



Sugar or Stevia

Is one better?

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Something for you to think about...

Stevia leaf is 30 times sweeter than sugar and contains sweet substances called **steviol** glycosides that are 200-300 times sweeter than sugar and has an after taste.

Whole stevia leaf use has been rejected by Canada and other countries. Studies done in rats have identified high doses reduce sperm count and other fertility issues. Along with rats producing fewer and smaller offspring.

Steviol may also interfere with absorption and conversion of food to energy within cells.

Packaged stevia contains a small amount of the natural ingredient however due to the potency it is packaged with carriers, such as erythritol, dextrose, cellulose powder or inulin.

Erythritol is a sugar alcohol produced by fermenting glucose with various yeasts.
Dextrose is sugar.

Cellulose powder is a dietary fibre naturally found in the woody parts and cell walls of plants. Cellulose added to processed foods comes from saw dust, it is used to prevent caking.

Inulin is a naturally occurring soluble fibre but does not provide the various vitamins and minerals that accompany dietary fibre from whole foods.

There are inconclusive test results linking stevia with cancer however testing has been limited. Current genetic testing has found mutations and may be cancer causing.

Stevia has been deemed safe by the Centre for Science in the Public Interest.

Sugar is also the centre of attention with ongoing research as scientists are trying to understand the relationship between sugar and it's affect on cancer cells and cancer in general. And we have not addressed all the different forms of sugar: raw, granular, pearl, brown, refined, caster, turbinado, demerara etc.

There is a lot of information circulating about sugar, stevia and all the other sweeteners and sugar substitutes.

Whole foods in their most natural state should be something to consider when choosing foods to fuel your body.

I share information for you to make your own best choices on your path to performance.

Source:
CSIP, Centre for Science in the Public Interest.