GMO FREE
Low CALORIES
100% NATURAL
STEVIA
100% NATURAL
Organic Sweetness
STEVIA
100% natural
STEVIA
NATURAL SWEETENER
STEVIA
CARBS
100%
NATURAL
By Rebekah S. Mead RN MSN

STEVIA Rebaudiana

- ✓ Part of the Asteraceae family: Sunflowers, Daisies, etc
- ✓ Asteraceae are mostly herbaceous plants
- ✓ Stevia is commonly known as **candyleaf, sweetleaf or sugarleaf**.
- ✓ Asteraceae are Hyperaccumulator plants (Baker, A. J. M., and Brooks, R. R. (1989))

Baker, A. J. M., and Brooks, R. R. (1989). Terrestrial higher plants which hyperaccumulate metallic elements-a review of their distribution, ecology and phytochemistry. *Biorecovery* 1, 81–126.

STEVIA Rebaudiana

- ✓ Perennial Plant
- ✓ Grows in zones 9 and higher
- ✓ Plant about 18 inches apart.
- ✓ Plant in loose, loamy, well-drained soil: Needs good drainage, or the roots could rot.
- ✓ Grow 1 to 3 feet in height, depending on the length of your growing season.
- ✓ Needs lots of water, but not sitting in pot.
- ✓ Mulch to prevent the plant from drying out on hot summer days
- ✓ Are good container-grown plants
- ✓ Very few insects bother stevia plants

History of Stevia

The plant is native to Paraguay, where it has a long history of use by the Guaraní (Indigenous) people.

Was used to sweeten drinks and chewed for its sweetness

The stevia plant was first scientifically recorded in 1899 as *Eupatorium rebaudianum* by Moises Santiago de Bertoni, in Paraguay. In 1905, it was later defined as *Stevia rebaudiana*, a member of the sunflower (Asteraceae) family.

Stevia Benefits and Risks

***"Stevia rebaudiana Bertoni* has great potential not only as a sweetener, but also as a food additive that promotes a wide variety of health benefits." (Latridis, 2022)**

- ✓ Lowers Total Cholesterol (Kassi, 2016)
- ✓ Lowers Fasting Blood Sugar (Kassi, 2016)
- ✓ Lowers Body Mass Index (BMI) (Kassi, 2016)
- ✓ No Leptin Resistance (Kassi, 2016)
- ✓ Prevents tooth decay (Siraj, 2019); Does not contain fermentable carbohydrates. Stevia is nonacidogentic, and therefore supports dental health. (Contemporary Dentistry 2022)
- ✓ Prevent cancer (Latridis, 2022)

Potential Risks

Low blood pressure

Low blood sugar

Kassi, E. L. (2016). Long-term effects of Stevia rebaudiana on glucose and lipid profile, adipocytokines,. *Endocrine Abstracts 41 EP545 | DOI: 10.1530/endoabs*,

Siraj, ES., Pushpanjali, K., Manoranjitha, BS., (2019) Efficacy of stevioside sweetener on pH of plaque among young adults, Dent Res J (Isfahan). 2019 Mar-Apr; 16(2): 104–109.

Contemporary Dentistry (2022) https://www.dentistrywithaheart.com/blog/the-relationship-between-stevia-extract-and-cavities/

Latridis, N., Kougioumtzi, A., Vlataki, K., Papadaki, S., Magklara, A. (2022) Anti-Cancer Properties of *Stevia rebaudiana*; More than a Sweetener, Molecules. 2022 Feb; 27(4): 1362

Other Sweeteners – all FDA approved

Sugar

- **Causes diabetes**
- **Increase kidney disease risk:** Having consistently high blood sugar levels can cause damage to the blood vessels in your kidneys.
- **Negatively impact dental health:** Eating too much sugar can cause cavities. Bacteria in your mouth feed on sugar and release acid byproducts, which cause tooth demineralization. Tooth decay causes heart-valve disease.
- **Increase the risk of developing gout:** Gout is an inflammatory condition characterized by pain in the joints. Added sugars raise uric acid levels in the blood, increasing the risk of developing or worsening gout.
- **Accelerate cognitive decline:** High-sugar diets can lead to impaired memory and have been linked to an increased risk of dementia.

