

Abstract

An acid milk beverage that without the use of conventionally employed various thickening stabilizers, excels in product quality stability, and that realizes good flavor and calorie suppression, being of light type; and a process for producing the same. There is provided an acid milk beverage characterized in that there are contained polydextrose and at least one glucide selected from the group (a) consisting of glucose, fructose, sugar, trehalose, maltose, erythritol, sorbitol, xylitol, maltitol, lactitol, palatinose and galactooligosaccharide, and that the sum of these soluble solid contents is in the range of 12.0 to 17.0 mass%, containing substantially none of thickening stabilizers. Further, there is provided a process for producing the acid milk beverage.