

Forum:[Hack Forums](#)

Thread: [How Much Coffee Do You Drink Per Day?](#)

Michael - October 13, 2026, 12:28 am

For me, it's max 3 cups and stop at 2 PM.
How about you?

Fish - October 13, 2026, 12:48 am

i cut coffee a few years ago, was too addicted to it

Michael - October 13, 2026, 12:50 am

(Oct 13, 2026 12:48 AM)Fish Wrote: [\[CITE\]](#) i cut coffee a few years ago, was too addicted to it
Oh really, how many cups per day?

Fish - October 13, 2026, 12:52 am

(Oct 13, 2026 12:50 AM)Michael Wrote: [\[CITE\]](#) Oh really, how many cups per day?
Meh, was only around 3 or 4. Nothing crazy compared to other people though. Just wasn't a fan of my teeth turning brown + the extra expense so I stopped

Michael - October 13, 2026, 12:54 am

(Oct 13, 2026 12:52 AM)Fish Wrote: [\[CITE\]](#) Meh, was only around 3 or 4. Nothing crazy compared to other people though. Just wasn't a fan of my teeth turning brown + the extra expense so I stopped
Yeah definitely a valid point.
+ The cost of coffee beans have been rising as well.

Mix - October 13, 2026, 1:26 am

Depends on how busy I am. I tend to have around a coffee with no milk and two sugars these days and I would say this accounts to about one mug. Each day.

Michael - October 13, 2026, 1:39 am

(Oct 13, 2026 01:26 AM)Mix Wrote: [\[CITE\]](#) Depends on how busy I am. I tend to have around a coffee with no milk and two sugars these days and I would say this accounts to about one mug. Each day.
2 sugars per cup?
Damn that's a lot.

Mix - October 13, 2026, 1:40 am

(Oct 13, 2026 01:39 AM)Michael Wrote: [\[CITE\]](#) 2 sugars per cup?
Damn that's a lot.
The coffee machine does like half a cup so it's worse than it sounds honestly.

Michael - October 13, 2026, 1:43 am

(Oct 13, 2026 01:40 AM)Mix Wrote: [\[CITE\]](#) The coffee machine does like half a cup so it's worse than it sounds honestly.
Yeah but still a lot.
I only do half a sugar per cup.

Mix - October 13, 2026, 1:45 am

(Oct 13, 2026 01:43 AM)Michael Wrote: [\[CITE\]](#) Yeah but still a lot.

I only do half a sugar per cup.

As I recall when I was young I would have around 3-4 sugars but now I have the machine I cant say its 100% 2 scoops due to the size of the coffee.

Michael - October 13, 2026, 1:48 am

(Oct 13, 2026 01:45 AM)Mix Wrote: [\[CITE\]](#) As I recall when I was young I would have around 3-4 sugars but now I have the machine I cant say its 100% 2 scoops due to the size of the coffee.

Damn man still a lot.

Would suggest you to phase out the sugar, not entirely but maybe using less?

Mix - October 13, 2026, 1:49 am

(Oct 13, 2026 01:48 AM)Michael Wrote: [\[CITE\]](#) Damn man still a lot.

Would suggest you to phase out the sugar, not entirely but maybe using less?

Its slowly getting phased out as I mentioned I recall doing around 4 sugars around 8 years back as I recall.

Michael - October 13, 2026, 1:51 am

(Oct 13, 2026 01:49 AM)Mix Wrote: [\[CITE\]](#) Its slowly getting phased out as I mentioned I recall doing around 4 sugars around 8 years back as I recall.

Just go cold turkey a half sugar per coffee/ other drink cup.

Mix - October 13, 2026, 1:53 am

(Oct 13, 2026 01:51 AM)Michael Wrote: [\[CITE\]](#) Just go cold turkey a half sugar per coffee/ other drink cup.

Shit tastes like ass then. Remember I am drinking black coffee as I dont drink milk.

Michael - October 13, 2026, 1:54 am

(Oct 13, 2026 01:53 AM)Mix Wrote: [\[CITE\]](#) Shit tastes like ass then. Remember I am drinking black coffee as I dont drink milk.

Coffee black?

Damn not even milk?

Mix - October 13, 2026, 1:57 am

(Oct 13, 2026 01:54 AM)Michael Wrote: [\[CITE\]](#) Coffee black?

Damn not even milk?

Sadly I am lactose intolerance and over the years I have been trying to get myself into eating something dairy related but my body rejects a lot so I am trying to build up to making things larger over time.

Michael - October 13, 2026, 1:58 am

(Oct 13, 2026 01:57 AM)Mix Wrote: [\[CITE\]](#) Sadly I am lactose intolerance and over the years I have been trying to get myself into eating something dairy related but my body rejects a lot so I am trying to build up to making things larger over time.

