Summary on Concept Map: 1.- Saturated, unsaturated, and trans fats.Simple vs. Complex Carbohydrates: - Fiber in fruits and vegetables slows sugar digestion.- Chemical Composition of the Cell: - Organic compounds contain carbon.Main Organic Compounds: - Carbohydrates: energy source and structural components.- Polysaccharides: large molecules formed from condensation reactions.- Aldoses and ketoses: classified based on functional groups.Lipids: - Mainly composed of carbon and hydrogen.Good vs. Bad Carbohydrates: - Importance of fiber-rich plant foods.- Refined carbohydrates lack fiber and nutrients, causing energy crashes.- Inorganic compounds don't contain carbon.- Proteins: catalysts and structural components.- Sucrose, lactose, maltose: important disaccharides.- Refined carbohydrates lead to rapid blood sugar spikes.- Lipids: membrane components.- Structural .components.2.3.4.5.6.7.8

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