

Forum:[Hack Forums](#)

Thread: [What is the best time to drink milk?](#)

ethelooking - September 30, 2020, 1:05 am

milk is said to be one of the most nutritious beverages one can have

it is my favorite drink too.

can you advice me any idea here. many thanks!

Yanix - September 30, 2020, 1:06 am

(Sep 30, 2020 01:05 AM)ethelooking Wrote: [\[CITE\]](#) milk is said to be one of the most nutritious beverages one can have

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Try to drink it daily one in the morning and one in the evening before sleeping :D

Fruitcake - September 30, 2020, 1:07 am

I used to drink a fucking gallon a day nearly as a kid... never broken a single bone... :)

Nowadays maybe a glass a month... pretty caloric tbh

ethelooking - September 30, 2020, 1:08 am

(Sep 30, 2020 01:06 AM)Yanix Wrote: [\[CITE\]](#) Try to drink it daily one in the morning and one in the evening before sleeping :D

Thank you guy. I will try your idea.

mike.vronsky - October 1, 2020, 1:46 am

According to ancient beliefs, Milk consumed right in the morning, becomes quite heavy to digest. It also makes you lethargic. but best time is often considered from evening till the bed time

ethelooking - October 1, 2020, 1:53 am

(Sep 30, 2020 01:07 AM)Fruitcake Wrote: [\[CITE\]](#) I used to drink a fugging gallon a day nearly as a kid... never broken a single bone... :)

Nowadays maybe a glass a month... pretty caloric tbh

Maybe I'll try to be half of you when you're young

mindshift5 - October 2, 2020, 10:58 pm

(Oct 1, 2020 01:46 AM)mike.vronsky Wrote: [\[CITE\]](#) According to ancient beliefs, Milk consumed right in the morning, becomes quite heavy to digest. It also makes you lethargic. but best time is often considered from evening till the bed time

Don't you think it depends on the amount of milk consumed??

ethelooking - October 2, 2020, 10:59 pm

(Oct 1, 2020 01:46 AM)mike.vronsky Wrote: [\[CITE\]](#) According to ancient beliefs, Milk consumed right in the morning, becomes quite heavy to digest. It also makes you lethargic. but best time is often considered from evening till the bed time

Thank you. Maybe milk will help me fall asleep faster

OnePiece - October 2, 2020, 11:16 pm

Milk contains vitamins that our body needs such as calcium. Drinking a glass in the morning will supply our body with the essential nutrients we need. At night, it helps induce people to sleep since it contains tryptophan (the amino acid that induces sleep) so drinking a glass may help you fight insomnia.

ethelooking - October 2, 2020, 11:19 pm

(Oct 2, 2020 11:16 PM)OnePiece Wrote: [\[CITE\]](#) Milk contains vitamins that our body needs such as calcium. Drinking a glass in the morning will supply our body with the essential nutrients we need. At night, it helps induce people to sleep since it contains tryptophan (the amino acid that induces sleep) so drinking a glass may help you fight insomnia.

I am planning on drinking milk only in the evening. Perhaps I would consider adding milk mornings as well

OnePiece - October 2, 2020, 11:24 pm

(Oct 2, 2020 10:58 PM)mindshift5 Wrote: [\[CITE\]](#) Don't you think it depends on the amount of milk consumed??

Some people have trouble digesting milk as they have lactose intolerance. It might also be one of the reasons, you can check on that. Also, it might help to drink low-fat milk if you don't intend to gain weight because drinking too much milk will increase your calorie intake.

