

# World Health Organization Action to Reduce Sugar Consumption — 'Golden-Stevia: Your Natural Substitute'.



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WHO urges global action to reduce consumption of sugary beverages and their high impacts on human health.



Eating a healthy diet throughout life helps prevent malnutrition in all its forms, as well as various non-communicable diseases and conditions. However, increased production of processed foods, rapid urbanization and changing lifestyles have led to a change in eating habits.

**More high-calorie foods, more saturated fats, more trans fats, more free sugars and more salt or sodium are now being consumed,** and many people are not eating enough fruits, vegetables and dietary fibre, such as whole grains.

According to a **new report** by the **World Health Organization (WHO)**, taxes on sugary beverages help reduce the consumption of these products and also the prevalence of obesity, type 2 diabetes and tooth decay.

According to the report, entitled “**Fiscal policies for Diet and Prevention of Noncommunicable Diseases (NCDs)**”, fiscal policies that lead to an increase of at least 20% in the retail price of sugary beverages could result in a proportional reduction in the consumption of these products.

**The lower consumption of sugary drinks** implies a reduction in the intake of “**free sugars**” and total caloric intake, **better nutrition and a decrease in the number of people with overweight, obesity, diabetes and dental caries.**

Free sugars” are monosaccharides (such as glucose and fructose) and disaccharides (such as sucrose or table sugar) that are added to food and beverages by manufacturers, cooks and consumers, as well as naturally occurring sugars in honey, syrups, fruit juices and concentrate-based juices.

**“So What Can We Use To Sweeten Our Drink Without Taking Any Health Risk?”.**

Announced as the “miraculous sweetener” and the “holy grail of the food industry” because of its natural origins and its acclaimed health benefits.

Stevia is a type of plant in the sunflower family whose green leaves have a particularly sweet taste (up to 30 times sweeter than refined sugar) and which has been used since ancient times in both South America and the East to sweeten food naturally. In fact, oriental medicine uses stevia leaves as a method to control diabetes because of their low glycemic index.



### Golden Stevia

The new increasingly fashionable sweetener as a substitute for sugar. Golden Stevia is a high-quality product that you will want to add to your family basket.

### Why Should You Use Golden Stevia?

Thinking about it for a second, why not find a better way to sweeten your favourite drinks and lose weight at the same time. Why not taking care of yourself or children when preparing their favourite drinks? And we know children love sweet beverages.

**Golden Stevia** is your alternative solution and it presents a great difference in relation to other sugar substitutes such as aspartame or Saccharin which are synthetic derivatives because it is a totally natural product.

Another of the main reasons why you should take it is because its multiple medicinal properties will help prevent and reduce the number of ailments.



### Order The Purest Stevia In The Market

For the first time, you can now order the purest Stevia in the market. Our manufacturer collaborates with a health research agency in Asia and diabetes associations since our product is well suited for people with diabetes.

1 teaspoon Golden Stevia (0 kcal) = 6 teaspoons of refined sugar (95,8kcal)  
1 kg of Golden Stevia is equal to 12 kg of white sugar.

0.5 kg Golden Stevia = 6 kg refined sugar

### Conversion table

<p style="font-size: 2em; margin: 0;">1</p> <p style="margin: 0;">teaspoon Golden Stevia (0kcal)</p> 	=	<p style="font-size: 2em; margin: 0;">6</p> <p style="margin: 0;">teaspoons of refined sugar (95,8kcal)</p> 
<p style="margin: 0;">0.5 kg Golden Stevia</p>	=	<p style="margin: 0;">6 kg refined sugar</p>

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1 kg of Golden Stevia is equal to 12 kg of white sugar.

### Sweeten Your Food And Drinks Without Feeding A Disease

As we might all know Sugar is already present in the vast majority of processed products found in the supermarket around the world.

Golden Stevia is a natural sugar that does not give calories and improves your quality of life.

Golden Stevia is tabletop sweetener from Steviol glycosides purified from the leaves of Stevia Rebaudiana plant.

Golden Stevia is a registered trademark. Under this trademark, the very clean and high-quality vegetable sugar, beneficial for health, is produced under the patented technology and marketed. Golden Stevia enriches your daily diet and can be used in any food instead of white sugar.

Now is your opportunity to be the first in Europe to buy a very natural Stevia sugar called Golden Stevia, with a stevia content minimum 80%.

There is no bitter aftertaste, Gluten free, Casein free, GMO-free, Does not raise blood sugar, ZERO calories.

First order (500g) has the special price 26EUR + delivery outside Estonia from 01.10.2018 to 31.10.2018. Later the price is 20% higher.

Golden Stevia is tabletop sweetener from Steviol glycosides purified from the leaves of Stevia Rebaudiana plant.

Contact me: [info@goldenstevia.com](mailto:info@goldenstevia.com)

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