https://www.healthline.com/nutrition/too-much-sugar#TOC_TITLE_HDR_12

High Fructose Corn Syrup

- Fatty liver disease
- Leptin resistance – obesity
- Diabetes
- Pancreatitis and pancreatic tumors
- Metabolic syndrome

https://www.sciencedirect.com/science/article/pii/S235230421930087X

Aspartame

Dozens of studies have linked aspartame — the world's most widely used artificial sweetener — to serious health problems, including cancer, cardiovascular disease, Alzheimer's disease, seizures, stroke and dementia, as well as negative effects such as intestinal dysbiosis, mood disorders, headaches and migraines.

https://usrtk.org/sweeteners/aspartame_health_risks/#:~:text=Dozens%20of%20studies%20have%20linked,mood%20disorders%2C%20headaches%20and%20migraines.

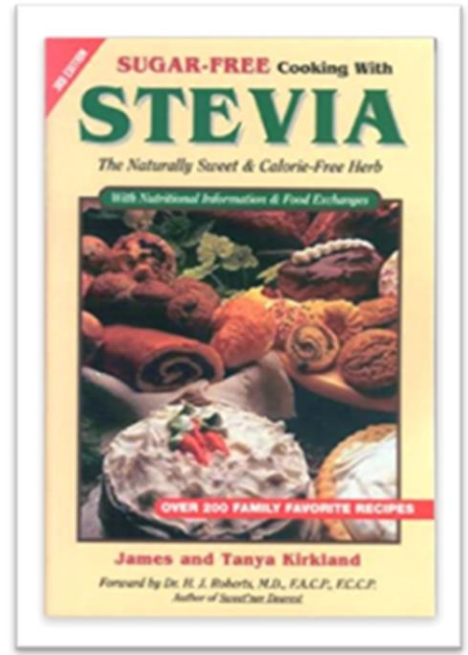
Saccharin

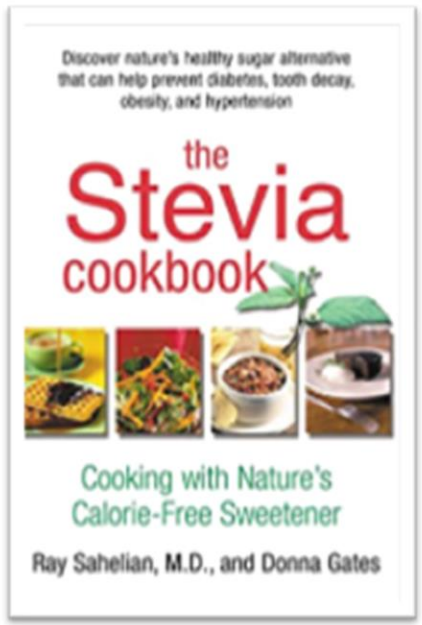
The results of a Princeton study suggest that long-term saccharin consumption increases the risk of obesity, diabetes, liver and renal impairment and an increased risk of brain carcinogenesis.

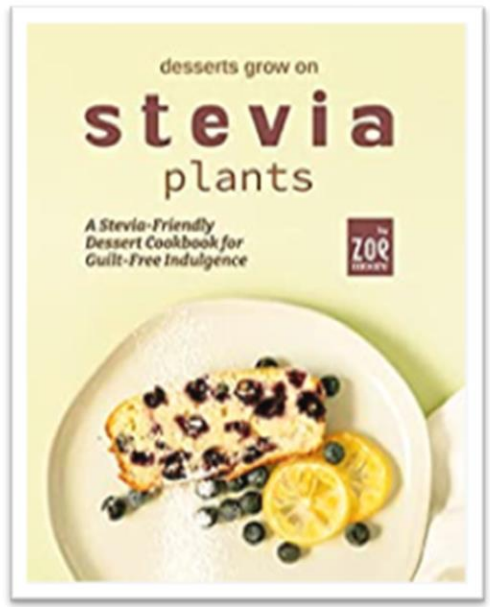
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6843803/

