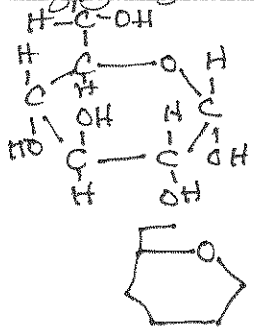
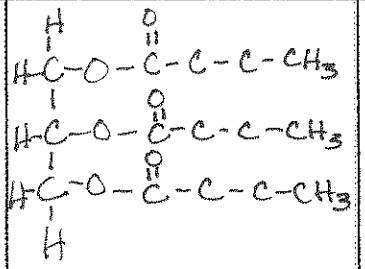
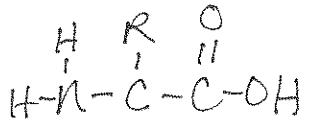
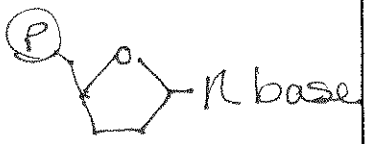
Table 1. A comparison of teh characteristics of the 4 classes of organic compounds.

Characteristics	Carbohydrates	Lipids	Proteins	Nucleic Acids
Example	sugars + starches	oils + fats waxes + steroids	structure, hair, muscle	DNA RNA
Function	E source fiber	long term E source insulation cell membr	body structure enzymes defense, hormones	genetic info instruct for cells
Elements	$C_6H_{12}O_6$ H:O 2:1	C H O	C, H, O, N	C, H, O, N, P
Building Block	monosaccharide	glycerol + 3FA ~~3 glycerols~~	AA	nucleotide
Ex of Monomer	glucose, fructose, galactose	triglyceride	leucine valine alanine	adenine nucleotide
Monomer + Mono	disaccharide sucrose	—	dipeptide	dinucleotide
Ex of Polymer	starch cellulose glycogen	cholesterol steroids	keratin collagen polypeptide	DNA RNA
Structure