



Prof. John T. McLaughlin from the National Institute for Health Research, United Kingdom, will give a talk online during Stevia Tasteful 2021 about "**Effects of the Daily Consumption of Stevia on Glucose Homeostasis, Body Weight, and Energy Intake of Healthy Adults**".

The session will describe a randomised, controlled, open-label 2-parallel arm trial was conducted to examine the effects of daily stevia consumption on glycaemia in healthy adults. Secondary endpoints included body weight (BW) and energy intake (EI). All the results suggest that daily stevia consumption does not affect glycaemia in healthy individuals, but could aid in weight maintenance and the moderation of EI.

Stevia Tasteful 2021

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