
***Stevia rebaudiana* – A Functional Component for Food Industry**

**S.M. Savita¹, K. Sheela¹, Sharan Sunanda¹, A.G. Shankar² and
Parama Ramakrishna²**

*Department of Rural Home Science, University of Agricultural Sciences, Hebbal,
Bangalore 560 024, Karnataka, India*

University of Agricultural Sciences, GKVK, Bangalore 560 065, Karnataka, India

KEYWORDS Herb. Food Product. Nutrient. Disease

ABSTRACT *Stevia rebaudiana* Bertoni) is a natural herb native of northeastern Paraguay, cultivated as a cash crop in number of countries. There appears to be no large-scale mechanized production of stevia due to difficulties in producing the crop through seeds. The stevia leaves in its powder form is green in color, 10 – 15 times sweeter than sucrose with after taste bitterness. However, there are no studies reported on the use of stevia in food product formulation and development and other related aspects. Considering its sweetness potentialities and possible health implications, an investigation was focused and the results indicated that gram of stevia sweetness was perceived to be equivalent to 20g of sucrose and produced more than 40 seconds of sweetness stimulus. Per cent nutrient composition of stevia was found to be impressive with 269 Kcal, 9.8 g of protein, ash at 10.5 g and crude fiber at 18.4 g. Mineral composition indicated that presence of fairly good amount of calcium (464 mg), iron (55.3 mg), sodium (190 mg) and potassium (1800 mg) with higher amount of oxalic acid (2295 mg). Functional properties of stevia studied revealed the suitability of substituting in different products. Varieties of stevia substituted products formulated and developed had different levels of acceptability. Similarly, their storage study for shelf life also varied. Glycemic Index of selected products found to be lower in diabetics as well as in normal individuals. Thus it can be concluded that the plant based stevia herb is a low calorie nutritious component has an immense potential in the main stream of food processing industries as a health and dietetic benefactor.

[Home](#)

[Back](#)
