Source: KBBiologyMasterIndex

1 | Carbohydrates

Glucose, Cellulose, Lactose, etc. etc.

Structures

- Carbs have **6 carbons.**
- Carbon chain with Hydrogen and Hydroxide
- Dissolves well in water because of the slightly positive hydrogen and the slightly negative OH

  Basically, if you see a hexagon carbon ring, you are probably looking at a carbohydrate

Rough rule: **The more Carbons, the more energy**

Types of Carbs('s external structures)

Starch

- 6 Carb Spiral that folds onto it self
- Take Glucode and daisy-chain them
- Plants use it!

Fiber

- 6 Carb chain
- Takes cellulose

Glycogen

- Straight chain of cellulose
- Used to store energy by humans
  - Bonded nature cause it not be detected as glucose + efficient
  - When bonds are cut, they become glucose

Uses of Carbs

- Mitocondria
  - Actually not strictly part of a cell!
  - Another organism (technically an organelle)
    - Could move
    - Could replicate
  - Breaks down stored carbs (glycogen) into glucose and then eventually smaller elements
- Cell tagging
  - As an authentication systems
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The Carbs Debate

- Fructose worse? Better? No difference?
- Experiments differ
    - Generally found no differences
    - Some found fructose to be a bit more obesity causing