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)