WHAT IS CLAIMED IS:

1. A composition comprising fat, protein, and carbohydrate, including a combination of curcumin, demethoxycurcumin, and bisdemethoxycurcumin, which combination is solubilized in a medium chain triglyceride oil having an HLB value of from 1 to 8, wherein the weight ratio of the bisdemethoxycurcumin to the curcumin is from 1:1 to 1:7 and the weight ratio of the bisdemethoxycurcumin to the demethoxycurcumin is from 1:1 to 1:2.5.

2. The composition of claim 1 wherein the medium chain triglyceride oil represents from 10% to 100% by weight of the fat in the composition.

3. The composition of claim 2 wherein the composition is an aqueous emulsion.

4. The composition of claim 3 wherein the combination of curcumin, demethoxycurcumin, and bisdemethoxycurcumin represents from 0.002% to 1.0% by weight of the composition.

5. The composition of claim 3 wherein the composition comprises from 0.1% to 17% by weight of the medium chain triglyceride oil.

6. The composition of claim 3 wherein the weight ratio of the bisdemethoxycurcumin to the curcumin is from 1:3 to-1:7.

7. The composition of claim 3 wherein the weight ratio of the bisdemethoxycurcumin to the demethoxycurcumin is from 1:1 to 1:2.

8. The composition of claim 3 wherein the composition is free of unsolubilized curcumin, unsolubilized demethoxycurcumin, and unsolubilized bisdemethoxycurcumin.

9. The composition of claim 3 wherein the composition is free of curcuminoids other than demethoxycurcumin, bisdemethoxycurcumin, and curcumin.

10. A method of making a nutritional composition comprising the steps of:

(a) combining curcuminoids with a medium chain triglyceride oil having an HLB value of from 1 to 8, wherein said curcuminoids comprise curcumin, demethoxycurcumin, and bisdemethoxycurcumin;

(b) heating the combination of curcuminoids and medium chain triglyceride oil to a temperature sufficient to solubilize a fraction of the curcuminoids in the medium chain triglyceride oil; and

(c) removing an unsolubilized curcuminoid fraction from the heated combination and then

(d) formulating the combination of the medium chain triglyceride oil and the solubilized curcuminoid fraction with fat, protein, and carbohydrate to form a nutritional composition,

wherein a weight ratio of solubilized bisdemethoxycurcumin to solubilized curcumin is from 1:1 to 1:7 and a weight ratio of bisdemethoxycurcumin to demethoxycurcumin is from 1:1 to 1:2.5.

11. The method of claim 10 wherein the combination of curcuminoids and medium chain triglyceride oil is heated to a temperature of from 22°C to 90°C.

12. The method of claim 10 wherein the combination of curcuminoids and medium chain triglyceride oil is heated to a temperature of from 40°C to 65°C.

13. The method of claim 10 wherein the combination of curcuminoids and medium chain triglyceride oil comprises from 0.4% to 17% by weight of the nutritional composition.

14. The method of claim 10 wherein the medium chain triglyceride oil represents from 10% to 100% by weight of the fat in the nutritional composition.

15. The method of claim 10 wherein the nutritional composition comprises from 0.1% to 5% by weight of the medium chain triglyceride oil.

16. The method of claim 10 wherein the weight ratio of the isdemethoxycurcumin to the curcumin is from 1:3 to 1:7.

17. The method of claim 10 wherein the weight ratio of the isdemethoxycurcumin to the demethoxycurcumin is from 1:1 to 1:2.

WHAT IS CLAIMED IS:

1. A composition comprising fat, protein, and carbohydrate, including a combination of curcumin, demethoxycurcumin, and bisdemethoxycurcumin, which combination is solubilized in a polar oil having an HLB value of from about 0.7 to about 14 wherein the weight ratio of the bisdemethoxycurcumin to the curcumin is from about 1:1 to about 1:7 and the weight ratio of the bisdemethoxycurcumin to the demethoxycurcumin is from about 1:1 to about 1:2.5.

2. The composition of claim 1 wherein the polar oil has an HLB value of from about 1 to about 8 and represents from about 10% to 100% by weight of the fat in the composition.

3. The composition of claim 2 wherein the composition is an aqueous emulsion.

4. The composition of claim 3 wherein the combination of curcumin, demethoxycurcumin, and bisdemethoxycurcumin represents from about 0.002% to about 1.0% by weight of the composition.

5. The composition of claim 3 wherein the polar oil comprises medium chain triglyceride oil.

6. The composition of claim 3 wherein the composition comprises from about 0.1% to about 17% by weight of medium chain triglyceride oil.

7. The composition of claim 3 wherein the weight ratio of the bisdemethoxycurcumin to the curcumin is from about 1:3 to about 1:7.

8. The composition of claim 3 wherein the weight ratio of the bisdemethoxycurcumin to the demethoxycurcumin is from about 1:1 to about 1:2.0

9. The composition of claim 3 wherein the composition is free of unsolubilized curcumin, unsolubilized demethoxycurcumin, and unsolubilized bisdemethoxycurcumin.

10. The composition of claim 3 wherein the composition is free of curcuminoids other than demethoxycurcumin, bisdemethoxycurcumin, and curcumin.

11. A method of making a nutritional composition comprising the steps of:

(a) combining curcuminoids with a polar oil having an HLB of from about 0.7 to about 14, wherein said curcuminoids comprise curcumin, demethoxycurcumin, and bisdemethoxycurcumin;

(b) heating the combination of curcuminoids and polar oil to a temperature sufficient to solubilize a fraction of the curcuminoids in the polar oil; and

(c) removing an unsolubilized curcuminoid fraction from the heated combination to form a polar oil comprising a weight ratio of solubilized bisdemethoxycurcumin to solubilized curcumin of from about 1:1 to about 1:7 and a weight ratio of bisdemethoxycurcumin to demethoxycurcumin of from about 1:1 to about 1:2.5; and then

(d) formulating the combination of the polar oil and the solubilized curcuminoid fraction with fat, protein, and carbohydrate to form a nutritional composition.

12. The method of claim 11 wherein the combination of curcuminoids and polar oil is heated to a temperature of from about 20°C to about 90°C.

13. The method of claim 11 wherein the combination of curcuminoids and polar oil is heated to a temperature of from about 40°C to about 65°C.

14. The method of claim 11 wherein the polar oil has an HLB of from about 1 to about 8.

15. The method of claim 11 wherein the polar oil is a medium chain triglyceride oil.

16. The method of claim 11 wherein the combination of curcuminoids and polar oil comprises from about 0.4% to about 17% by weight of the curcuminoids.

17. The method of claim 11 wherein the polar oil has an HLB value of from about 1 to about 8 and represents from about 10% to 100% by weight of the fat in the composition.

18. The method of claim 11 wherein the composition comprises from about 0.1% to about 5% by weight of medium chain triglyceride oil.

19. The method of claim 11 wherein the weight ratio of the bisdemethoxycurcumin to the curcumin is from about 1:3 to about 1:7

20. The method of claim 11 wherein the weight ratio of the bisdemethoxycurcumin to the demethoxycurcumin is from about 1:1 to about 1:2.0