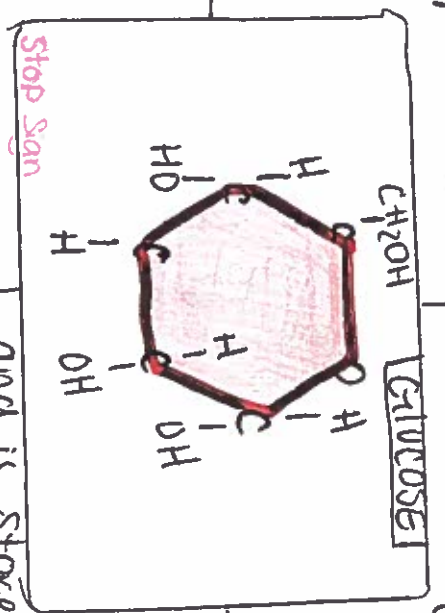


Def: Compounds composed of Carbon, hydrogen, and oxygen. General Formula, $C_6H_{12}O_6$. 3 Types of Carbs:

- Monosaccharide
- Disaccharide
- Polysaccharide

Non Ex:
Meats
Fats
Enzymes



GLUCOSE - monosaccharide
Sucrose - Disaccharide (Fruit)

Glycogen - Polysaccharide (starches)

Pizza + Pasta + Bread

Own Def:
Long Term energy source as polysaccharide and is stored energy.
- Short term energy source as mono + disaccharide.
Looks like a **Stop Sign!**

* CARBOHYDRATES *

• Lipids •

• Proteins •

• Nucleic Acids •