CLAIMS

What is claimed is:

1. A combination comprising a first composition, a second composition and a third composition,

wherein the first composition comprises adlay, oat, buckwheat, white bean, yellow corn, red bean, soybean, yam, big jujube, peanut, lotus seed, and wolfberry;

wherein the second composition comprises bitter gourd or extracts of bitter gourd, a first fermentable dietary fiber, and a first oligosaccharide; and

wherein the third composition comprises a second fermentable dietary fiber and a second oligosaccharide.

2. The combination of Claim 1, wherein the buckwheat comprises common buckwheat, bitter Tartary buckwheat, or a combination thereof.

3. The combination of Claim 1, wherein the buckwheat comprises seeds from a plant of Gagopyrum, Erigonum, or Fallopia.

4. The combination of Claim 1, wherein the oat comprises seeds from a plant of Avena.

5. The combination of Claim 1, wherein the first composition comprises, per 100 g, Vitamin A from about 3 to about 857 μgRE, Vitamin D from about 0.01 to about 5 μgRE, Vitamin E from about 2 to about 79.09 mg, Vitamin B_1 from about 0.01 to about 1.89 mg, Vitamin B_2 from about 0.01 mg to about 1.4 mg, Vitamin B_6 from about 0.01 to about 1.2 mg, Vitamin B_{12} from about 0.1 to about 2.4 mg, Vitamin C from about 1 mg to about 1170 mg, Niacin from about 0.5 mgNE to about 28.4 mg, Ca from about 60-2458 mg, P from about 200 to about 1893 mg, K from about 350 to about 1796 mg, Na from about 8 to about 2200 mg, Mg from about 100 to about 350 mg, and Fe from about 2 to about 20 mg.

6. The combination of Claim 1, wherein the second composition consists of the bitter gourd, the first fermentable dietary fiber, and the first oligosaccharides.

7. The combination of Claim 1, wherein the bitter gourd is in powder form.

8. The combination of Claim 7, wherein the powder is produced by freeze drying or spray drying process.

9. The combination of Claim 1, wherein the first or the second fermentable dietary fiber comprises independently resistant starch, polydextrose, cellulose, hemicellulose, pectin, gum, or a combination thereof.

10. The combination of Claim 1, wherein the first or the second oligosaccharides comprises independently fructooligosaccharides, galacto-oligosaccharides, lactulose, xyloIsomaltooligosaccharide, soybean oligosaccharides, oligoglucose, Stachyose, Lactosucrose, or a combination thereof.

11. The combination of Claim 1, wherein the second composition comprises from about 15 to about 99.8% of the bitter gourd by weight, from about 0.1 to about 51% of the first fermentable dietary fiber by weight, and from about 0.1 to about 34% of the first oligosaccharide by weight.

12. The combination of Claim 1, wherein the second composition is in powder form.

13. A nutritional intervention combination comprising a first composition, a second composition and a third composition,

wherein the first composition comprises adlay, oat, buckwheat, white bean, yellow corn, red bean, soybean, yam, big jujube, peanut, lotus seed, and wolfberry;

wherein the second composition comprises bitter gourd or extracts of bitter gourd, a first fermentable dietary fiber, and a first oligosaccharide; and

wherein the third composition comprises a second fermentable dietary fiber, and a second oligosaccharide.

14. The nutritional intervention combination of Claim 13, wherein the first composition comprises from about 10 to about 20% of protein by weight, from about 2 to about 15% of fat by weight, from about 50 to about 70% of carbohydrate by weight, and from about 2 to about 15% of fermentable dietary fiber by weight.