

Overzicht voornaamste typen koolhydraten.

| KLASSE & SUBGROEP | COMPONENTEN | MONOMEREN | VERTEER- BAARHEID | DP |
|--------------------------------|---|------------------------------|----------------------|-------|
| SUIKERS | | | | |
| Monosachariden | Glucose (Glc) | | + | 1 |
| | Galactose (Gal) | | + | 1 |
| | Fructose (Fru) | | + | 1 |
| Disachariden | Sucrose | Glc, Fru | + | 2 |
| | Lactose | Glc, Gal | +/- | 2 |
| | Trehalose | Glc | + | 2 |
| | Maltose | Glc | + | 2 |
| OLIGOSACHARIDEN | | | | |
| Oligosachariden | Raffinose | Glc, Gal, Fru | - | 3 – 9 |
| | Stachyose | Glc, Gal, Fru | - | 3 – 9 |
| | Verbascose | Glc, Gal, Fru | - | 3 – 9 |
| | Kestose | Glc, Fru | - | 3 – 9 |
| | Nystose | Glc, Fru | - | 3 – 9 |
| Malto-oligosachariden | Maltodextrines | Glc | + | 3 – 9 |
| Andere oligosachariden | α -Galactosiden (GOS) | Gal, Glc | - | 3 – 9 |
| | Fructo-oligosachariden (FOS) | Fru, Glc | - | 3 – 9 |
| | Polydextrose (PDX) | Glc | - | 3 – 9 |
| | Resistente dextrines | Glc | - | 3 – 9 |
| POLYSACHARIDEN | | | | |
| Zetmeel | Amylose | Glc | +/- | > 9 |
| | Amylopectine | Glc | +/- | > 9 |
| | Gemodificeerd zetmeel | Glc | +/- | > 9 |
| Resistent zetmeel | RS1, RS2, RS3, RS4 | Glc | +/- | > 9 |
| Niet-zetmeel polysachariden | Cellulose, hemicellulose, chitine, β - glucanen | Glc | - | > 9 |
| | Pectine, algiinaat, slijmstoffen | Variabel (o.m. uronzuren) | - | > 9 |
| | Fructanen zoals: inuline | Fru | - | > 9 |
| | Gommen, johannesbroodpitmeel, hydrocolloïden (agar, carrageen) | Gal | - | > 9 |
| | Xanthaangom | Variabel | - | > 9 |
| GERELATEERDE STOFFEN | | | | |
| | Lignine | | - | > 9 |