

Sanford Medical Center

Aunt Cathy's Guide to Nutrition:

Carbohydrate Mnemonics
(Monosaccharides, Disaccharides
and Polysaccharides)



Aunt Cathy

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"Carbohydrate Names" Mnemonic

Meet three women who want to help you remember the names of the simple sugars and complex carbohydrates. Remember:

"Mona Glues Fruit to her Glasses." →

Mona = Monosaccharides
Glues = Glucose
Fruit = Fructose
Glasses = Galactose



"Diana wears Small, Medium and Large."

Diana = Disaccharides
Small = Sucrose
Medium = Maltose
Large = Lactose

"When Polly presses new miracle Fibers, she uses spray Starch and a new starch-like product that makes irons Glide called 'Glycogen'."

Polly = Polysaccharides
Fiber = Fiber
Starch = Starch
Glide = Glycogen

