

Stevia: production, cultivation and commercialization

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June 2016



Introduction - Objectives

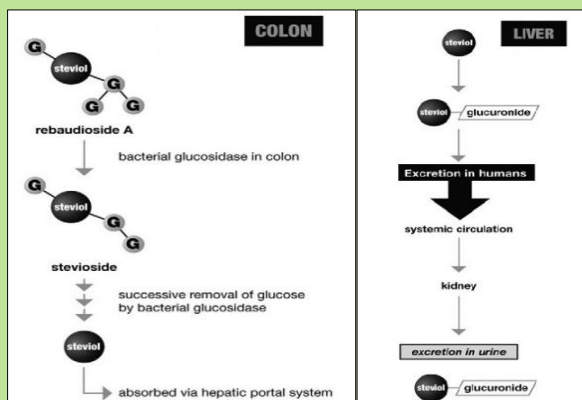
- ✓ Offering an overview of the most important aspects of *S. rebaudiana* (principal characteristics, main components, effects on the organism, regulatory legislation and products on the market).
- ✓ Analyzing the general knowledge that people have of this plant.
- ✓ Providing a complete and objective information to people who do not know *Stevia rebaudiana* and those who have already heard about it can extend their knowledge a little more.

Stevia rebaudiana Bertoni (Bertoni)

- ✓ Origin: Paraguay
- ✓ Discoverer: Moisés Santiago de Bertoni (1905)
- ✓ Main steviol glycosides: stevioside; rebaudioside-A

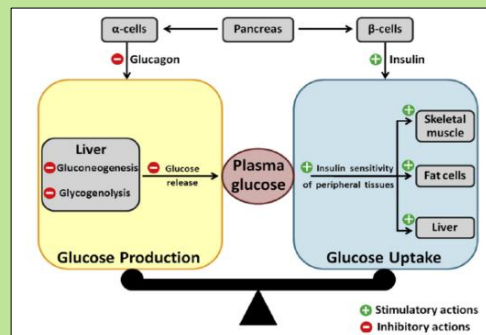


Metabolism of steviol glycosides



Metabolism of steviol glycosides in humans (Carakostas et al., 2008)

Main possible effects on the organism

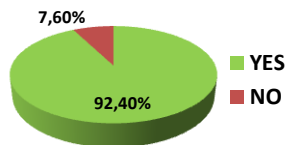


Possible anti-hyperglycemic actions of stevioside and related compounds (Chatsudhipong i Muanprasat, 2009)

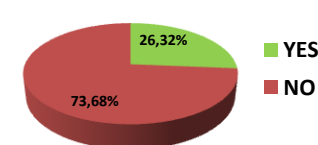
- ✓ Body weight control
- ✓ Anti-hyperglycemic effect
- ✓ Antioxidant effect

Consumer survey

Do you have heard about stevia?



Do you consume regularly?



Conclusions

- ✓ Although there are many products sweetened with steviol glycosides on the market, are still few people who consume.
- ✓ More research is needed to study in depth all the effects of *S. rebaudiana*.
- ✓ Future research could develop efficient extraction methods of antioxidant compounds that could be applied on food industry.