

Name: _____

Nutrition Facts

Serving Size: 1 donut (26g)
Servings Per Container: 12

Amount Per Serving

Calories 290

Calories from Fat 140

Calories from Saturated Fat 65

% Daily Value*

Total Fat 16g **25%**

Saturated Fat 7g **35%**

Trans Fat 0g

Polyunsaturated Fat 7g

Monounsaturated Fat 2g

Cholesterol 0mg **0%**

Sodium 340mg **14%**

Potassium 0mg **0%**

Total Carbohydrate 34g **11%**

Dietary Fiber 1g **4%**

Sugars 14g

Other Carbohydrate 19g

Protein 3g **6%**

Vitamin A 2%

Vitamin C 0%

Calcium 0%

Iron 6%

Thiamin 0%

Riboflavin 0%

Niacin 0%

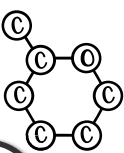
Folic Acid 0%

Percent(%) Daily Value are based on a 2,000 calorie diet.

simplified drawing

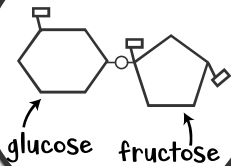
Monosaccharides:

GLUCOSE



more simplified drawing

SUCROSE

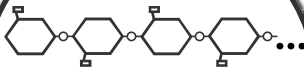


glucose

fructose

Disaccharides

CELLULOSE



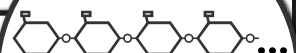
Cellulose(Dietary Fiber)



Complex Carbohydrates Polysaccharides:

© Bethany Lau

STARCH



Starch (Other Carb)



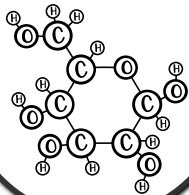
Carbohydrates
IN OUR FOOD

Processed foods

High In Monosaccharides

High In Polysaccharides:

GLUCOSE



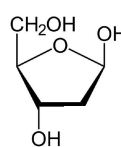
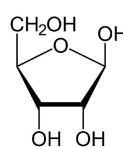
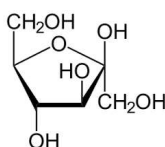
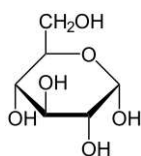
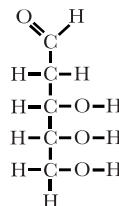
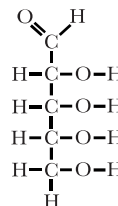
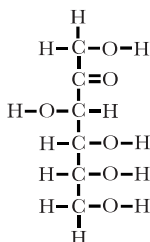
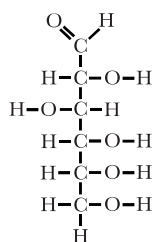
Elements:

Functional Groups:

Monosaccharides: Structure

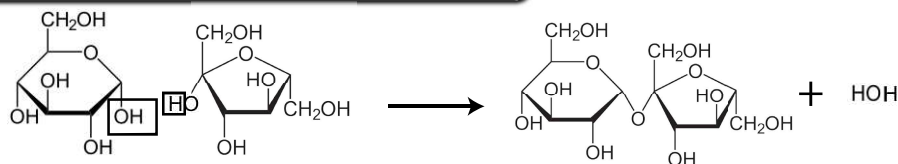
Name: _____

& Function

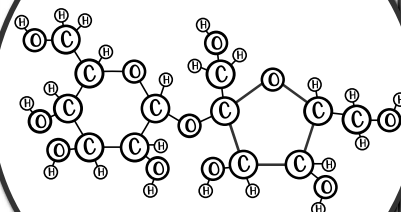


Reaction to Form: Dehydration Synthesis

Disaccharides



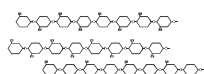
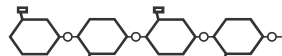
SUCROSE



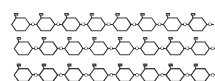
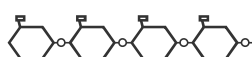
Function

Polysaccharides

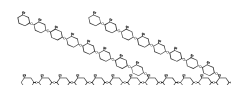
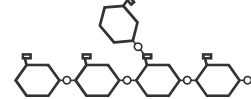
CELLULOSE



STARCH



GLYCOGEN



Carbohydrates: Structure and Function