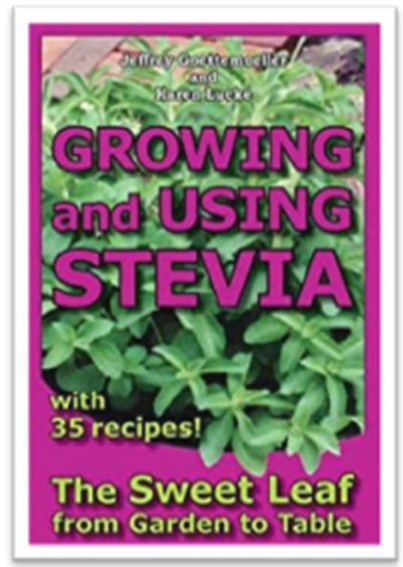
Stevia Sweet Recipes
Sugar-Free —Naturally!
Jeffrey Goettemoeller

THE STEVIA SOLUTION COOKBOOK
CALEB WARNOCK

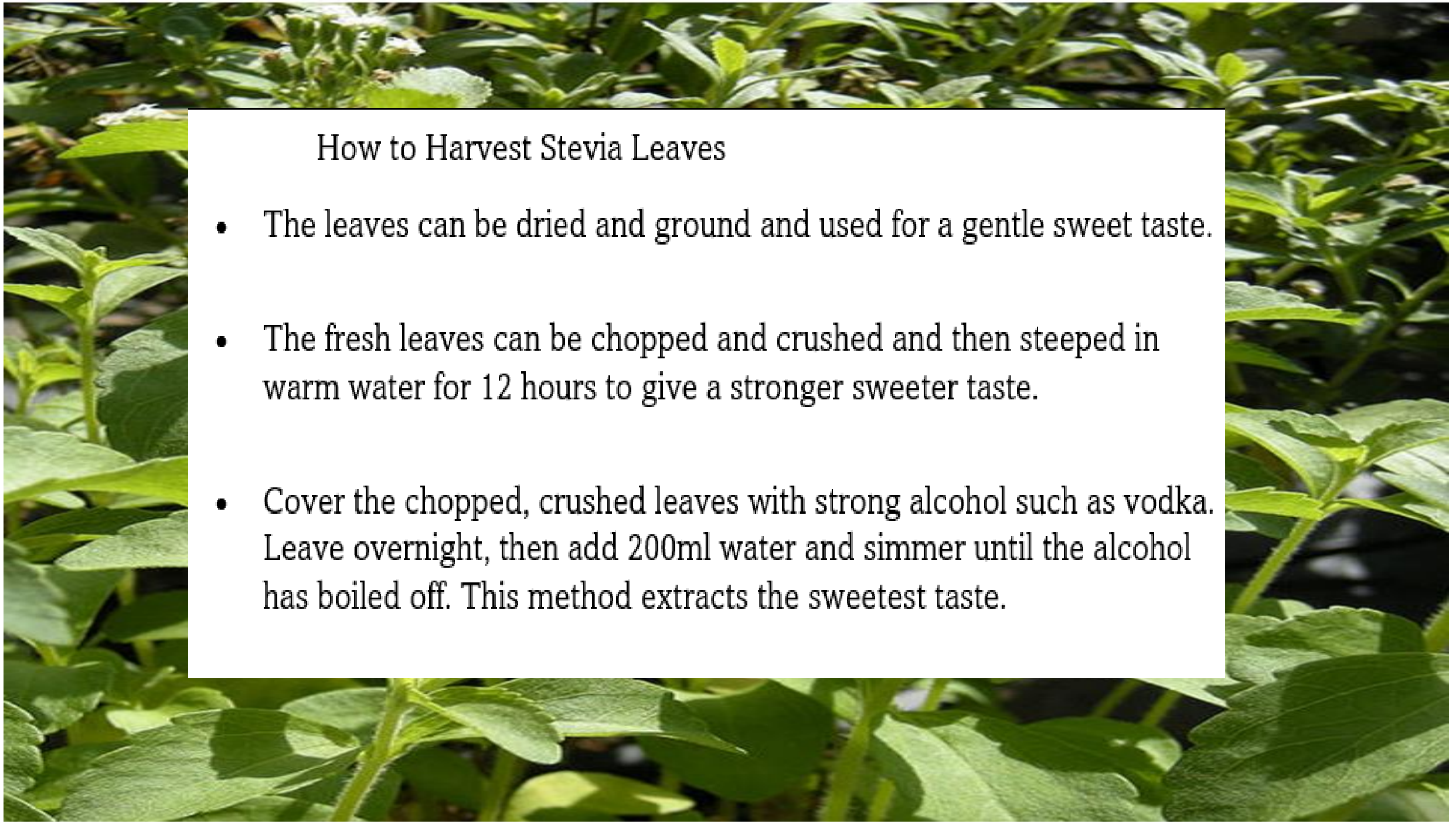

SUGAR-FREE Cooking With
STEVIA
The Naturally Sweet & Calorie-Free Herb
OVER 200 FAMILY FAVORITE RECIPES
James and Tanya Kirkland


Discover nature's healthy sugar alternative that can help prevent diabetes, tooth decay, obesity, and hypertension
the Stevia cookbook
Cooking with Nature's Calorie-Free Sweetener
Ray Sahelian, M.D., and Donna Gates


desserts grow on
stevia plants
A Stevia-Friendly Dessert Cookbook for Guilt-Free Indulgence


GROWING and USING STEVIA
with 35 recipes!
The Sweet Leaf from Garden to Table

FIELD TO TABLE:
THE SWEETLY
PROCESS



How to Harvest Stevia Leaves

- The leaves can be dried and ground and used for a gentle sweet taste.
- The fresh leaves can be chopped and crushed and then steeped in warm water for 12 hours to give a stronger sweeter taste.
