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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