

Low-Carb Vegies Intake | Net Carbohydrates Intake

Net Carbohydrates Intake

Net carbs (total carbs minus fiber) are kept low to maintain ketosis. The range is generally fixed across LBM and activity levels, as ketosis depends on carb restriction rather than body size:

- **Standard**: 20-50 g/day (5-10% of calories). Stricter keto (e.g., therapeutic) may aim for <20 g/day.

- **Note**: Activity level doesn't significantly alter carb needs, but active individuals may tolerate closer to 50 g for glycogen replenishment.

Have a little as possible

| Lean Body Mass (lbs) | Net Carbs Range (g/day) |

----- -----		
100	20-50	
125	20-50	
150	20-50	
175	20-50	
200	20-50	
225	20-50	
250	20-50	

Revision #5

Created 2025-06-11 22:38:08 UTC by Danicus

Updated 2025-06-11 22:56:25 UTC by Danicus