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- most sugars look fairly similar to each other

- glucose - most commonly encountered simple sugar

- you can store glucose in the form of glycogen.

- Galactose

- Fructose

you cannot use salt as an energy source
it is an ionic bond.

Covalent bonds →

metabolic water -
dehydration synthesis

Lipids

all are non polar

Sterol-derived

or BASED on Fatty ACIDS.