

Carbohydrates (sugars)

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What are sugars?

- Regular sugar (the one commonly added to food) is called sucrose. Fructose is the sugar that is in fruits. As chemicals, sucrose and fructose are both made by two smaller sugars (they are disaccharides). Glucose is the more common of these smaller sugars (monosaccharides). The human body changes regular sugar into the smaller sugars.



Glucose

- Glucose is a simple carbohydrate, or sugar. It is one of several kinds of sugars. It is important because cells in an organism use it as a source of energy. Turning glucose into energy is called cellular respiration, which is done inside the cells of a living organism.
- Glucose is made by plants in a process called photosynthesis. It can also be made by animals in their liver or kidneys.
- People that do not have enough glucose have low blood sugar levels. This is a health condition called hypoglycemia. People that do not have enough glucose have low blood sugar levels. This is a health condition called hypoglycemia. People with too much glucose have hyperglycemia. People that do not have enough glucose have low blood sugar levels. This is a health condition called

Fructose



Lactose

Lactose is a disaccharide that consists of galactose and glucose molecules. Lactose makes up around 2-8% of the solids in milk.

The name comes from the Latin word for milk, plus the -ose ending used to name sugars. Lactose is found in milk products.

Infant mammals mammals are fed on by milk from their mothers. To digest it an enzyme mammals are fed on by milk from their mothers.

To digest it an enzyme called lactase mammals are fed on by milk



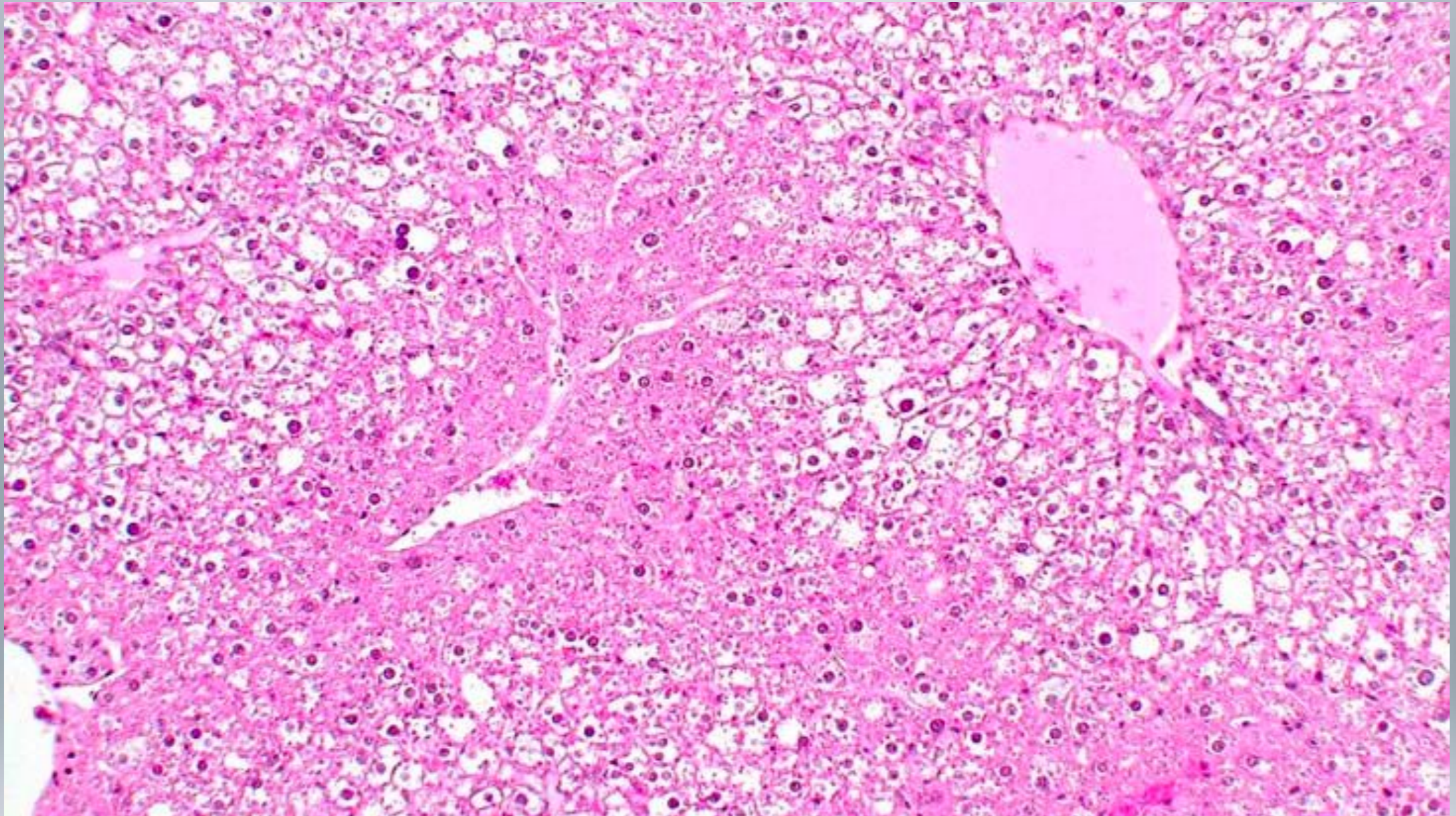


Cellulose

Cellulose is made from a form of glucose and makes up most of the cell wall of plant cells. It is not digestible by humans.

Starch





Glycogen

It is a polysaccharide that is the principal storage form of [glucose](#) in animal [cells](#). Glycogen is found in the form of [granules](#) in the [cytosol](#) in many cell types, and plays an important role in the [glucose](#) cycle. Glycogen forms an energy reserve that can be quickly mobilized to meet a sudden need for glucose, but one that is less compact than the energy reserves of [triglycerides](#).

Thanks for your attention!