

Download How Much Carb

While carbohydrates, fat and protein are all sources of energy in the diet, the amount of energy each one provides varies: carbohydrate provides: about 4kcal (17kJ) per gram. protein provides: 4kcal (17kJ) per gram. fat provides: 9kcal (37kJ) per gram. Low-carb diets cause more weight loss and improve health more than the calorie restricted, low-fat diet still recommended by many people. This is pretty much a scientific fact at this point (6, 7, 8). Divide the number you got from the first step by four. The final number is equal to the amount of carbohydrates in grams you need each day. For example, a person who eats approximately 2,000 calories per day should take in about 250 grams of carbohydrates (2,000 divided by 2 = 1,000 and 1,000 divided by 4 = 250). Carbohydrates also help you sleep, which itself controls your levels of hunger and the catabolic stress hormone cortisol.[2,3] In case you needed one more reason to embrace carbs, know that many high-carb, unprocessed foods—think fruits, starchy vegetables, and tubers like sweet potatoes—are also chock-full of micronutrients like vitamins, minerals, and fiber.