans (example:

<https://www.motherjones.com/environment/2015/11/dairy-industry-milk-federal-dietary-guidelines/>)

There are, I feel, 2 sides for scientists now - milk lovers and milk enemies. I don't know what to think about this, and I'd be happy to see your opinion about it.

bluud - June 13, 2020, 4:01 am

I don't personally drink it straight anymore other than strawberry/chocolate milk rarely.

Although I need it for cereal.

Lorem Ipsum - June 13, 2020, 4:02 am

Yes, I drink it. Not often, as I try to avoid dairy as much as possible.

We are not baby cows, yet we are the only mammals that continue to drink from an adult's animal after we passed our 'baby' stage.

So regardless of what any central of health tells you, it's not healthy.

Cooligan - June 13, 2020, 4:05 am

Yes, I drink cow milk (or regular milk where I'm from lol) all the time, I love it.

I've heard all the "oh it's bad for you" and the "oh human stomachs aren't meant to digest it". Yeah well I've been drinking it literally since birth and am fine today and know people in their 90's who've also been drinking milk and using it in their tea and coffee on a daily basis for practically 3/4 of their lives.

So yes, I'd say milk is very healthy. It also strengthens your bones and does indeed genuinely help you grow.

Aklimczak522 - June 13, 2020, 4:05 am

(Jun 13, 2020 04:02 AM)Lorem Ipsum Wrote: [\[CITE\]](#) Yes, I drink it. Not often, as I try to avoid dairy as much as possible.

We are not baby cows, yet we are the only mammals that continue to drink from an adult's animal after we passed our 'baby' stage.

So regardless of what any central of health tells you, it's not healthy.

But also we are the only mammals able to get milk as adults. Other animals aren't able to milk cow, but when there is a milk in a bowl, adult cats/dogs seem to like it and drink it.

Hero - June 13, 2020, 4:07 am

Only for cereal and milk/chocolate milk from time to time.

Lorem Ipsum - June 13, 2020, 4:11 am

(Jun 13, 2020 04:05 AM)Aklimczak522 Wrote: [\[CITE\]](#) But also we are the only mammals able to get

milk as adults. Other animals aren't able to milk cow, but when there is a milk in a bowl, adult cats/dogs seem to like it and drink it.

Dogs will eat chocolates too and later be killed by their own greediness too, does it mean it's healthy for them to eat it?

Cats will eat milk, but it's not recommended by any vets as the recommended drink for cats is water. Unlike cartoons.

Filthy Frank - June 13, 2020, 5:08 am

Eh, I usually have a few glasses of milk per week.

I do worse things than drinking milk ahah.

Whenever I was young, I learned that milk and dairy was actually healthy and I cba to look up papers on whether it's still deemed healthy.

I'm aware that's like 1 google search, but finding out if the paper objective/unbiased is just cumbersome (for a subject like this).

Same goes for finding unbiased experts on the matter, I just don't really care enough ahah.

Wespa - June 13, 2020, 5:13 am

Milk has to be one of the best things that god has brought on earth.

Couldn't imagine living without it.

?ystem - June 13, 2020, 5:19 am

Only when I randomly am eating cereal do I drink milk. My brother drinks it like it's water still to this day though. I just had a negative experience with it over a decade ago and it's essentially ruined for me. Lol. Plus I don't get much in the way of satisfaction when drinking it.

shakur123 - June 13, 2020, 6:56 am

When i was a kid i loved milk, i used to have like 4 glasses a day. Now i dont drink that much anymore, i think i got tired of it.

Neon™ - June 13, 2020, 7:29 am

I used to drink every single morning before going to school and my brain was functioning on max levels afterwards. Now I drink from time to time with cereal but not like before.

MarvinMalware - June 13, 2020, 7:32 am

Nope, I'm lactose intolerant dairy makes me rethink all life's decisions lmao. I do drink almond milk though, mostly just for cereal.

???????????? - June 13, 2020, 7:39 am

Yes i drink regular/cow milk because its normal for me, i grew up with it and i'm not going to change it because some veggies think we don't need it. We don't need weed but would this stop the smokers from smoking weed? Nop.

Bacardi Cola Lime - June 13, 2020, 8:11 am

You don't want to know what will happen if I drink cow milk lmao. I'm lactose intolerant. I have almond milk with my cereal and it's cool. Funny is that I can eat some cheeses, no problem. Cheddar for example is very low on lactose so it doesn't do anything if I have it in normal amounts.

MightyOne - June 13, 2020, 9:01 am

I used to drink cow milk A LOT! when i was younger, this past year or so i really lowered the amount of milk i drink.

now barely 2cups a month or so.

Aklimczak522 - June 13, 2020, 10:47 am

(Jun 13, 2020 09:01 AM)MightyOne Wrote: [\[CITE\]](#) I used to drink cow milk A LOT! when i was younger, this past year or so i really lowered the amount of milk i drink. now barely 2cups a month or so. It would be suffer for me, drinking only 2 cups a month.

dave soiutig - June 13, 2020, 10:57 am

On another note, I read that lactose intolerance is supposed to be the norm and people that aren't are the defective ones.

ailo - June 13, 2020, 11:09 am

Very rarly nowadays used to drink a lot when younger, but i prefer to drink coffee with milk when available, and i eat cheese everyday so im technically consuming milk/dairy?

