composition can be illustrated as an example of the incorporated amount, but the incorporated amount of isomaltulose is not limited to those ranges.

[0034]

The incorporated amount of isomaltulose is preferably adjusted to a value within the above-described ranges in order to allow the effects owned by isomaltulose to be exerted and to allow the composition to be easily and continuously ingested while the good flavor of the composition is maintained.

[0035]

The composition according to the present invention may comprise any saccharide raw material other than those mentioned above, and examples of such a saccharide raw material include processed starches such as soluble starch, British starch, oxidized starch, starch ester, and starch ether.

[0036]

The calorie content of the composition according to the present invention can be controlled by adjusting the incorporated amounts of protein, lipid, and saccharide. The calorie content of the composition according to the present invention can be adjusted to 50 to 150 kcal, preferably 80 to 120 kcal, per 100 mL of the composition in the form of liquid, but the calorie content of the composition is not limited to those ranges.

[0037]

Moreover, in the composition according to the present invention, the energy ratios of protein, lipid and saccharide to the overall composition can be determined nearly in accordance with the description in Recommended Dietary Allowances for the Japanese, 6th revision. Specifically, 15 to 25% of energy from protein, 20 to 30% of energy from lipid, and 45 to 65% of energy from saccharide can be illustrated as an example, but the energy ratios are not limited to those ranges.