

ABSTRACT

The object of the present invention is to provide a composition for food and beverage comprising a hygroscopic powdery material having improved hygroscopicity as well as food and beverage containing the composition.

The present invention provides compositions for food and beverage comprising a hygroscopic powdery material and a sesamin-class compound(s), more specifically powdery compositions for food and beverage comprising a hygroscopic powdery material and a sesamin-class compound(s) mixed with each other wherein the hygroscopic powdery material has improved hygroscopicity as well as foods and beverages containing the compositions.