

ABSTRACT

It is an object of the present invention to provide a nutritional composition for preventing diarrhea enabling ingestion or administration of nutritional ingredients while effectively preventing diarrhea, and is capable of stably keeping the viscosity when stored in a liquid form. A nutritional composition that is prepared by selecting a pectin having a degree of esterification of 10 to 30%, a degree of amidation of 0 to 25%, and a degree of free acids of 64% or more and less than 85% among pectins, and mixing the selected pectin with lipid, carbohydrate and protein, enables ingestion or administration of nutritional ingredients while effectively preventing diarrhea, and is capable of stably keeping the viscosity when stored in a liquid form.