CLAIMS

What is claimed is:

1. A milk-based nutritional composition comprising:

a) up to ~~about~~ about 5.5 g/100 kcal of a fat or lipid source;

b) up to about 6 g/100 kcal of a protein source; and

c) a source of carbohydrates, such that the nutritional composition comprises up to about 18 g/100 kcal of total carbohydrates, wherein the nutritional composition comprises from 1.4 g/100 kcal to 12 g/100 kcal fructose, further wherein the nutritional composition comprises from 6.0 g/100 kcal to 11.7 g/100 kcal lactose, and at least ~~60%~~70% of the total carbohydrates ~~comprises~~ comprise fructose and~~,~~ lactose ~~or combinations thereof~~ by weight.

2. The nutritional composition according to claim 1, wherein the total carbohydrates comprises at least about 10% by weight fructose.

3. The nutritional composition according to claim 1, wherein the total carbohydrates comprises at least about 60% by weight lactose.

~~4. The nutritional composition according to claim 1, wherein the combined amount of fructose and lactose present in the total carbohydrates is at least about 70% by weight.~~

~~5. The nutritional composition according to claim 1, wherein the total lactose in the nutritional composition is from about 6.0 g/100 kcal to about 11.7 g/100 kcal.~~

~~6. The nutritional composition according to claim 5, wherein the added lactose is from about 0.8 g/100 kcal to about 5.4 g/100 kcal.~~

~~7. The nutritional composition according to claim 5, wherein fructose is present in the nutritional composition is up to about 3.6 g/100 kcal.~~

~~8~~4. The nutritional composition according to claim 1, which comprises from ~~about~~ 11.5 g/100 kcal to ~~about~~ 16 g/100kcal total carbohydrates, and further wherein lactose is present in the nutritional composition at a level of from ~~about~~ 6.5 g/100 kcal to ~~about~~ 11.2 g/100 kcal and fructose is present in the nutritional composition at a level of from ~~about~~ 1.4 g/100 kcal to ~~about~~ 3.2 g/100 kcal.

~~9~~5. The nutritional composition according to claim 1, wherein the nutritional composition contains no added sucrose.

~~10~~6. The nutritional composition according to claim 1, wherein the nutritional composition is a growing up milk.

~~11~~7. The nutritional composition according to claim 1, wherein the nutritional composition further comprises a source of long chain polyunsaturated fatty acids.

~~12~~8. The nutritional composition according to claim ~~11~~7, wherein the source of long chain polyunsaturated fatty acids comprises docosahexanoic acid.

~~13~~9. The nutritional composition according to claim 1, which further comprises at least one prebiotic at a level of from ~~about~~ 0.1 g/100 kcal to ~~about~~ 2 g/100 kcal.

~~14~~10. The nutritional composition according to claim ~~13~~9, wherein the prebiotic comprises galacto-oligosaccharide, polydextrose, inulin, fructo-oligosaccharide or combinations thereof.

~~15~~11. The nutritional composition according to claim 1, wherein the nutritional composition has a glycemic index of less than about 60.