

***MADE FROM THE ELEMENTS ***
→ CARBON
→ HYDROGEN
→ OXYGEN

MAIN ENERGY SOURCE FOR THE BODY
↳ EXCESS CONVERTED TO GLYCOGEN
& STORED IN LIVER & MUSCLE TISSUE

MONOSACCHARIDES
e.g. GLUCOSE, GALACTOSE, FRUCTOSE

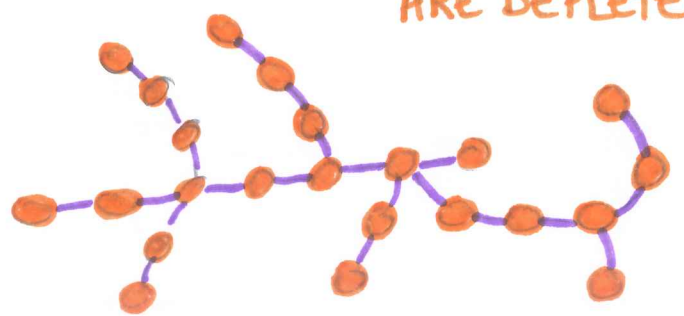


DISACCHARIDES
e.g. SUCROSE, LACTOSE



POLYSACCHARIDES
e.g. GLYCOGEN, CELLULOSE, STARCH

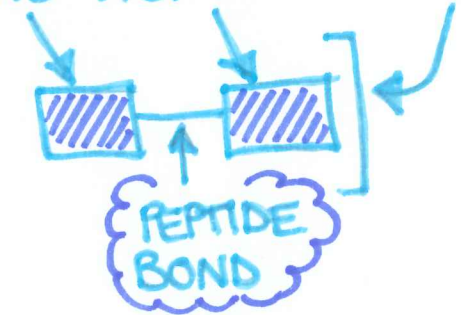
STORAGE COMPOUND, USED WHEN SIMPLE SUGARS ARE DEPLETED



***MADE FROM THE ELEMENTS ***
→ CARBON
→ HYDROGEN
→ OXYGEN
→ NITROGEN

MAIN USE:
↳ STRUCTURAL MATERIALS
eg. HAIR, COLLAGEN, NAILS, MUSCLE
↳ CHEMICAL REACTIONS
eg. MAKES ENZYMES

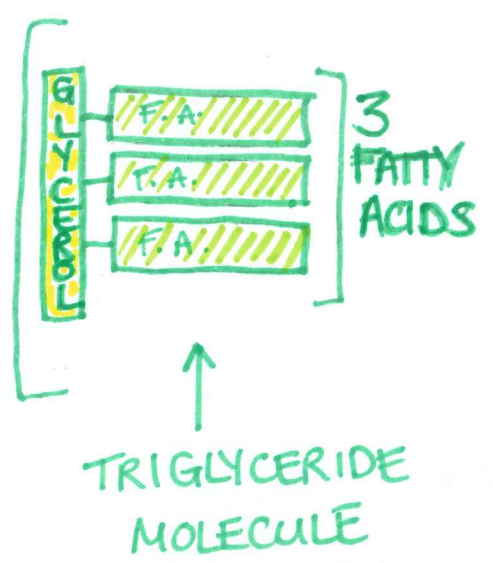
SIMPLE UNIT OF PROTEIN = AMINO ACIDS
2 AMINO ACIDS = DIPEPTIDE



100s OF AMINO ACIDS = PROTEIN (POLYPEPTIDE)

***MADE FROM ***
→ CARBON
→ HYDROGEN
→ OXYGEN (LESS THAN IN CARBS)

USES: ENERGY STORAGE
↳ TRIGLYCERIDES
↓
PHOSPHOLIPIDS
CHOLESTEROL
SEX HORMONES
STERIODS



***MADE FROM: ***
CARBON
HYDROGEN
OXYGEN
NITROGEN
PHOSPHORUS

