Sweetness:

200 being sweetest

0 being most bland

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Carb Tested | Type of Carb | Sweetness | Color | Texture | Function |
| galactose | monosaccharide | 140 | white | powder | influences structure of glycoprotein |
| maltose | disaccharide | 40 | white | powder | digestion of starch |
| glucose | monosaccharide | 180 | white | granulated | helps body functions |
| cellulose | polysaccharide | 20 | pale yellow | condensed powder | structural help for plants |
| sucrose | disaccharide | 160 | white | granulated | energy |
| starch | polysaccharide | 20 | white | granulated | energy |
| lactose | disaccharide | 60 | white | powder | energy |
| fructose | monosaccharide | 200 | white | granulated | energy |