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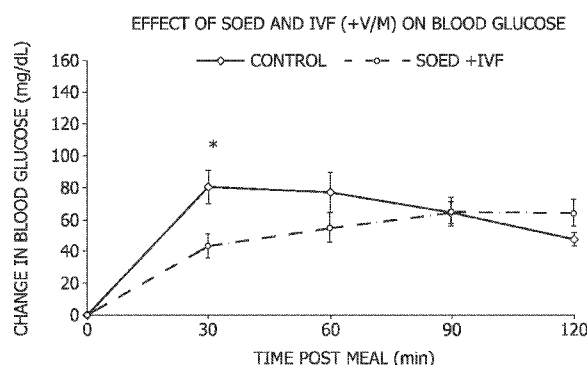
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(54) Title: METHOD OF TRANSFORMING A MEAL

FIG. 1



The combination of SOED, fiber, vitamin C, vitamin D, and chromium picolinate decreases plasma glucose concentration at 30 min ($p < 0.05$). "IVF" = induced viscosity fiber, vitamin C, vitamin D, and chromium picolinate.

(57) Abstract: Disclosed are methods of transforming a meal to improve the suitability of the meal for an individual with specific dietary needs that may be due to a medical condition. The methods include assessing the meal relative to the individual's dietary needs and administering a composition to the meal that tailors the meal to the dietary needs of the individual. The composition comprises a nutrient for fortifying the meal and an anti-nutrient for reducing the absorption of undesirable components of the meal.