

Summary

Carbohydrates possess numerous chemical and physical properties apart from being nutritionally valued. The basic structure of all forms of simple and complex carbohydrates is composed of carbon, hydrogen and oxygen in the ratio of 1:2:1 respectively. Depending on the number of the units of the basic structure also termed as sugar units, carbohydrates exist as monosaccharides, saccharides and polysaccharides. The differing characteristics along with the structure are of importance in food processing.