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- Carbohydrates are found in all living things that we know of and are critical to our functioning
  - There is a lot of debate surrounding how much is good and how much is bad for us
- Carbohydrates usually have a long carbon chain with oxygen and hydrogen branching off of it
  - Usually they are tipped with hydrogen, or a hydroxyl group
- Can tend to mix with water well due to their polarity
  - They also chain with each-other really well due to their polarity which causes the long chains called polysaccharides
  - They; however, do not dissolve in water very well
    - \* Large carbohydrates tend to dissolve in water well however
      - Cellulose
      - Starch
      - Glycogen
      - other such things
- Hexagonal drawings and edges without labels should be assumed to be carbs unless said otherwise
- These can be found on
  - The cell membrane
  - In cell walls
  - Inside mitochondria
- Pubmed is a very good source and we should go directly to the research and read their conclusions instead of getting our scientific information through the news