WHAT IS CLAIMED IS:

1. A powdered nutritional formula comprising, per 100 g of formula:

from ~~about~~ 15 μg to ~~about~~ 175 μg of lutein;

from ~~about~~ 1.1 g to ~~about~~ 3 g of a fructooligosaccharide; and

soy protein.

2. The powdered nutritional formula of claim 1 wherein at least ~~about~~ 50% of the total protein in the formula is soy protein.

3. The powdered nutritional formula of claim 1 wherein 100% of the total protein in the formula is soy protein.

4. The powdered nutritional formula of claim 1 wherein the formula comprises, per 100 g of formula, from ~~about~~ 1.5 g to ~~about~~ 1.9 g of the fructooligosaccharide.

5. The powdered nutritional formula of claim 1 wherein the formula further comprises a carotenoid selected from the group consisting of beta-carotene, lycopene, and combinations thereof.

6. The powdered nutritional formula of claim 1 wherein the formula ~~is substantially free~~has less than 1% by weight of lycopene.

7. The powdered nutritional formula of claim 1 further comprising at least one of vitamins, minerals, carbohydrate, lipid, and protein.

8. The powdered nutritional formula of claim 7 comprising, as a percentage of total calories, ~~about~~ 10% to ~~about~~ 70% carbohydrate, ~~about~~ 10% to ~~about~~ 65% lipid component, and ~~about~~ 8% to ~~about~~ 80% protein.

9. The powdered nutritional formula of claim 1, wherein the formula further comprises sucrose.

10. The powdered nutritional formula of claim 9, wherein the formula comprises, per 100 g of formula, from ~~about~~ 8 g to ~~about~~ 18 g of sucrose.

11. The powdered nutritional formula of claim 1, wherein the formula ~~is substantially free~~has less than 1% by weight of sucrose.

12. The powdered nutritional formula of claim 1, wherein the formula is selected from the group consisting of an infant formula and a toddler formula.

13. The powdered nutritional formula of claim 1, wherein at least ~~about~~ 90% of the lutein in the formula upon formulation remains in the formula after a shelf life of about 3 months.

14. The powdered nutritional formula of claim 1, wherein at least ~~about~~ 85% of the lutein in the formula upon formulation remains in the formula after a shelf life of about 6 months.

15. A method for improving the stool pattern of a formula-fed infant, the method comprising:

reconstituting a powdered infant formula comprising, per 100 g of formula, from ~~about~~ 15 μg to ~~about~~ 175 μg of lutein; from ~~about~~ 1.1 g to ~~about~~ 3 g of a fructooligosaccharide; and soy protein; and

administering the reconstituted infant formula to the infant.

16. The method of claim 15 wherein after administering the reconstituted infant formula to the infant, the stool pattern of the infant more closely resembles that of a breastfed infant.

17. The method of claim 16 wherein after administering the reconstituted infant formula to the infant, the stool of the infant turns yellow.

18. The method of claim 15, wherein the powdered infant formula ~~is substantially free~~has less than 1% by weight of sucrose.

19. A powdered nutritional formula comprising, per 100 g of formula:

from ~~about~~ 15 μg to ~~about~~ 300 μg of lutein;

from ~~about~~ 0.5 g to ~~about~~ 7 g of a fructooligosaccharide; and

soy protein.

20. The powdered nutritional formula of claim 19 wherein 100% of the total protein in the formula is soy protein.

21. The powdered nutritional formula of claim 19, wherein the formula is selected from the group consisting of an infant formula and a toddler formula.

22. A method for improving the stool pattern of a formula-fed infant, the method comprising:

reconstituting a powdered infant formula comprising, per 100 g of formula, from ~~about~~ 15 μg to ~~about~~ 300 μg of lutein; from ~~about~~ 0.5 g to ~~about~~ 7 g of a fructooligosaccharide; and soy protein; and

administering the reconstituted infant formula to the infant.

23. The method of claim 22 wherein after administering the reconstituted infant formula to the infant, the stool pattern of the infant more closely resembles that of a breastfed infant.

24. A powdered infant formula comprising, per 100 g of formula:

lutein;

a fructooligosaccharide; and

soy protein.