ABSTRACT

Provided is a liquid food that can be fed by free fall and has a more physiologically favorable viscous property than a liquid food having a very low viscosity. The use of an adjuvant that imparts a viscous property but not a shear thinning characteristic enables the provision of a nutritional composition which maintains a viscosity at which the production thereof is facilitated from the step of mixing raw materials to the step of filling a container with the resulting mixture, and which, after heat treatment, has a viscosity suitable for tube feeding by free fall.