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(54) Title: FOOD COMPOSITIONS FOR GUT HEALTH COMPRISING BLACK TEA

(57) Abstract: The present invention provides the use of a cooked food product comprising black tea leaves, an extract of black tea or a mixture thereof, to maintain or improve microflora balance and/or to treat or prevent diarrhoea in a subject consuming the composition and wherein the black tea leaves or the extract of black tea is/are present in an unbound state. Also provided is a cooked food product which is a cookie, cake, bun, pastry, or porridge comprising said black tea leaves, extract or mixture and a milk or milk based ingredient in an amount of up to 10 %wt.



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