Carbohydrates Notes

**What are carbohydrates?**

Carbohydrates are the sugars, starches, and fibres found in fruits, grains, vegetables, and milk products. Carbohydrates can be simple or complex. Glucose, fructose, and galactose are all simple sugars (AKA monosaccharides.) Link two of them and you have a disaccharide. Complex carbohydrates have three or more sugars strung together. Carbs with 3-10 linked sugars are oligosaccharides. Those with more than 10 sugars are polysaccharides.

**The Biological Roles of Glucose**

Energy is required for functioning of the organs in the body. Many tissues can also use fat or protein as an energy source but others, such as the brain and red blood cells can only use glucose. Glucose comes from carbohydrate foods, which is stored in glycogen. An analogy often associated with glucose is that glucose is the fuel of cars; without fuel, the car would not be able to function. It is essential for survival.

