



Stevia at a glance

With so many different sweeteners on the market these days, we are swamped with misinformation about whether they're healthy or toxic.

Unlike chemical based sweeteners (such as aspartame) that are found in many diet products, Stevia is a natural sweetener, made from plant compounds, making it more appealing to many people.

Stevia is approximately 200 times sweeter than table sugar but has zero kilojoules. So for those watching their weight and therefore trying to consume less energy (kilojoules), Stevia may be an option if you are looking for a sweet treat. It can be used as an alternative to sugar in cake and biscuit recipes and in tea and coffee and is also starting to be used in commercial products.

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