

## [HOW MANY CARBS DO YOU NEED TO LOSE WEIGHT](#)



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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 Calories Should You Eat Per Day to Lose Weight**

Cutting carbs is a very effective way to lose weight, as it reduces appetite and makes you eat fewer calories automatically (26, 27, 28). Studies have shown that eating a low-carb diet until fullness can make you lose about 2-3 times more weight than a calorie-restricted, low-fat diet (29, 30, 31).

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