

[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 Per Day to Lose Weight

Low carbohydrate diets are common for weight loss, but how many carbs can you eat and still lose weight? The Institute of Medicine suggests a minimum requirement of 130 grams of carbohydrates per day.

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

Now that you know how many grams of carbs you should eat per day, you also probably want to know which foods you should get these carbs from. For the most part, people trying to lose weight, build muscle or just be healthy should get the majority of their daily carb intake from higher quality nutrient-dense sources as opposed to simple, high glycemic, processed crap.

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How Many Carbs Should You Eat a Day For Weight Loss

Simple carbs like soda and white bread can spike blood sugar and fast forward hunger pangs, so you should cut those before cutting complex carbs. Complex carbs are found in whole grains and vegetables and are referred to as dietary starches that steadily release energy. Even these healthier choices can add up, though, so keep an eye out for low-carb options: half a cup of sweet potatoes has 21 grams of carbs and a slice of Nature's Own Double Fiber Wheat bread has 11 grams.

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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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How Many Grams of Carbs per Day to Lose Weight

You have some flexibility when planning your daily grams of carbs to lose weight. While there's general agreement about the maximum number of carb grams you can consume for a low-carb diet, the experts haven't established a precise number for weight loss, but there are some basic guidelines.

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You can eat carbs and lose weight. After seeing so many people avoiding these nutritious and delicious fruits and vegetables; I am coming to their defense and encouraging you to get them back into your diet.

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