ABSTRACT

To provide a composition facilitating to smoothly and efficiently take in a food containing abundant insoluble dietary fibers, including non-edible part, through improvement in its texture and taste.

A composition comprising

a fine particle composite comprising insoluble dietary fibers and

a fat/oil,

wherein the composition satisfies (1) to (8):

(1) the composition comprises an edible part and an inedible part of a food material, wherein a dry weight proportion of the inedible part/(the edible part + the inedible part) is 1% or more and 80% or less,

(2) the composition comprises the insoluble dietary fibers at a content of 0.1 mass% or more ,

(3) a fine particle content is 2 mass% or more and 98 mass% or less,

(4) a total fat/oil content is 10 mass% or more and 98 mass% or less,

(5) the composition comprises water at a content of less than 20 mass%,

(6) a modal diameter after ultrasonication is 0.3 μm or more and 200 μm or less,

(7) (specific surface area per unit volume after ultrasonication [m^2/mL])/(minimum particle size after ultrasonication [μm]) is 0.1 or more,

(8) (specific surface area per unit volume before ultrasonication [m^2/mL])/(specific surface area per unit volume after ultrasonication [m^2/mL]) is 0.01 or more and 0.99 or less.