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 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

- 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 hypoglycemiaPeople that do not have enough glucose have low blood sugar levels. This is a health condition called hypoglycemia. People with too much glucose have hyperglycemiaPeople that do not have enough glucose have low blood sugar levels. This is a health condition called

Fructose

Lactose

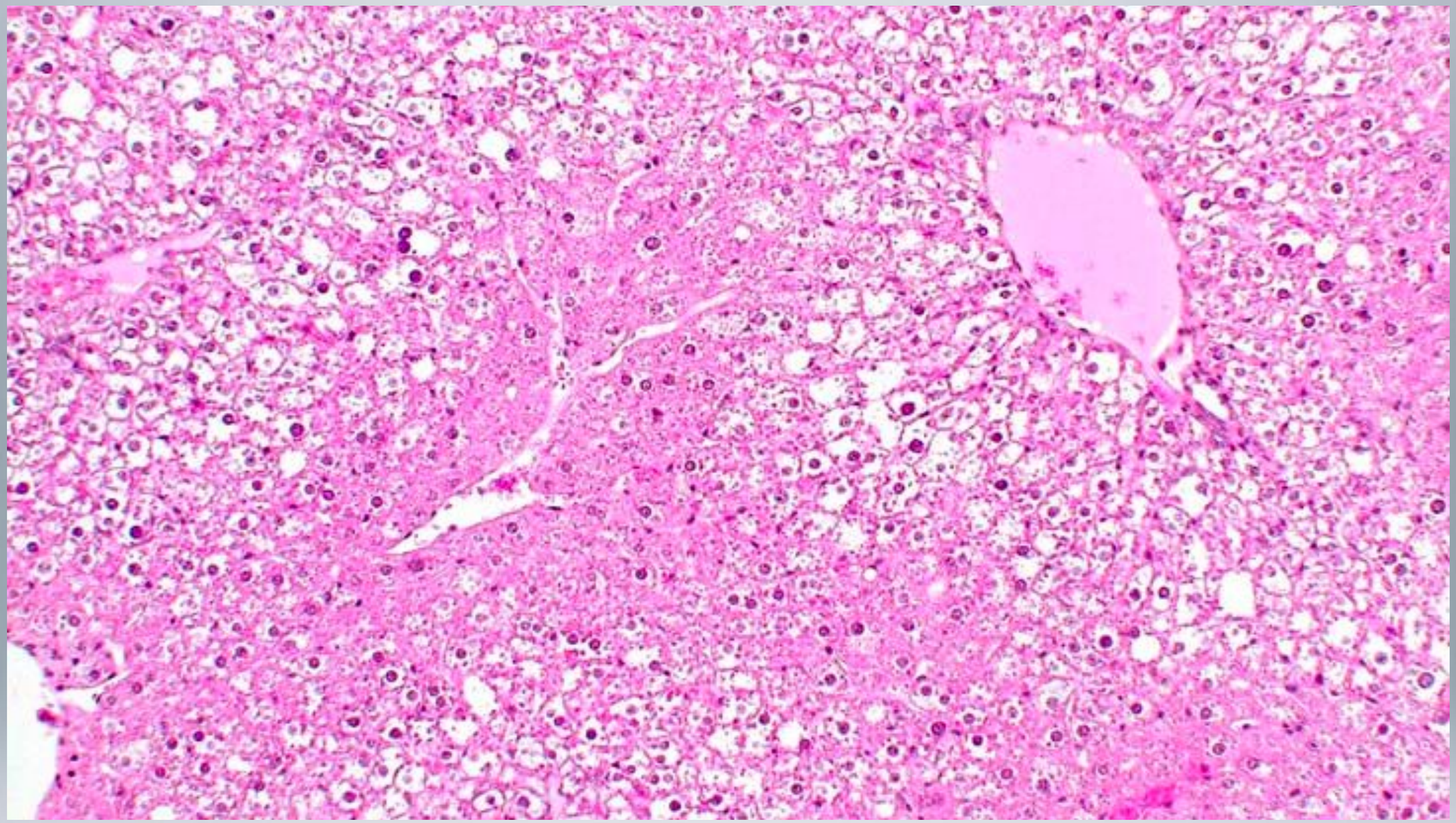
Lactose is a disaccharide that consists of galactose and glucose molecules. Lactose makes up around 2-8% of the solids in milk. The name comes from the Latin word for milk, plus the -ose ending used to name sugars. Lactose is found in milk products.

Infant mammalsmammals are fed on by milk from their mothers. To digest it an enzymemammals are fed on by milk from their mothers. To digest it an enzyme called lactasemammals 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!