Abstract. Let $A \subseteq \mathbb{R}^M$ be a discrete subgroup of rank $N$, so that $A$ is the image of $\mathbb{Z}^N$ under the action of an $M \times N$ real matrix $A$ of rank $N$. Let $B \subseteq \mathbb{R}^M$ be the $\mathbb{R}$-linear subspace spanned by the columns of $A$, and let $|A|$ denote the norm of the matrix $A$ as a linear map from $\mathbb{R}^N$ into $\mathbb{R}^M$. We prove an explicit inequality that estimates the number of points in $A$ contained in a ball of radius $R$ centered at a generic point in $B$. For a fixed matrix $A$ and $R \to \infty$ the inequality we obtain is not the best known. However, the inequality we prove is uniform over the set of all matrices $A$ such that $|A|$ is bounded by a positive parameter. A particularly simple form of the bound occurs when $N = 3$. 