

Stevia vs Sugar (vsdiff.com)

Attribute	Stevia	Sugar (sucrose)
Source	Stevia rebaudiana leaf extracts (steviol glycosides)	Sugarcane or sugar beet refined sucrose
Sweetness (relative)	~200–400× sucrose (depends on glycoside)	1× (reference)
Calories	≈0 kcal (high-purity extracts)	≈4 kcal per gram
Glycemic effect	Negligible; <i>non-nutritive</i> in typical use	Raises blood glucose; metabolized to glucose + fructose
Common applications	Sweetener packets, beverage blends, tabletop use, baking with blends	Baking, cooking, fermentation, bulk sweetening
Regulatory notes	High-purity steviol glycosides approved in many regions (~2008–2015)	Widely permitted and standardized globally

Source: <https://vsdiff.com/stevia-vs-sugar/>