Claims

1. A non-therapeutic method for maintaining a healthy body weight or losing body weight, in a subject, characterized in that the non-therapeutic method comprises the step of administering 2'-fucosyllactose (2'-FL) and resistant starch to the subject ~~to the subject~~;
wherein the subject is a mammal with a lean weight preferably wherein the subject is a human;
wherein the method does not comprise the step of administering mother's milk to the subject.

2. A non-therapeutic method for increasing the concentration of short chain fatty acid (SCFA), preferably of acetate, in the distal colon of a subject, for prevention of diet-induced body weight gain or adiposity; ~~or for the improvement of glucose homeostasis and/or insulin sensitivity;~~ wherein the non-therapeutic method comprises the step of administering 2'-fucosyllactose (2'-FL) to the subject, wherein said subject is as defined in claim 1 and wherein the method does not comprise the step of administering mother's milk to the subject.

3. The non-therapeutic method according to claim 1 wherein the concentration of SCFA, preferably of acetate, in the distal colon of the subject is increased.

4. The non-therapeutic method according to any of the preceding claims wherein the subject is a human aged 2 or more, with a body mass index (BMI) equal to or less than the upper value indicated in Table 1 for a healthy body weight for the age and sex of the subject

Table 1 definition of healthy body weight BMI values

Age	Male BMI (healthy body weight)	Female BMI (healthy body weight)
2	15.14 – 18.40	14.83 – 18.01
3	14.74 – 17.88	14.47 – 17.55
4	14.43 – 17.54	14.19 – 17.27
5	14.21 – 17.41	13.94 – 17.14
6	14.07 – 17.54	13.82 – 17.33
7	14.04 – 17.91	13.86 – 17.74
8	14.15 – 18.43	14.02 – 18.34
9	14.44 – 19.09	14.28 – 19.06
10	14.64 – 19.83	14.61 – 19.85
11	14.97 – 20.54	15.05 – 20.73
12	15.35 – 21.21	15.62 – 21.67
13	15.84 – 21.90	16.26 – 22.57
14	16.41 – 22.61	16.88 – 23.33
15	16.98 – 23.28	17.45 – 23.93
16	17.54 – 23.89	17.91 – 24.36
17	18.05 – 24.45	18.25 – 24.69
≥18	18.50 – 24.99	18.50 – 24.99

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5. The non-therapeutic method according to any one of the preceding claims, wherein the administering is an oral administration.

6. The non-therapeutic method according to any one any of the preceding claims, wherein no lacto-N-neotetraose (LNnT) is administered to the subject.

7. The non-therapeutic method according to any one of the preceding claims, wherein the 2'-fucosyllactose is comprised in a composition ~~optionally~~ comprising resistant starch.

8. The non-therapeutic method according to claim 7, wherein the composition comprises an amount of 2'-fucosyllactose of at least 0.5 g and ~~optionally~~ comprises an amount of resistant starch of at least 0.5 g.

9. The non-therapeutic method according to any one of claims 6 to 8, wherein the weight ratio of 2'-fucosyllactose to resistant starch is in the range of from 0.5:10 to 10:0.5.

10. The non-therapeutic method according to any one of claims 6 to 9, wherein the combined amount of 2'-FL and resistant starch is at most 30 gram, preferably at most 25 gram, more preferably at most 20 gram, most preferably at most 15 gram.

11. The non-therapeutic method according to any one of claims 6 to 10, wherein composition is a food product preferably wherein the food product is selected from the group consisting of dairy product, bar, liquid product, dessert-type product, savory snack, savory biscuit, bakery product, pasta, and food supplement.

12. The non-therapeutic method according to any one of claims 6 to 11 wherein the composition is in the form of single servings; or according to any one of claims 9 or 10, wherein the food product is in the form of a single serving; optionally such single serving is individually packaged.

13. A composition comprising (i) 2'-fucosyllactose, and (ii) resistant starch; for use in the prevention of overweight or of a condition associated with overweight in a subject, wherein the subject is as defined in claim 1.

14. Use of a composition comprising 2'-fucosyllactose, and resistant starch, for maintaining a healthy body weight or losing body weight in a subject, wherein said subject is as defined in claim 1.

15. A composition comprising at least 5 wt% of 2'-FL and at least 5 wt% of resistant starch as determined on the dry matter.