

B	I	N	G	O
glycogen	CHO	Disaccharide	Starch	Monomer
Cellulose	fructose	Polysaccharide	CHON	Simple carbohydrate
Table sugar	simple sugar	FREE	CHONP	Galactose
Glucose	Sucrose	Maltose	Fructose	Monosaccharide
Energy storage	Cellulose	Quick Energy	starch	Complex carbohydrate

B	I	N	G	O
simple sugar	CHON	Starch	Cellulose	Polysaccharide
Disaccharide	starch	Monomer	Cellulose	Simple carbohydrate
Glucose	CHONP	FREE	Galactose	CHO
Fructose	Quick Energy	glycogen	Complex carbohydrate	Sucrose
Maltose	Monosaccharide	Table sugar	fructose	Energy storage

B	I	N	G	O
Cellulose	Quick Energy	CHON	Monosaccharide	CHONP
glycogen	Glucose	Maltose	fructose	Monomer
Table sugar	Complex carbohydrate	FREE	Sucrose	Fructose
simple sugar	Simple carbohydrate	Starch	starch	Disaccharide
Galactose	CHO	Polysaccharide	Cellulose	Energy storage