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Carb Chart For Women

Suggestions for Populations	Carb %	1200 calories per day	1500 calories per day	1800 calories per day	2000 calories per day	2200 calories per day
• Athletes, very active • Breast-feeding • Fast carb metabolizer • Trying to gain muscle/weight	High At least 30% of calories	> 120 grams	> 150 grams	> 180 grams	> 200 grams	> 220 grams
• Generally healthy • Maintain weight • Thyroid or adrenal problems	Moderate 15-30% of calories	60 - 120 grams	75 - 150 grams	90 - 180 grams	100 - 200 grams	120 - 220 grams
• Lose weight • Stabilize blood sugar & mood • Some digestive problems	Low 10-15% of calories	39 - 60 grams	49 - 75 grams	58 - 90 grams	65 - 100 grams	78 - 120 grams
• Neurological issues • Obesity	Very Low Under 10% of calories	< 39 grams	< 49 grams	< 58 grams	< 65 grams	< 78 grams

Most of you probably fall into the middle two rows, **Moderate Carb** and **Low Carb**. These carb amounts refer to "*net* carbohydrates," meaning **after fiber is subtracted**. Fiber doesn't count, because it's food for your gut bacteria. Just to be clear, the above are the amounts of net carbs to eat over a given day.

Another method to determine carb requirements

1. Calculate your standard BMI here. Or calculate your smart BMI here. Or calculate your BMI with more detail (activity level and body measurements) here.
2. If your BMI is normal (under 26) and you just want to maintain weight, follow **Moderate Carb** levels above.
3. If your BMI is 26 or higher, decide if you choose **Very Low Carb** or **Low Carb**. Most of you should choose **Low Carb**. Decide based on your activity level. If you are sedentary, carbs should be lower. If you are highly active, carbs should be higher on this scale.
4. Download an **App** for looking up net carbs or tracking yours. Carb Manager is a good one.