

SUGARS, BROKEN DOWN

MONOSACCHARIDES

(one-molecule sugars)

Glucose

Fructose (levulose or fruit sugar)

Galactose (occurs in milk)

DISACCHARIDES

(two monosaccharides linked together)

Sucrose (table sugar) = glucose + fructose

Lactose (milk sugar) = glucose + galactose

Maltose (malt sugar) = glucose + glucose

POLYSACCHARIDES

(more than 10 monosaccharides linked together)

Starch (glucose polymer)