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Sensory, nutritional and health benefits, formulation and product development of steviol glycosides isolated from *Stevia rebaudiana*

The most widely used sweetener in the world is 'Sucrose'. Several reports indicated that a high daily intake of sucrose develops metabolic disorders and health problems leading to obesity and dental caries; though no specific evidence directly related to diabetes. But high amount of sucrose found to cause weight gain and adverse effects on glucose intolerance. At present, high potency artificial sweeteners are playing a major role in the food and beverage industry worldwide. Recent studies suggest that stroke and dementia risk was linked to artificial sweeteners and these findings raised new questions about drinking flavored with artificial sweeteners which can increase the risk of serious illness, as heavily sugared drinks have already been shown to do. Due to growing consumer's desire to control caloric intake, more closely as well as potential implications of high potency artificial sweeteners in recent years, a need for novel natural sweeteners have increased. This leads to the discovery of non-caloric alternative natural sweeteners. Over the past few decades, *Stevia rebaudiana* leaves have been the source for isolation of a large number of sweet steviol glycosides with varying molecular structures. Steviol glycosides found to possess a sensory characteristic superior to other high potency sweeteners into various food and beverage systems. An overview of sensory, nutritional and health benefits, formulation and product development of stevia glycosides isolated from *Stevia rebaudiana* will be discussed..

Biography

Sai Prakash Chaturvedula has an extensive experience in the organizations of food/beverage, CPGs, natural ingredients, nutraceuticals, dietary supplements, health and wellness products, pharmaceutical, and bio-technology. He is a well-known and internationally reputed Subject Matter Expert (SME) in the field of Sweeteners and Sweetness Enhancers across the Globe with more than 40 patents/applications and over 65 peer reviewed research articles. He has several book-chapters, review articles and presentations in natural sweeteners like *Stevia rebaudiana* (Stevia), Luo Han Guo/*Siraitia grosvenorii* (Monk Fruit) and many others.

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