## Student Name

Nutrition, Health & Wellness w/Lab

Professor Simon Wahla

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Carbohydrates and Physical Activities

## Where does Stevia Come From

## What is Stevia?

Stevia is a zero-calorie sweetener that is used as a natural sugar substitute. It is healthier than the natural sugar, and more convincing to use for individuals who suffer from blood sugar diseases and is useful for diets.

## History: