CLAIMS

1. A heat sterilized and packed beverage comprising:

1.2 g/100 ml to 32 g/100 ml of a medium chain triglyceride, and

10 mg/100 ml to 120 mg/100 ml of caffeine,

wherein the beverage does not comprise skimmed milk powder, or the beverage comprises less than 2 mass% of skimmed milk powder.

2. The heat sterilized and packed beverage according to claim 1, wherein the amount of the medium chain triglyceride is 2.4 g/100 ml to 20 g/100 ml.

3. The heat sterilized and packed beverage according to claim 1 or 2, wherein a medium chain fatty acid in the medium chain triglyceride is a saturated fatty acid having 8 carbon atoms and/or a saturated fatty acid having 10 carbon atoms.

4. The heat sterilized and packed beverage according to any one of claims 1 to 3, wherein the heat sterilization has been performed by a method comprising heating at 85°C for 30 minutes or a method having the same or higher efficacy than the method comprising heating at 85°C for 30 minutes.

5. The heat sterilized and packed beverage according to any one of claims 1 to 4, wherein the beverage includes less than 2 mass% of milk solids-not-fat.