CLAIMS

1. A plant-based component having trace element content that is reduced than its content in the corresponding natural occurring plant-based component; wherein said trace element is Manganese (Mn) and/or Magnesium (Mg).

2. A plant-based component according to claims 1, wherein said reduction is by at least 20% than its content in the corresponding natural occurring nut.

3. A plant-based component according to claims 1 or 2, being at least one nut.

4. A plant-based component according to claims 1 to 3, being selected from at least one of grain, pseudo grain, nut, pulse, legume, oilseed, cereal, fruit, vegetable, and any combinations thereof.

5. A plant-based component according to claims 1 to 3, being selected from buckwheat, barley, rice, maize, corn, millet, oats, rye, pea, chickpea, lentils, quinoa, teff, chia, bean, fava bean, sunflower, safflower, flax, rapeseed, wheat, sorghum, millet, oats, triticale, fonio, mung bean, pumpkin, amaranth and any combinations thereof.

6. A plant-based component according to any one of the preceding claims, wherein Manganese (Mn) content is between 0 to 20ppm.

7. A plant-based component according to any one of the preceding claims, wherein Magnesium (Mg) content is between 0 to 1500ppm.

8. A plant-based component having a protein to Mg ratio of at least 100.

9. A plant-based component having a protein to Mn ratio of at least 15,000.

10. A composition comprising at least one plant-based component having reduced trace element content, as defined in any of claims 1 to 9.

11. A composition according to claim 10, being a non-dairy composition.

12. A composition comprising at least one nut lipid component and/or at least one non-dairy component comprising all essential amino acids, wherein said at least one nut

component or at least one non-dairy component contains reduced levels of at least one trace element.

13. A composition comprising at least one nut protein component and/or at least one non-dairy component comprising all essential amino acids, wherein said at least one nut component or at least one non-dairy component contains reduced levels of at least one trace element.

14. A composition according to claims 12 or 13, wherein the ratio between said at least one nut component and said at least one non-dairy component is from about 10:90 to about 90:10.

15. A composition according to claims 12 or 13, wherein said at least one nut component is present in an amount of at least 10% by weight from the total weight of the composition.

16. A composition according to any one of claims 12 to 15, wherein said at least one non-dairy component is present in an amount of at least 5% by weight from the total weight of the composition.

17. A composition according to any one of claims 12 to 16, wherein said subject is an infant and/or toddler.

18. A composition according to any one of claims 12 to 16, wherein said subject is an adult.