CLAIMS:

1. An aerated water comprising water, carbonic acid and allulose,

wherein the allulose is present in an amount of 0.5 parts by weight to 2.0 parts by weight relative to 100 parts by weight of the aerated water, and

wherein the aerated water has a carbon dioxide pressure of 3.8 kg/cm^2 to 4.5 kg/cm^2 at 20°C.

2. The aerated water according to claim 1, wherein the aerated water is free from at least one selected from the group consisting of saccharides other than allulose, synthetic sweeteners, organic acids, edible pigments, caffeine, and preservatives.

3. The aerated water according to claim 1, wherein the aerated water has improved properties in terms of carbon dioxide solubility or carbon dioxide pressure retention.

4. The aerated water according to claim 1, wherein the aerated water has a carbon dioxide pressure retention rate of 84% or more and less than 100% as measured after exposure to air at 20°C for 20 minutes, compared to the carbon dioxide pressure at the time of exposure to air.

5. The aerated water according to claim 1, wherein the aerated water has improved taste, wherein the improved taste is reduction in acridity, off-taste, or off-flavour.

6. A method of preparing an aerated water, comprising: (i) (a) adding allulose to water and (b) adding carbonic acid to the resulting product of the step (a); or (ii) adding allulose to water containing carbonic acid,

wherein the allulose is present in an amount of 0.5 parts by weight to 2.0 parts by weight relative to 100 parts by weight of the aerated water, and

wherein the aerated water has a carbon dioxide pressure of 3.8 kg/cm^2 to 4.5 kg/cm^2 at 20°C.

7. A method of reducing acridity, off-taste, or off-flavour of an aerated water, comprising: (i) (a) adding allulose to water and (b) adding carbonic acid to the resulting product of the step (a); or (ii) adding allulose to water containing carbonic acid,

wherein the allulose is present in an amount of 0.5 parts by weight to 2.0 parts by weight relative to 100 parts by weight of the aerated water, and

wherein the aerated water has a carbon dioxide pressure of 3.8 kg/cm^2 to 4.5 kg/cm^2 at 20°C.

8. A method of maintaining carbon dioxide pressure of an aerated water, comprising: (i) (a) adding allulose to water and (b) adding carbonic acid to the resulting product of the step (a); or (ii) adding allulose to water containing carbonic acid,

wherein the allulose is present in an amount of 0.5 parts by weight to 2.0 parts by weight relative to 100 parts by weight of the aerated water, and

wherein the aerated water has a carbon dioxide pressure of 3.8 kg/cm^2 to 4.5 kg/cm^2 at 20°C.