- Cover the chopped, crushed leaves with strong alcohol such as vodka. Leave overnight, then add 200ml water and simmer until the alcohol has boiled off. This method extracts the sweetest taste.

Substitute Stevia in any of your favorite recipes

300 times sweeter than sugar

Can be mixed with high calorie sweeteners to achieve the same flavor with reduced calories- i.e. 3 parts stevia + 1 part white sugar.

Can be used alone to sweeten recipes

pyure
ORGANIC STEVIA
ORGANIC
STEVIA EXTRACT
single ingredient
powdered sweetener

NOW
Better Stevia
ORGANIC
ZERO-CALORIE LIQUID SWEETENER
8 FL. OZ. (237 mL)

sweet drops
Vanilla
Coconut
Caramel
SteviaClear
Chocolate

STEVIA BLENDED WITH OTHER SWEETENERS
STEVIA IN THE RAW
ZERO CALORIE SWEETENER

truvia
SWEET COMPLETE
BROWN
GRANULATED
CONFECTIONERS
ZERO
HONESTLY SWEET

NBC CW CBS FOX abc
ENZO
ORGANIC
STEVIA
POWDER ALL NATURAL SWEETENER
NON GMO
Vegan
100%
MONEY BACK

SweetLeaf
sweet drops
Vanilla Crème
Flavored Stevia Sweetener

LILY'S
Semi-Sweet Style
BAKING CHIPS

DARK CHOCOLATE
BAKING CHIPS

SweetLeaf
SUGAR FREE
STEVIA
SYRUP

KING ARTHUR
BAKING COMPANY
BAKING SUGAR
ALTERNATIVE
1-1 SUBSTITUTE
0g
ZERO