

## **HOW MANY CARBS CAN YOU EAT TO LOSE WEIGHT**



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### **How Many Carbs Should You Eat Per Day to Lose Weight**

So if you eat a 2000-calorie diet, you should aim for about 225 to 325 grams of carbs per day. But if you need to lose weight, you will get much faster results eating around 50 to 150 grams of carbs.

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### **How Many Carbs Should You Eat to Lose Weight Food US News**

And when we do eat from the healthier sources, we overdo it, Mass says. For instance, a standard serving of carbs is defined as 15 grams. Two cups of brown rice which can be a completely healthy and nutrient-packed carb choice, weighs in at 90 grams equal six servings.

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### **How Many Grams Of Carbs Should I Eat Per Day To Lose Weight**

So that's 600 from protein plus 500 from fat which gives this person 1100 calories accounted for so far. Now they'd just subtract 1100 from their 2000 total and get 900 calories. Since 1 gram of carbs contains 4 calories, this example person can see that they should eat 225 grams of carbs per day.

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### **How Many Carbs You Can Eat Daily And Still Lose Weight**

Nearly 60% of the calories needed by the body should be supplied by the carbs we eat. For faster weight loss we need to eat fewer calories, which would mean less carbohydrate in our diet. If a person requires about 1,600 calories daily, try to limit the carb intake to about 180 to 240 grams maximum.

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### **How Many Carbs Can You Eat and Still Lose Weight Rapidly**

If you've struggled to lose weight and can't seem to lose as much as you'd like and are considering cutting carbs, the place to start is to figure out how many carbs to rapidly lose weight in order to reach your goal.

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### **Eat Carbs and Still Lose Weight Shape Magazine**

The amount of carbs that you should be eating is based to two things: 1) How much weight you need to lose and 2) Where on your body you need to lose the weight.

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### **How many Carbs should YOU eat for Weight Loss**

A good starting point for how many carbs you should try and stay under are: 100-150 Grams A Day. If you lead an active lifestyle or just need moderate results, then reduce your intake to the range of 100-150 grams a day. Your optimum diet consists of all types of veggies and several servings of fruit.

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### **How Many Carbs Should I Eat A Day For Weight Loss**

RELATED: Everything You Need to Know Before Going on a Low-Carb Diet. Divide that number by four, and that's how many grams of carbs you should have daily to lose weight. For example, if you're on a 1,800-calorie diet, you should stick to 202 grams of carbohydrates per day.

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