

[ABSTRACT]

The present invention provides the following nutritional composition for continuously and easily ingesting and conveniently supplementing nutrients that tend to be lacking in achieving health and development: a nutritional composition containing (A) indigestible polysaccharides, and (B) a fish oil powder and/or (C) a vitamin mix. More particularly, a nutritional composition containing (A) 25% by weight or more and 90% by weight or less, (B) 1% by weight or more and 70% by weight or less, and/or (C) 0.1% by weight or more and 15% by weight or less, relative to the total amount of the composition.

[No figure]