Bob the Builder - October 3, 2020, 12:14 am

Yeah milk is most nutritious beverages you should drink it before sleeping in night and in morning time after waking up and after drinking milk you should do exercise

ethelooking - October 3, 2020, 12:15 am

(Oct 3, 2020 12:14 AM)farazhussain2015 Wrote: [\[CITE\]](#) Yeah milk is most nutritious beverages you should drink it before sleeping in night and in morning time after waking up and after drinking milk you should do exercise

Yes maybe I should add more time to drink milk after exercising

AmineB - October 3, 2020, 2:51 am

I think milk should be taken in morning time because at night time you don't feel comfortable to sleep as it does not digest properly and you feel pressure to go washroom.

mike.vronsky - October 3, 2020, 10:05 am

(Oct 2, 2020 10:59 PM)ethelooking Wrote: [\[CITE\]](#) Thank you. Maybe milk will help me fall asleep faster

Yeah, It will help you to fall asleep faster and it's help you to improve or induce sleep because Milk contains two nutrients widely known to improve or induce sleep. L-tryptophan, Tryptophan is the precursor to serotonin in your brain. Theoretically, if you consume enough tryptophan, your brain will produce more serotonin a few hours later, which will make you relax and feel good.

Grim - October 3, 2020, 10:08 am

during the morning i would say lots of good things in there that can help your brain/body during the day

Free Kurdistan - October 3, 2020, 10:10 am

Some guys in one of my older threads said that when they drink it at night they become sleepy and that it's a part of their night routine. Pretty interesting and I have yet to try it out.

Doom - October 3, 2020, 10:18 am

Its good to drink in the mornings and nighttimes.

Bob the Builder - October 3, 2020, 11:47 am

I told you before that morning time is best for drinking milk

gettinmoney6zone - October 3, 2020, 3:29 pm

Morning and right before you go to bed.

Well thats what I do atleast

ethellooking - October 3, 2020, 10:49 pm

(Oct 3, 2020 02:51 AM)AmineB Wrote: [\[CITE\]](#) I think milk should be taken in morning time because at night time you don't feel comfortable to sleep as it does not digest properly and you feel pressure to go washroom.

Maybe I'll take a closer look as I get different opinions about drinking milk at night.

Thanks for your opinion

Cooligan - October 3, 2020, 10:59 pm

I'd like to imagine both morning and night.

Morning because it's a great starter drink for the day.

Night because it can help you sleep.

ethellooking - October 3, 2020, 11:42 pm

(Oct 3, 2020 10:05 AM)mike.vronsky Wrote: [\[CITE\]](#) Yeah, It will help you to fall asleep faster and it's help you to improve or induce sleep because Milk contains two nutrients widely known to improve or induce sleep. L-tryptophan, Tryptophan is the precursor to serotonin in your brain. Theoretically, if you consume enough tryptophan, your brain will produce more serotonin a few hours later, which will make you relax and feel good.

Thank you for expanding my understanding. Wish you a great weekend

YikesAu - October 4, 2020, 1:14 am

(Sep 30, 2020 01:05 AM)ethellooking Wrote: [\[CITE\]](#) milk is said to be one of the most nutritious beverages one can have

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never. Milk is disgusting. I Know its like supposed to be good for you and stuff like that but i honestly hate it. Maybe just have a glass before bed and when you wake up maybe that will work for you.

Starks - October 4, 2020, 1:22 am

In the evening until just before you retire to bed. Health experts discourage taking milk in the morning as it becomes quite difficult to digest.

ethellooking - October 4, 2020, 1:54 am

(Oct 3, 2020 02:51 AM)AmineB Wrote: [\[CITE\]](#) I think milk should be taken in morning time because at night time you don't feel comfortable to sleep as it does not digest properly and you feel pressure to go washroom.

Thanks for your opinion. Have a nice weekend

jack sparrow - January 11, 2021, 11:47 am

As per Ayurveda, the best time to have milk is at night before you go to bed. For added benefits, you

can have it with ashwagandha, which helps improve sleep and boosts your memory.

Ayurveda recommends everyone to have milk, except those who are allergic to it.

But people who want to build muscles and kids under the age of 5 can have milk first thing in the morning. Rest the rest, its best to have milk in between evening to nighttime.

i always drink at bed time