

HEAT-STERILIZED AND PACKED BEVERAGE CONTAINING HIGH
CONCENTRATION OF MEDIUM CHAIN TRIGLYCERIDE

ABSTRACT

Provided is a heat-sterilized and packed beverage containing a high concentration of a medium chain triglyceride (MCT) and obtained by heat sterilization, wherein issues of poor aftertaste and throat discomfort caused by a combination of a high concentration of the MCT and heat sterilization are resolved. The heat-sterilized and packed beverage is obtained by causing 10-120 mg/100 ml of caffeine to coexist with a beverage containing 1.2-32 g/100 ml of the MCT.