

Bio 3

Johannson

2/1/13

- Building Blocks of cells

- carbohydrates

- fuel

- C, H, + O

- primary fuel / Sugars = ~~starches~~ ^{Starches} - **Glucose**

- cell structure

* **Glucose** - main energy source

* Ch. 2 - most carbs ultimately converted into **Glucose**

- **Blood Sugar**

- most sugars are converted by the body

- insulin - chemical responsible for conversion.

- Figure 2-21 from Bio Book.

unused energy

- Long term storage = fat

- Short term storage = Glycogen

- first storage - starch - goes into muscles

- after not needed goes into long term storage

- Hunger = ↓ in Blood Sugar

- "Carbo-loading"

- load up of starch = sugar to muscles for athletes

- Compaction of starch storage for muscles - energy for body

- Dieting

- water weight combined w/ starch storage

- burn of water w/ min. amnt of starch

- Starch

- ≥ 100's of compound glucose

- Barley, wheat, rye, corn & rice

- Glycogen - Animal Starch

- Complex Carbs

- Time release fuel pellets

- Balance blood level