CLAIMS

1. A solid composition comprising the following components (A) and (B):

(A) from 20 to 65 mass% of a fat globule membrane component; and

(B) from 0.2 to 4 mass% of a water-soluble dietary fiber having a weight average molecular weight of 10,000 or more.

2. The solid composition according to claim 1, wherein a weight average molecular weight of the water-soluble dietary fiber (B) is from 10,000 to 300,000.

3. The solid composition according to claim 1 or 2, wherein a mass ratio of a content of the component (B) to a content of the component (A), [(B)/(A)], is from 0.004 to 0.15.

4. The solid composition according to any one of claims 1 to 3, wherein the water-soluble dietary fiber having a weight average molecular weight of 10,000 or more (B) is one or more kinds selected from the group consisting of sodium alginate, pullulan, and guar gum.

5. The solid composition according to any one of claims 1 to 4, wherein a content of phospholipid in the solid composition is from 1 to 60 mass%.

6. The solid composition according to any one of claims 1 to 5, wherein a content of sphingomyelin in the solid composition is from 0.5 to 3.5 mass%.

7. The solid composition according to any one of claims 1 to 5, wherein the solid composition is a chewable tablet.

CLAIMS

1. A solid composition comprising the following components (A) and (B):

(A) from 20 to 65 mass% of a fat globule membrane component; and

(B) from 0.3 to 3 mass% of at least one water-soluble dietary fiber selected from the group consisting of sodium alginate having a weight average molecular weight of from 30,000 to 80,000, pullulan having a weight average molecular weight of from 40,000 to 85,000, guar gum having a weight average molecular weight of 150,000 to 250,000 and a guar gum decomposition product having a weight average molecular weight of 15,000 to 30,000.

2. The solid composition according to claim 1, wherein a mass ratio of a content of the component (B) to a content of the component (A), [(B)/(A)], is from 0.0075 to 0.08.

3. The solid composition according to claim 1 or 2, wherein a content of phospholipid in the solid composition is from 1 to 60 mass%.

4. The solid composition according to any one of claims 1 to 3, wherein a content of sphingomyelin in the solid composition is from 0.5 to 3.5 mass%.

5. The solid composition according to any one of claims 1 to 4, wherein the solid composition is a chewable tablet.