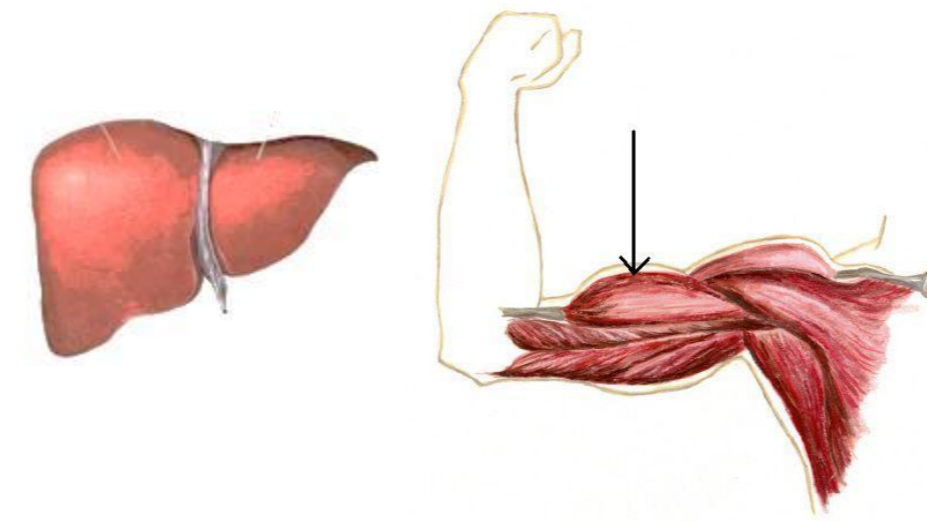
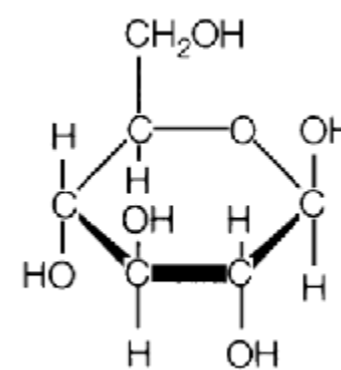
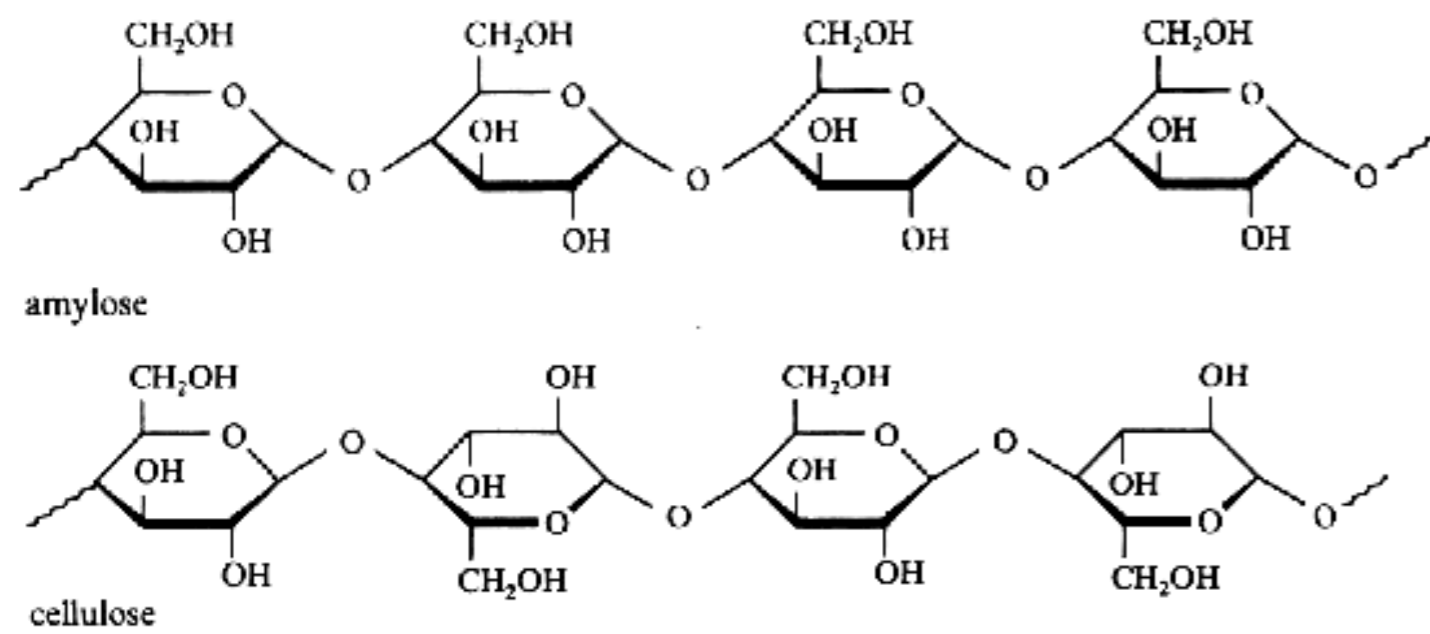
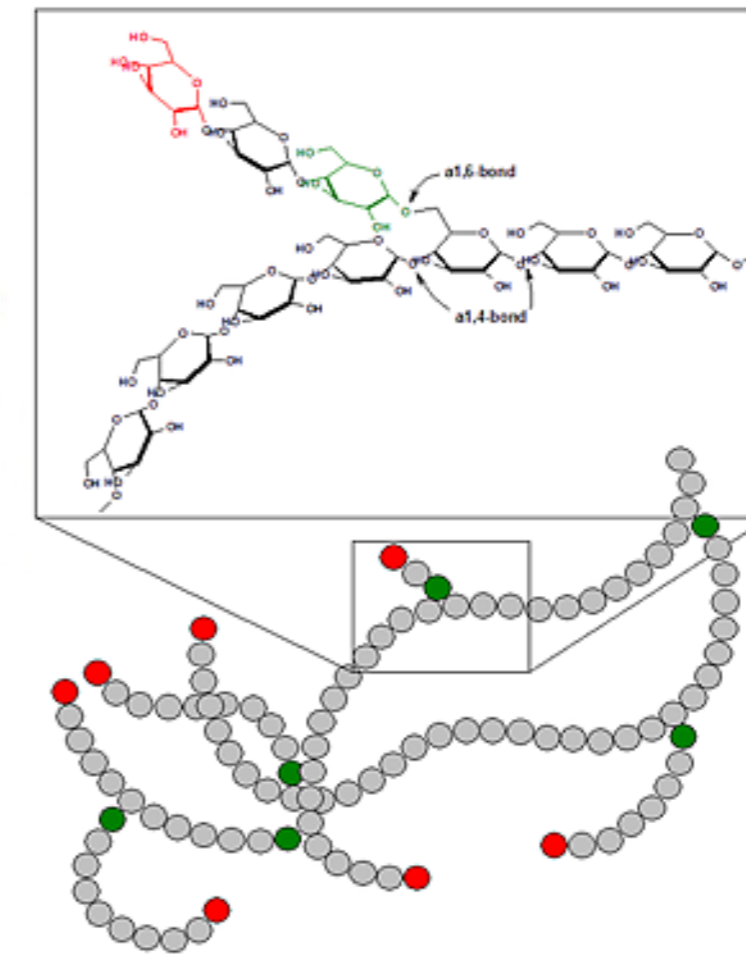


# 1. Koolhydraten



Opslag in lever en spieren als;  
**Glycogeen**



Afbraak van koolhydraten en opname in darm als;

**Glucose,  
Fructose,  
Galactose**

Gebruikt als belangrijkste brandstof in het lichaam

Afbraak tot **ATP** in **Citroenzuurcyclus.**

1 gr koolhydraat = 4 kcal

1 glucose molecuul = 32 ATP