




## Reference Guide: Types of Carbohydrates

Carbohydrate	Type	Digestive Enzyme
<b>Monosaccharides</b> 	<b>Glucose</b>	N/A: Monosaccharides are already in their smallest, one-molecule form.
	<b>Fructose</b>	
	<b>Galactose</b>	
<b>Disaccharides</b> 	<b>Sucrose</b>	<b>Sucrase</b> breaks sucrose into glucose + fructose
	<b>Maltose</b>	<b>Maltase</b> breaks maltose into glucose + glucose
	<b>Lactose</b>	<b>Lactase*</b> breaks lactose into glucose + galactose
<b>Polysaccharides</b> 	<b>Starches</b>	<b>Amylase</b> breaks starches into mono- and disaccharides
	<b>Fiber</b>	N/A: Fiber is made up of chains of monosaccharides and disaccharides that cannot be broken down.
	<b>Glycogen</b>	N/A: Glycogen is <i>produced</i> by the body during digestion as a means of temporarily storing monosaccharides.

\*Note: Lactase often decreases with age, making absorbing lactose difficult for many adults. This condition is called *lactose intolerance*.

## “THE STARCH MARCH”

*Or, where carbohydrates go after digestion*

