

es of the diet are either large polysaccharides or di- saccharides, which are combinations of monosaccharides bound to one another by condensation. Specific enzymes in the digestive juices of the gastrointestinal tract return the H^+ and OH^- from H_2O to the polysaccharides and thereby separate the monosaccharides from each other. The two monosaccharides then combine with each other at these sites of removal, and the H^+ and OH^- then combine to form water (H_2O). When carbohydrates are digested, this process is reversed, and the carbohydrates are converted into monosaccharides. This phenomenon means that a hydrogen ion (H^+) has been removed from one of the monosaccharides, and a hydroxyl ion (OH^-) has been removed from the next one.