

What is Stevia ??

Frequently Asked Questions ...

Q - What is Stevia?

A - Stevia is an exotic herb which grows in the subtropical areas of South America. It is packed with non-calorie sweet molecules. This is the reason for the incredible sweetness of Stevia. Stevia has been used to sweeten herbal beverages since Pre-Columbian times, however a botanist named Antonio Bertoni first recorded its usage by the native tribes in Paraguay in 1887.

Numerous countries have discovered Stevia in the past several decades. Japan, in particular, has done extensive research and safety testing on the plant. This testing has shown the herb to be non-toxic, safe for diabetics and beneficial in cases of obesity. In addition, Stevia is not a source of nutrition for bacteria in the mouth and Candida in the colon.

Q - How sweet is Stevia extract?

A - Stevia extract is 200 times sweeter than sugar. Add a pinch to drinks like coffee or tea. Dilute in water to be used in cooking.

Q - How many calories are in Stevia extract?

A - Virtually none. Stevia extracts are considered to have zero calories, zero carbohydrates, zero sugar, zero fat and zero cholesterol.

Q - Can Stevia extract replace sugar in the diet?"

A - Yes. Refined sugar is virtually devoid of nutritional benefits and, at best, represents empty calories in the diet. Stevia is much sweeter than sugar and has none of sugar's unhealthy drawbacks.

Q - Can Stevia replace artificial sweeteners in the diet?

A - Yes! Stevia offers a safe and all-natural alternative to artificial or chemical pharmaceutical sweeteners.

Q - Will Stevia raise my blood sugar levels?

A - Not at all. In fact, according to some research, it may actually lower blood sugar levels. However, this research has yet to be confirmed and contradictory results make any such conclusions premature.

Q - Can I use Stevia if I am a diabetic?

A - Yes. Stevia can be a part of a healthy diet for anyone with blood sugar problems since it does not raise blood sugar levels.

Q - Can Stevia be used in cooking and baking?

A - Absolutely! Stevia extract is extremely heat stable in a variety of everyday cooking and baking situations, compatible with dairy products and with acidic fruits and such as strawberries, oranges, limes and pineapples.

Q - How has Stevia been used in food applications?

A - First, as a replacement for sugar and artificial sweeteners. Second, it has been used in various food products, including sugar-free chewing gums, ice-cream, yogurts and even Diet Coke. It has also been used in pickles, dried seafoods, fish and meat products, vegetables, seafoods, soy sauce and confectioneries.

Q - Will Stevia harm my teeth?

A - No. Two tests conducted by Purdue University's Dental Science Research Group have concluded that Stevioside is both fluoride compatible and significantly inhibits the development of plaque, thus Stevia may actually help to prevent cavities.

Q - What other uses for Stevia?

A - In addition to its sweetening capability, Stevia leaf is also considered a medicinal herb. As a tonic, stevia reputedly stimulates mental alertness and counters fatigue, facilitates digestion and regulates metabolism, and has a therapeutic effect on the liver, pancreas and spleen.

Q - How to use Stevia in cooking.

A - The most frequent mistake people make with Stevia extract powder is measuring out too much. Very tiny amounts of the powder can greatly sweeten. Its easy to add too much Stevia, which overwhelms the taste buds. Use it judiciously. For blender drinks, sauces, creams and puddings, add the Stevia in the beginning of the process. Adding it later may cause a thinning of the product. For muffins, breads, cookies and cakes, add Stevia to the liquid portion of the recipe. Mixing the Stevia extract powder with hot water is recommended in order to create a more workable concentrate. Hot liquids seem to release the sweetening powder of Stevia more rapidly. This concentrate should be refrigerated and measured out with an eye dropper.

[Stevia Drops](#)



[Stevia Powder](#)

