

Monk Fruit Sweetener as a Natural Alternative for Health-Conscious Consumers: A Review

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ABSTRACT

The quest for low-calorie sweeteners has fueled research into natural alternatives, with monk fruit sweetener, derived from the *Siraitia grosvenorii* plant, emerging as a promising candidate. This review aims to distill the current understanding of monk fruit sweetener's properties, nutritional benefits, and applications in food and beverage products, evaluating its viability as a sugar substitute. Monk fruit sweetener exhibits exceptional sweetness with minimal impact on blood glucose levels, notable antioxidant and anti-inflammatory properties, and potential applications in various food products, such as baked goods, beverages, and dairy products. Its

unique sweetness profile, 150-200 times sweeter than sugar, makes it an attractive option for food manufacturers. Additionally, monk fruit sweetener's potential health benefits, including weight management and improved glycaemic control, make it a compelling choice for health-conscious consumers. Overall, monk fruit sweetener presents a promising option as a sugar substitute, offering an attractive blend of sweetness, nutritional benefits, and potential health advantages, warranting further investigation to fully explore its applications and interactions with other food components.

Keywords: Monk fruit sweetener, sugar substitute, natural sweetener, low-calorie sweetener, food applications

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