|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Carb Tested | Type of Carb | Sweetness | Color | Texture | Function |
| Sucrose | Disaccharide | 100 | White | Granular | Energy,Transport |
| Glucose(Dextrose) | Monosaccharide | 140 | White | Powder | Energy |
| Maltose | Disaccharide | 20 | White | Powder | Energy; fermentation |
| Lactose | Disaccharide | 20 | White | Powder | carrier/stabilizer |
| Galactose | Monosaccharide | 80 | White | Powder | binds w/ sugar for lactose |
| Fructose | KetonicMonosaccharide | 170 | White | Granular | sweetener in food, energy |
| Cellulose | Polysaccharide | 10 | White | Powder | main carb in plants |
| Starch | Polysaccharide | 0 | White | Chunky Powder | energy for plants |