

Stevia (stevia rebaudiana), non-caloric natural sweetener [Estevia (stevia rebaudiana), edulcorante natural y no calórico]

Durán A. S.

Rodríguez N. M.P.

Cordón A. K.

Record C. J.

Since ancient times mankind has had a marked preference for sweet foods. Sweeteners provide the same sensations as sugar. Stevia has been used for many years for a variety of purposes, both as a sweetener and medicine, especially in the management of diabetes by reducing plasma glucose levels and insulin, suggesting that Stevia could help in glucose regulation. It is a white crystalline compound (stevioside) that is a natural herbal sweetener without calories, and is between 100 to 300 times sweeter than sugar. The stevioside seems to have little or no acute toxicity. Its use as supplement is safe and does not stimulate appetite, so there is no risk of weight gain in its consumption.

Diabetes

No caloric sweetener

Stevia rebaudiana

Stevia rebaudiana