

HTML BASICS

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Fructose, or **fruit sugar**, is a simple *ketonic monosaccharide* found in many plants, where it is often bonded to glucose to form the disaccharide sucrose. It is one of the three dietary monosaccharides, along with glucose and galactose, that are absorbed directly into blood during digestion. Its formula is C₆H₁₂O₆ and its density is 1.694 g/cm³ . Fructose was discovered by French chemist [Augustin-Pierre Dubrunfaut](#) in 1847, ~~not in 1846~~.

It makes us **strong**! *This is emphasized.*

Excessive consumption of fructose (especially from sugar-sweetened beverages) may contribute to insulin resistance, obesity, elevated LDL cholesterol and triglycerides, leading to metabolic syndrome. The EFSA stated that fructose may be preferable over sucrose and glucose in sugar-sweetened foods and beverages because of its lower effect on postprandial blood sugar levels, and noted that *high intakes of fructose may lead to metabolic complications such as dyslipidaemia, insulin resistance, and increased visceral adiposity* (this is a citation).

Login:

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Select Programming Language |

JavaScript

Submit

h1 defines the most important heading. h6 defines the least important heading. Font-size for h1 is the same as font-size for h2, because we have to use only one h1 on the page, and it is commonly used inside header

Heading 2

Heading 3

Heading 4

Heading 5

Heading 6

Unordered Shopping List

- Vegetables:
 - Potatos
 - Carrots
 - Cucumbers
- Fruits:
 - Apples
 - Bananas
 - Pears
- Milk
- Butter

Definition List

HTML

HTML is the standard markup language to create Web pages.

CSS

CSS describes how HTML elements are to be displayed.

JavaScript

JavaScript is a scripting languages, primarily used on the Web.

Ordered To-do List

1. Wash your hands
2. Clean your apartment
3. Do your homework
 - A. Create HTML Page
 - B. Check all requirements & folder structure
 - C. Upload files



Sugar content of selected common plant foods (g/100g)

Food item	Free Fructose	Free Glucose
Banana	4.9	5.0
Grapes	8.1	7.2
Apple	5.9	2.4
Pineapple	2.1	1.7

Blockquotes

Let's keep it simple. Italics are good to help set it off from the body text. Be sure to style the citation.

"I think we're all sensitive, everyone has a certain way about themselves that people don't like to let their emotions out too often. I think people tend to suppress them and hold them in, so I think there's a bit of that in me."
[Jason Statham](#)

Text formats

Preformatted Text

```
Text in a pre element
is displayed in a fixed-width
font, and it preserves
both    spaces and
line breaks
```

This is code

```
.container {
  width: 100%;
  padding: 10px 20px;
  text-align: center;
}
```