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List down simple types of carbohydrates

compound that consists only of carbon, hydrogen, and oxygen. Lactose is a disaccharide found in animal milk. It consists of a molecule of D-glucose and a molecule of D-galactose bonded by beta-1,4 glycosidic linkage. A carbohydrate (kar:rbou:hadrnt) is a biomolecule consisting of carbon (C), hydrogen (H) and oxygen (O) atoms, usually with a hydrogen-oxygen atom ratio of 2:1 (as in water) and with the empirical formula $\text{C}_m(\text{H}_2\text{O})_n$ (where m may or may not be different from n). However, not all carbohydrates conform to this precise stoichiometric definition (e.g., uronic acids, deoxy sugars such as fucose), nor are all chemicals that do conform to this definition automatically classified as carbohydrates (e.g., formaldehyde and acetic acid). The term is most common in biochemistry, where it is a synonym of saccharide, a group that includes sugars, starch, and cellulose. The saccharides are divided into four chemical groups: monosaccharides, disaccharides, oligosaccharides, and polysaccharides. Monosaccharides and disaccharides, the smallest (lower molecular weight) carbohydrates, are commonly referred to as sugars.[1] The word saccharide comes from the Greek word σάκχαρος (sákkharos), meaning "sugar".[2] While the scientific nomenclature of carbohydrates is complex, the names of the monosaccharides and disaccharides very often end in the suffix -ose, e.g., fructose, sucrose, and lactose. Other names for monosaccharides include triose, tetraose, pentaose, and hexaose. Polysaccharides are long chains of monosaccharides linked by glycosidic bonds. They include starch, glycogen, and cellulose. Carbohydrates play key roles in the immune system, fertilization, preventing pathogenesis, blood clotting, and development.[3] Carbohydrates are central to nutrition and are found in a wide variety of natural and processed foods. Starch is a polysaccharide. It is abundant in cereals (wheat, maize, rice), potatoes, and processed food based on cereal flour, such as bread, pizza or pasta. Sugars appear in human diet mainly as table sugar (sucrose, extracted from sugarcane or sugar beets), lactose (abundant in milk), glucose and fructose, both of which occur naturally in honey, many fruits, and some vegetables. Table sugar, milk, or honey are often added to drinks and many prepared foods such as jam, biscuits and cakes. Cellulose, a polysaccharide found in the cell walls of all plants, is one of the main components of insoluble dietary fiber. Although it is not digestible, insoluble dietary fiber helps to maintain a healthy digestive system[4] by easing defecation. Other polysaccharides contained in dietary fiber include resistant starch and inulin, which feed some bacteria in the microbiota of the large intestine, and are metabolized by these bacteria to yield short-chain fatty acids.[5][6] Terminology In scientific literature, the term "carbohydrate" has many synonyms, like "sugar" (in the broad sense), "saccharide", "ose", "[12] "glucide", [17] "hydrate of carbon" or "polyhydroxy compounds with aldehyde or ketone". Some of the terms, especially "glucose" and "sugar", are also used with other meanings. In the food science and in many informal contexts, the term "carbohydrate" often refers to any food that is particularly rich in the simple carbohydrates, starch (such as cereals, bread and pasta) or simple carbohydrates, such as sugarcane, potatoes, jams, and candies. Other common informal uses of the term "carbohydrate" are "Nutrition Facts" label term "Total Carbohydrate" and "dietary fiber". 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