Not even lactose intolerant milk?

I used that here too and seem to help.

Mix - October 13, 2026, 2:01 am

(Oct 13, 2026 01:58 AM)Michael Wrote: [\[CITE\]](#) Not even lactose intolerant milk?

I used that here too and seem to help.

Cant get on with the taste for me. Ive tried a few differnt milks but it just dont end well sadly.

Michael - October 13, 2026, 2:03 am

(Oct 13, 2026 02:01 AM)Mix Wrote: [\[CITE\]](#) Cant get on with the taste for me. Ive tried a few differnt

milks but it just dont end well sadly.
Do you notice such a big difference with other milk?

Mix - October 13, 2026, 2:05 am

(Oct 13, 2026 02:03 AM)Michael Wrote: [\[CITE\]](#) Do you notice such a big difference with other milk?
Yes taste and my bodys reaction. I dont want to get to grafic tho. ?

Michael - October 13, 2026, 2:07 am

(Oct 13, 2026 02:05 AM)Mix Wrote: [\[CITE\]](#) Yes taste and my bodys reaction. I dont want to get to grafic tho. ?
Is the body reaction also heavy with lactose free milk?

Mix - October 13, 2026, 2:09 am

(Oct 13, 2026 02:07 AM)Michael Wrote: [\[CITE\]](#) Is the body reaction also heavy with lactose free milk?
No, lactose free milk doesnt give the same effect but I cant stand the taste it just tastes like gone off milk to me.

Jinu - October 13, 2026, 2:13 am

I usually take 2 times a day. Sometimes I take tea.

Fish - October 13, 2026, 2:13 am

(Oct 13, 2026 02:13 AM)Jinu Wrote: [\[CITE\]](#) I usually take 2 times a day. Sometimes I take tea.
One at morning and one mid day?

Sift - October 13, 2026, 2:14 am

Used to be like 2-3 cups a day.

Jinu - October 13, 2026, 2:15 am

(Oct 13, 2026 02:13 AM)Fish Wrote: [\[CITE\]](#) One at morning and one mid day?One in the morning, one at the evening. Sometimes rarely at night if I sit on PC.

Fish - October 13, 2026, 2:16 am

(Oct 13, 2026 02:15 AM)Jinu Wrote: [\[CITE\]](#) One in the morning, one at the evening. Sometimes rarely at night if I sit on PC.
Evening? Does that not make it hard to go to sleep?

Michael - October 13, 2026, 2:25 am

(Oct 13, 2026 02:09 AM)Mix Wrote: [\[CITE\]](#) No, lactose free milk doesnt give the same effect but I cant stand the taste it just tastes like gone off milk to me.
I really don't have that feeling though.

(Oct 13, 2026 02:13 AM)Jinu Wrote: [\[CITE\]](#) I usually take 2 times a day. Sometimes I take tea.
Which tea do you prefer?

(Oct 13, 2026 02:14 AM)Sift Wrote: [\[CITE\]](#) Used to be like 2-3 cups a day.
How about now?

Sift - October 13, 2026, 2:27 am

(Oct 13, 2026 02:25 AM)Michael Wrote: [\[CITE\]](#) I really don't have that feeling though.

Which tea do you prefer?

How about now?

None just drink energy drinks now not everyday but sometimes.

Michael - October 13, 2026, 2:28 am

(Oct 13, 2026 02:27 AM)Sift Wrote: [\[CITE\]](#) None just drink energy drinks now not everyday but sometimes.

Which one is your favorite?

Sift - October 13, 2026, 2:29 am

(Oct 13, 2026 02:28 AM)Michael Wrote: [\[CITE\]](#) Which one is your favorite?

White monster the sugar free one and also been drinking classic hell energy.

Michael - October 13, 2026, 2:30 am

(Oct 13, 2026 02:29 AM)Sift Wrote: [\[CITE\]](#) White monster the sugar free one and also been drinking classic hell energy.

Everybody likes monster lol, mine is just red bull.

Sift - October 13, 2026, 2:31 am

(Oct 13, 2026 02:30 AM)Michael Wrote: [\[CITE\]](#) Everybody likes monster lol, mine is just red bull.

Put some jagermeister some red bull and you have an jagerbomb!

Fish - October 13, 2026, 3:14 am

(Oct 13, 2026 02:31 AM)Sift Wrote: [\[CITE\]](#) Put some jagermeister some red bull and you have an jagerbomb!

then you'll be up all night

Michael - October 13, 2026, 3:59 am

(Oct 13, 2026 03:14 AM)Fish Wrote: [\[CITE\]](#) then you'll be up all night

Good to party haha.

