

## Stevia: The Science Behind the Sweet

by Keith Ayoob, EdD, RDN, FAND

Sponsored by International Stevia Council

### Reference List

1. Public perceptions of dietary sweeteners. (2023). Foodinsight.org. <https://foodinsight.org/wp-content/uploads/2023/05/IFIC-Sweeteners-Survey-May-2023.pdf>
2. Ashwell, M. (2015). Stevia, nature's zero-calorie sustainable sweetener: A new player in the fight against obesity. *Nutrition Today*, 50(3), 129–134. <https://doi.org/10.1097/nt.0000000000000094>
3. Samuel, P. et. al. (2018). Stevia leaf to Stevia sweetener: Exploring its science, benefits, and future potential. *The Journal of Nutrition*, 148(7), 1186S-1205S.
4. How Stevia is Made. (2021, July 19). The Authoritative Voice for the Stevia Industry. <https://internationalsteviacouncil.org/about-stevia/how-stevia-is-made/>
5. Overview of the safety and benefits of modern Stevia-based sweeteners effective, nature-based sugar management. (n.d.). Internationalsteviacouncil.org. Retrieved November 7, 2023, from [https://internationalsteviacouncil.org/wp-content/uploads/2023/05/ISC-White-Paper\\_2023.pdf](https://internationalsteviacouncil.org/wp-content/uploads/2023/05/ISC-White-Paper_2023.pdf)
6. Food additives. Who.int. Retrieved September 20, 2023, from <https://www.who.int/news-room/fact-sheets/detail/food-additives>
7. Renwick, A. G. (1991). Safety factors and establishment of acceptable daily intakes. *Food Additives and Contaminants*, 8(2), 135–149. <https://doi.org/10.1080/02652039109373964>
8. Urban, J. D., et. al. (2013). Steviol glycoside safety: Is the genotoxicity database sufficient? *Food and Chemical Toxicology: An International Journal Published for the British Industrial Biological Research Association*, 51, 386–390.
9. Links. (2021, July 19). The Authoritative Voice for the Stevia Industry. <https://internationalsteviacouncil.org/resource-center/links/>
10. Samuel, P., Ayoob, K. T., Magnuson, B. A., Wölwer-Rieck, U., Jeppesen, P. B., Rogers, P. J., Rowland, I., & Mathews, R. (2018). Stevia leaf to Stevia sweetener: Exploring its science, benefits, and future potential. *The Journal of Nutrition*, 148(7), 1186S-1205S. <https://doi.org/10.1093/jn/nxy102>
11. Stevia: A Great Ally to Control Calorie Intake. (2021, July 19). The Authoritative Voice for the Stevia Industry. <https://internationalsteviacouncil.org/lifestyle-and-diet/stevia-a-great-ally-to-control-calorie-intake/>
12. (Framework for) Steviol Glycosides. (n.d.). Fao.org. Retrieved September 20, 2023, from <https://www.fao.org/3/cb8031en/cb8031en.pdf>

13. CDC. (2022, April 11). Get the facts: Sugar-sweetened beverages and consumption. Centers for Disease Control and Prevention. <https://www.cdc.gov/nutrition/data-statistics/sugar-sweetened-beverages-intake.html>
14. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at DietaryGuidelines.gov.
15. Anton SD, et. al. Effects of stevia, aspartame, and sucrose on food intake, satiety, and postprandial glucose and insulin levels. *Appetite* 2010;55:37–43.
16. Gregersen S, et. al. Antihyperglycemic effects of stevioside in type 2 diabetic subjects. *Metabolism*. 2004;53:73–6.
17. Rogers, P. J., Hogenkamp, P. S., de Graaf, C., Higgs, S., Lluch, A., Ness, A. R., Penfold, C., Perry, R., Putz, P., Yeomans, M. R., & Mela, D. J. (2016). Does low-energy sweetener consumption affect energy intake and body weight? A systematic review, including meta-analyses, of the evidence from human and animal studies. *International Journal of Obesity* (2005) , 40(3), 381–394. <https://doi.org/10.1038/ijo.2015.177>
18. Fantino M, et. al. Beverages containing low energy sweeteners do no differ from water in their effects on appetite, energy intake and food choices in healthy, non-obese French adults. *Appetite* 2018;125:557–65.
19. Chan P, et al. A double-blind placebo-controlled study of the effectiveness and tolerability of oral stevioside in human hypertension. *Br J Clin Pharmacol* 2000;50:215–20.
20. Hsieh MH, et al. Efficacy and tolerability of oral stevioside in patients with mild essential hypertension: a two-year, randomized, placebo-controlled study. *Clin Ther* 2003;25: 2797–808.
21. Onakpoya IJ, Heneghan CJ. Effect of the natural sweetener, steviol glycoside, on cardiovascular risk factors: a systematic review and meta-analysis of randomised clinical trials. *Eur J Prev Cardiol* 2015;22:1575–87.
22. Gamboa F, Chaves M. Antimicrobial potential of extracts from *Stevia rebaudiana* leaves against bacteria of importance in dental caries. *Acta Odontol Latinoam* 2012;25:171–5.
23. Zanela N, Bijella M, Rosa O. The influence of mouthrinses with antimicrobial solutions on the inhibition of dental plaque and on the levels of Mutans streptococci in children. *Pesqui Odontológica Bras* 2002;16:101–6.