



STEVIA

With so many people concerned about added sugar and calories, stevia offers the perfect solution for a wide range of consumers: adults seeking to manage weight, parents who want to give their children less sugar, diabetics as well as anyone who is concerned about controlling calories.

A plant-based sweetener

Stevia, a natural sweetener derived from the leaves of the *Stevia rebaudiana* plant, is a safe and natural alternative to sugar and artificial sweeteners. The sweetness of the stevia plant is due to the existence of sweet constituents – the steviol glycosides, that naturally occur in the plant leaves.



[Learn more](#)

The first commercially available steviol glycosides were extracted from the leaves of the stevia plant. In recent years, stevia producers have introduced new methods to help sustainably scale up the production of steviol glycosides that are found in stevia plants in small quantities, such as Rebaudioside M (Reb M). There are four known and approved production technologies to produce steviol glycosides: extraction from the stevia plant, fermentation, bio-conversion of stevia extract and glucosylation of stevia extract.

Publications from WHO and other authorities classify stevia as a natural, non-caloric sweetener from botanical origin.

Clean and sweet taste

Stevia is approximately 50 to 350 times sweeter than sugar. A small amount is sufficient to achieve the same level of sweetness as sugar. This can be especially beneficial for those looking to reduce their sugar intake. Stevia can be used with other sweeteners to enhance the overall taste and sweetness of a product.



Safety

Stevia is a safe sweetener that has been approved for use in food and beverages by regulatory bodies around the world, including the U.S. Food and Drug Administration and the European Food Safety Authority.



Tips & Tricks

Stevia sweeteners are available in many forms and in many products. We encourage you to look for stevia in your local grocery store. It is important to read the direction for use on the package of the table top sweetener as to replace sweetness from sugar with the proper amount of stevia sweetener for amazing culinary results. Stevia can be used in many types of products and applications.

- **Stevia in beverages:**

Using stevia sweetness in beverages is an easy way to reduce the calories and sugar without reducing the sweetness. In hot drinks stevia is ideal in coffee and coffee drinks, chocolate-flavored drinks, lattes and teas. In cold drinks, stevia works particularly well with sweet fruity drinks like peach and mango, fruit punches as well as acidic drinks like lemonade.



- **Stevia in cooking:**

Stevia is heat stable so can be used in any cooking application. It is an ideal replacement for sugar in foods. Since it is a high-intensity sweetener, a little goes a long way.

- **Stevia in baking:**




Stevia is a great way to reduce sugar levels in baked goods, like cakes, cookies and cupcakes. In addition to sweetness, sugar also provides texture and volume in baked goods.


New consumer products blend stevia with other zero or low-calorie ingredients that offer baking and browning properties similar to traditional sugar. Stevia is ideal for cookies, cakes, cupcakes, pancakes, muffins, quick breads and other baked goods.


Get in touch

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