

Carbohydrates Guide

HOW MANY CARBOHYDRATES SHOULD YOU BE EATING EVERY DAY?

- For most people, carbohydrates should make up 15 to 30 percent of your total daily calories (that's 100 to 200 grams for a moderately active male eating 2,600 calories per day, and 75 to 150 grams for a moderately active female eating 2,000 calories per day).
- If you're seeking to maintain your current weight, gain muscle and/or lose a small amount of body fat, you should aim to get about 25 to 60 percent of your calories from carbohydrates; if you're trying to lose a significant amount of body fat, aim to get between 7 to 20 percent of calories from carbohydrates. Ask your health care provider for specific guidelines.
- See the chart below for more information about how much carbohydrate to eat.

SUMMARY OF CARBOHYDRATE INTAKE GUIDELINES

GOAL/ POPULATION	CARB INTAKE (% OF TOTAL CALORIES)	CARB INTAKE (G/D ON A 2,600-CALORIE DIET)	CARB INTAKE (G/D ON A 2,000-CALORIE DIET)
Significant weight loss, severe blood-sugar issues, neurological and cognitive problems	<10%	<65g	<50g
Weight loss, blood-sugar regulation, mood disturbances	10-15%	65-100g	50-75g
General health and maintenance	15-30%	100-200g	75-150g
Athletes, people who are highly active and/or lean with fast metabolism	30-45%	200-300g	150-225g

WHAT TYPES OF CARBOHYDRATES SHOULD I BE EATING?

- **Eat as many non-starchy vegetables as you'd like throughout the day.** How much you eat depends largely on personal preference and how well you digest them, because they don't make a significant contribution to total carbohydrate intake.
- **Eat approximately two to five servings of fruit per day.** If you have a blood-sugar issue or are trying to lose weight, aim for the lower end of the range and choose low-sugar fruits, like berries and melon. If you're lean, active, and have no blood-sugar issues, aim for the higher end of the range.
- **Eat approximately two to four servings of starchy plants per day.** If you're restricting carbs, eat fewer servings and smaller amounts of each serving.

WHAT DOES A SERVING OF CARBOHYDRATE LOOK LIKE?

To give you a general idea of what this looks like in terms of food, 50 grams of carbohydrates is equal to one large sweet potato and 1/2 cup of blueberries; 100 grams of carbohydrates is equal to 1/2 cup of blueberries, 1/2 cup of strawberries, and two large sweet potatoes.

You can search online databases like the ones from the [USDA](#) to determine the carbohydrate content of foods. Check out the chart below for serving sizes of common Paleo and/or "safe" real food starches.



CARBOHYDRATE CONTENT OF SELECTED FRUITS

FRUIT	MEASURE	CARBOHYDRATE, GRAMS
Banana	1 medium	27
Pear	1 fruit, medium	27
Pomegranate	1/2 fruit (4-inch piece)	27
Mango	1 cup, pieces	25
Apple	1 fruit (3-inch piece)	25
Pineapple	1 cup, chunks	22
Orange	1 fruit (3-inch piece)	18
Grapes	1 cup	16
Papaya	1 cup, 1-inch pieces	16
Peach	1 medium (2 2/3 inch)	14
Cantaloupe	1 cup, cubes	13
Strawberries	1 cup, halves	12
Watermelon	1 cup, diced	12
Blueberries	1/2 cup	11
Raspberries	1/2 cup	8
Plum	1 fruit (2 1/8 inch)	8



CARBOHYDRATE CONTENT OF SELECTED STARCHY PLANTS

STARCHY PLANT	MEASURE	CARBOHYDRATE, GRAMS
White potato	1 large	64
Tapioca	1/2 cup	63
Plantain	1 cup, slices	48
Taro	1 cup, sliced	46
Yuca	1/2 cup	39
Sweet potato	1 large	37
Yam	1 cup, cubes	37
Breadfruit	1/2 cup	30
Acorn squash	1 cup, cubes	30
Butternut squash	1 cup, cubes	22



CARBOHYDRATE CONTENT OF SELECTED “NON-PALEO” CARBS

FOOD	MEASURE	CARBOHYDRATE, GRAMS
White Rice	1 cup cooked	53
Buckwheat “groats” or Kasha	1 cup cooked	34
Buckwheat flour	1/4 cup	20
Whole Milk	8 ounces/1 cup	11
Full fat Yogurt	8 ounces/1 cup	11
Full fat plain Kefir	8 ounces/1 cup	8
Honey	1 tsp	6
Molasses	1 tsp	5
Maple Syrup	1 tsp	4
Coconut sugar	1 tsp	4