Megatron - June 13, 2020, 11:16 am

I don't usually drink milk straight up. I normally consume it through other products (cheese, sour cream, ice cream etc). I think it's pretty healthy, though. As a kid, I used to like to drink milk with my dinner.

Exposed74 - June 13, 2020, 12:24 pm

I'm intolerant to cow milk. I still happen to eat cheese, and use some cream in some recipes since my intolerance is still "soft" (yet if I eat/drink too much, i'll need a toilet in the next hour, but I accept the trade hehe).

I don't think it's either healthy/unhealthy. It has some good in it, but also some bad. Obviously it's made for calves, which are born at 45kg and will grow over 200kg in their first year, so no it's not made particularly for us. Yet most of us are still able to digest it/reject whatever doesn't fit our needs.

faxxgrid - June 13, 2020, 12:36 pm

(Jun 13, 2020 04:02 AM)LoremIpsum Wrote: [\[CITE\]](#) Yes, I drink it. Not often, as I try to avoid dairy as much as possible.

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So regardless of what any central of health tells you, it's not healthy.

Hahahahaha I actually off my chair laughing about your punch - we are not baby cows. OMG!

Psychedelic. - June 13, 2020, 1:57 pm

Yes of course, in cereal and with dinner.

Wespa - June 13, 2020, 3:41 pm

(Jun 13, 2020 07:29 AM)Neonskull Wrote: [\[CITE\]](#) I used to drink every single morning before going to school and my brain was functioning on max levels afterwards. Now I drink from time to time with cereal but not like before.

Try to drink up right after waking up, really brings you up. Kinda like coffee.

Skateboard - June 20, 2020, 5:21 pm

I drink milk, which is from cows. I don't drink a gallon a day but more like a few cups per week!

ETH - June 20, 2020, 11:22 pm

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So regardless of what any central of health tells you, it's not healthy.
It is still a source of health to humans

Try other type of dairy products like ghee, cheese, curd (yogurt) etc..

But i really like all type of dairy products and using them

StayPlural - June 20, 2020, 11:26 pm

I don't really drink them white blood cells mane I fuck with that nut milk.

LoremIpsum - June 21, 2020, 4:09 am

(Jun 20, 2020 11:22 PM)ETH Wrote: [\[CITE\]](#) It is still a source of health to humans

Try other type of dairy products like ghee, cheese, curd (yogurt) etc..

But i really like all type of dairy products and using them
It isn't healthy, we think it is. For calcium and other "bone strenght" benefits.
But that is a whole other story..

Artisan - June 21, 2020, 5:34 am

Milk is awesome. I love it in my coffee, tea and cereal. Not everyone can consume milk coz of their lactose intolerance and lactose free milk is still not easy to come by everywhere. These probably end up hating milk coz of this or they might just have personal preferences against it and thats okay too.

A + - June 21, 2020, 6:10 am

I drink lactose free milk. It tastes the exact same but it's easier to digest. Not sure about other health benefits.

Big E - June 21, 2020, 6:12 am

I love the 'ole moo juice, I wouldn't be able to live without it.

I can't possibly imagine having to have a black coffee.

Skateboard - June 25, 2020, 9:04 am

I drink whole milk & chocolate milk. I also like milk in coffee!

Obistone - June 25, 2020, 9:20 am

I drink milk.

No, it isn't healthy.

No, it doesn't do you harm.

Method - June 25, 2020, 9:25 am

I'll drink milk occasionally but soon I'll be going back to just almond milk.

Xen - June 25, 2020, 2:29 pm

(Jun 13, 2020 03:58 AM)Aklimczak522 Wrote: [\[CITE\]](#) Personally I just can't live without milk, I just love it. I drink about a litre almost everyday, usually my breakfast is milk with cereals. I always thought it is also very healthy. But there are a lot of researchs now saying that milk is unhealthy for

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There are, I feel, 2 sides for scientists now - milk lovers and milk enemies. I don't know what to think about this, and I'd be happy to see your opinion about it.

Milk is fine, you probably drink way too much. Let's face it, too much of anything is bad for you.

Xerotic - June 25, 2020, 2:46 pm

I drink regular 2% cow milk purchased from the grocery store.

Growing up I raised goats (among other animals) and I would milk them and drink their milk (and make cheese). I hated the goat milk/cheese though.

mirale - June 25, 2020, 3:17 pm

never have before and idk if there's much of a difference to the taste.

Simplex - June 25, 2020, 5:04 pm

Yeah, it's really the only kind to me that taste pretty good.

Hipster Ariel - June 25, 2020, 5:08 pm

I don't think it is the healthiest but I do drink it pretty much daily

Skateboard - June 25, 2020, 5:54 pm

I like dairy (milk, chocolate milk, ice cream, and more). Ice cream is also from cows. I like vanilla, chocolate, and strawberry!