

### Introduction

**Carbohydrates** - micronutrient; most abundant forms are *sugar, fiber* and *starch*

Preferred source of energy of fats and proteins because

1. Can produce ATP through fermentation
2. Fats are the most efficient source of fuel
3. Prevents protein from being converted to energy
4. Cheapest form of energy

### CHO Classifications

**Monosaccharides** - simple sugar

Glucose                      common in nature

Fructose                     fruit sugar

Galactose

**INSULIN** and **GLUCAGON** regulate blood glucose homeostasis

### Disaccharides

Sucrose                      table sugar or white sugar

Lactose                      principal CHO of milk

Maltose                      malt sugar

### Polysaccharides

Starch                        Staple grains (rice, wheat corn)

legumes (beans and peas)

root vegetables (fiber)

Glycogen                    CHO storage form @ liver

Dietary Fibers             natural fiber in food



By \_primooooooo

Not published yet.

Last updated 30th August, 2025.

Page 1 of 1.

Sponsored by **ApolloPad.com**

Everyone has a novel in them. Finish Yours!

<https://apollopad.com>