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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