IF I’M TRYING TO LOSE WEIGHT, WILL STEVIA HELP?

If you’re trying to lose weight or just maintain your current weight, stevia sweeteners are a tool that can help. It’s important to know that stevia and other low-calorie sweeteners do not have magical powers—they do not “cause” weight loss. While it’s true that low-calorie sweeteners can help you consume fewer calories, successful weight strategies don’t rely on them alone. You’re more likely to reach your weight goals by incorporating low-calorie sweeteners into a healthy routine that includes many positive behaviors, such as improving your diet, getting enough exercise and sleep and sharing goals with friends and family to help you stay motivated.

THE BOTTOM LINE

We all love to eat, and staying at a healthy weight can be challenging. Stevia sweeteners are safe and can be an effective option to help control the amount of sugar and calories we eat.