

C A S E S T U D Y

50% Reduced Sugar Non-fat Plain Yogurt Made with Intesse® Stevia X

Removing sugar in yogurt is challenging due to its multi-function in providing sweetness, flavor and texture. Intesse® Stevia X comes to help intensify the sweetness up to 10% SE and enhance the milk flavor that exists in the formulation. There is great synergy with the protein in dairy or cereal product. Product image is also improved.



“Yogurt is generally considered a healthy food for its nutritional content, but it is usually sweetened with much sugar to increase palatability. Consumers are torn between being more mindful of making sound purchase decisions while being unwilling to give up on taste.”

* Sources: Invited review: Sugar reduction in dairy Products, Journal of Dairy Science, 2018

Formulation of 50% Reduced Sugar Non-fat Plain Yogurt

Dannon Plain Unsweetened Yogurt	98.874%
Cane Sugar	1.00%
Intesse® Stevia X	0.026%

Energy Comparison to Full Calorie Commercial Offering

	Non-fat Plain Yogurt with Intesse® Stevia X	Regular Non-fat Plain Yogurt
Sugar	7g (6g from lactose in yogurt)	16g

Intesse® Stevia X vs RA99 390ppm in 50% RS Non-fat Plain Yogurt



Our Reduced Sugar Non-fat Plain Yogurt concept offers:

-  Naturally sweetened
-  Clean sweetness and great taste
-  50% total sugar reduction
-  Enhanced creamy mouthfeel and flavor

Sensory Evaluation:

- Elevated sweetness profile with less bitterness compared to full sugar control
- Remarkably less bitterness and shortened bitterness aftertaste
- Better taste characterized with optimized overall liking