Deany - October 13, 2026, 4:11 am

I'm gonna need a gallon for me to function

Michael - October 13, 2026, 4:11 am

(Oct 13, 2026 04:11 AM)Deany Wrote: [\[CITE\]](#) I'm gonna need a gallon for me to function

With some Chipotle?

RiveR29 - October 13, 2026, 4:32 am

Usually 5 cups of coffee and at least 3 Monsters...

Stressing much? FUCK YEA!

But to be honest I drink way too much caffeine per day.

And I need to cut it back. And I need to cut it back a lot.

Sift - October 13, 2026, 4:34 am

(Oct 13, 2026 03:14 AM)Fish Wrote: [\[CITE\]](#) then you'll be up all night

Nono you'll eventually fall sleep off the alcohol.

Michael - October 13, 2026, 4:37 am

(Oct 13, 2026 04:32 AM)RiveR29 Wrote: [\[CITE\]](#) Usually 5 cups of coffee and at least 3 Monsters...

Stressing much? FUCK YEA!

But to be honest I drink way too much caffeine per day.

And I need to cut it back. And I need to cut it back a lot.
Damn man, that's a lot.

RiveR29 - October 13, 2026, 4:41 am

(Oct 13, 2026 04:37 AM)Michael Wrote: [\[CITE\]](#) Damn man, that's a lot.
Yup it is. That's why I need to cut back a lot.
But my work is stressing me out so fucking much.

Sift - October 13, 2026, 4:42 am

(Oct 13, 2026 04:32 AM)RiveR29 Wrote: [\[CITE\]](#) Usually 5 cups of coffee and at least 3 Monsters...
Stressing much? FUCK YEA!
But to be honest I drink way too much caffeine per day.
And I need to cut it back. And I need to cut it back a lot.
Sounds like a recipe for a heart attack.

Deany - October 13, 2026, 9:25 am

(Oct 13, 2026 04:11 AM)Michael Wrote: [\[CITE\]](#) With some Chipotle?
Coffee and Chipotle sounds amazing right now

Hern - October 13, 2026, 9:55 am

No coffee here but I do drink 1-2 cans of soda a day which should stop...
I at least moved to diet versions but still is not the best for me or my teeth!

?ystem - October 13, 2026, 10:06 am

I used to be bad with coffee. 10+ cups on a slow day. I'm grateful to have cut down on my caffeine intake with minimal headaches since then, but I still do have strong cravings for it ever now and again, such as right now. My partner gives me crap on how we'll stop by Caribou and I take it either black or with a single packet of sugar/sweetener. Meanwhile, she has "a large milk chocolate cooler with a double moose it shot". That's just what I saved to my phone for future use in hopes the barista understands. Way too sweet for me.

Sift - October 13, 2026, 1:19 pm

(Oct 13, 2026 10:06 AM)?ystem Wrote: [\[CITE\]](#) I used to be bad with coffee. 10+ cups on a slow day. I'm grateful to have cut down on my caffeine intake with minimal headaches since then, but I still do have strong cravings for it ever now and again, such as right now. My partner gives me crap on how we'll stop by Caribou and I take it either black or with a single packet of sugar/sweetener. Meanwhile, she has "a large milk chocolate cooler with a double moose it shot". That's just what I saved to my phone for future use in hopes the barista understands. Way too sweet for me.
I remember when working as a mechanic drinking like 5-6 cups along with 2-3 white monsters.

Charlie Sheen - October 13, 2026, 4:45 pm

Coffee is one of the things I wish I had a taste for. I have always said if I had a million wishes, one of them would be to like coffee. It smells so good. Just can't stand the taste. I have tried a few of them and they all are rough. Energy drinks it is for me.

Laughing Man - October 13, 2026, 7:44 pm

300-800mg per day of Caffeine.

Oh_Well - October 14, 2026, 12:45 am

2 or 3 cups max. The 3rd one is always decaf

Laughing Man - October 14, 2026, 1:51 am

(Oct 14, 2026 12:45 AM)Oh_Well Wrote: [\[CITE\]](#) 2 or 3 cups max. The 3rd one is always decaf

low numbers, god do I wish I could get these numbers

Oh_Well - *October 14, 2026, 2:08 am*

(Oct 14, 2026 01:51 AM)Laughing Man Wrote: [\[CITE\]](#) low numbers, god do I wish I could get these numbers

800mg is too much man, what if you replace some cups during the day with something else? Don't you like juice, tea, or anything else?

Sift - *October 14, 2026, 2:10 am*

(Oct 13, 2026 07:44 PM)Laughing Man Wrote: [\[CITE\]](#) 300-800mg per day of Caffeine.

Weak numbers 1000mg is where the energy is at.