WHAT IS CLAIMED IS:

1. A nutritional composition comprising particles, said particles comprising: a cereal beta-glucan and a resistant starch, wherein ~~the particles are selected from the group consisting of agglomerated particles, co-dried particles, and combinations thereof~~ the resistant starch is agglomerated onto the cereal beta-glucan, and

wherein the cereal beta-glucan and the resistant starch are present in the particles in a weight ratio of cereal beta-glucan to resistant starch of 1:3 to 9:1.

2. The nutritional composition of claim 1 wherein the cereal beta-glucan is selected from the group consisting of oat beta-glucan, barley beta-glucan, and combinations thereof.

3. The nutritional composition of claim 1 wherein the resistant starch is selected from the group consisting of resistant starch derived from wheat, resistant starch derived from corn, and combinations thereof.

4. The nutritional composition of claim 1 wherein the nutritional composition is a powdered composition.

5. The nutritional composition of claim 4 wherein the particles comprise a barley beta-glucan and a resistant starch derived from wheat.

6. The nutritional composition of claim 5 wherein the powdered composition further includes a *Salacia* extract.

7. The nutritional composition of claim 6 wherein the *Salacia* extract is selected from the group consisting of *Salacia oblonga* extract, *Salacia reticula* extract, and combinations thereof.

8. The nutritional composition of claim 1 wherein the agglomerated particles have a mean particle diameter of from about 50 to about 700 microns.

9. A method of improving the cold water solubility of a powdered nutritional composition comprising a cereal beta-glucan, the method comprising agglomerating the cereal beta-glucan with a resistant starch in a weight ratio of cereal beta-glucan to resistant starch of 1:3 to 9:1.

10. The method of claim 9 wherein the cereal beta-glucan is selected from the group consisting of oat beta-glucan, barley beta-glucan, and combinations thereof.

11. The method of claim 9 wherein the resistant starch is selected from the group consisting of a resistant starch derived from wheat, a resistant starch derived from corn, and combinations thereof.

12. The method of claim 9 wherein the agglomerated cereal beta-glucan and resistant starch are combined with selected ingredients to form the nutritional composition, wherein the combining occurs through a method selected from the group consisting of agglomeration, co-drying, dryblending, and combinations thereof.

13. The method of claim 9 wherein agglomerating the cereal beta-glucan with the resistant starch comprises dry blending the ingredients of the nutritional composition together and then agglomerating the dry blended nutritional composition comprising the cereal beta-glucan with the resistant starch.

14. The method of claim 9 wherein the nutritional composition further comprises a *Salacia* extract selected from the group consisting of *Salacia oblonga* extract, *Salacia reticula* extract, and combinations thereof.

~~15. A method of improving the cold water solubility of a powdered nutritional composition comprising a cereal beta-glucan, the method comprising co-drying the cereal beta-glucan with a resistant starch.~~