

7. The elemental medical food according to claim 1 wherein about 4 grams of said composition is added to water to make about 30 ml and has an osmolality of 300 to 400 mOsm/kg H₂O.

8. The elemental medical food according to claim 1 which additionally comprises at least one element selected from the group consisting of nucleosides, nucleotides, antioxidant system, natural flavor, artificial flavors, artificial sweeteners, major trace and ultratrace minerals, minerals, vitamins and m-inositol.

9. The elemental medical food according to claim 7 wherein said composition has a Caloric density of about 0.68 kcalories/ml and an osmolality of 350 to 375 mOsm/kg H₂O.

10. The elemental medical food according to claim 1 which comprises, based on 100 kcalories of said composition: 2.8 to 3.8 g protein equivalent; 4.0 to 5.6 g fat, 9.0 to 11.8 g carbohydrate; 0.4 to 0.8 g linoleic acid; 262 to 475 IU Vitamin A; 40 to 80 IU Vitamin D; 2.0 to 3.5 IU Vitamin E; 5 to 20 mcg Vitamin K; 0.11 to 0.42 mg thiamine, 0.1 to 0.21 mg riboflavin; 0.09 to 0.17 mg Vitamin B-6; 0.40 to 1.36 mcg Vitamin B-12; 1.6 to 3.2 mg niacin; 28 to 60 mcg folic acid; 0.40 to 1.70 mg pantothenic acid; 4.0 to 18.0 mcg biotin; 8.6 to 85 mg Vitamin C; 7.5 to 14.6 mg choline; 4.6 to 9.9 mg inositol; 4.0 to 6.5 mg L-carnitine; 103 to 127 mg calcium; 76 to 103 mg phosphorus; 8.0 to 12.7 mg magnesium; 1.6 to 2.4 mg iron; 1.0 to 1.7 mg zinc; 0.10 to 0.15 mg manganese; 0.11 to 0.19 mg copper; 6.7 to 11.8 mcg iodine; 2.2 to 4.7 mcg selenium; 2.2 to 4.7 mcg chromium; 2.4 to 5.5 mcg molybdenum; 40 to 55 mg sodium; 144 to 174 mg potassium and 55 to 85 mg chloride.

11. The elemental medical food according to claim 6 which comprises, based on 100 grams of powder: 14.3 g protein equivalent; 22.6 g lipid; 46.7 g carbohydrate; 2.85 g linoleic acid; 0.48 g α -linolenic acid; 515 mg calcium; 385 mg phosphorous; 390 mcg Vitamin A; 5 mcg Vitamin D; 6.7 mg Vitamin E; 30 mcg Vitamin K; 1.0 mg thiamine, 0.50 mg riboflavin; 0.48 mg Vitamin B-6; 2.0 mcg Vitamin B-12; 8.0 mg niacin; 140 mcg folic acid; 2.0 mg pantothenic acid; 20 mcg biotin; 43 mg Vitamin C; 38 mg choline; 24 mg inositol; 23 mg L-caritine; 40 mg magnesium; 8.4 mg iron; 5.3 mg zinc; 0.50 mg manganese; 0.60 mg copper; 34 mcg iodine; 11 mcg selenium; 11 mcg chromium; 12 mcg molybdenum; 9.35 mEq sodium; 18.29 mEq potassium and 8.04 mEq chloride.

12. A method for providing nutritional support to a human suffering from food protein allergens, said method comprises the enteral administration of a nutritionally complete elemental medical food suitable for use as the sole source of nutrition comprising:

- a) a carbohydrate component which comprises from 38 to 56% of the total Caloric content of said food;
- b) a lipid component which comprises from 38 to 50% of the total Caloric content of said food and in which said lipid component comprises, based upon the weight of the lipid component, 35 to 43% high-oleic safflower oil, 28 to 35% fractionated coconut oil, 0.5 to 8% esterified glycerols, and 24 to 30% soy oil;
- c) a blend of free L-amino acids which comprises from 10 to 20% of the total Caloric content of said food and wherein said amino acid blend comprises, the following essential amino acids, L-histidine, L-isoleucine, L-leucine, L-lysine, L-methionine, L-phenylalanine, L-threonine, L-tryptophan, and L-valine;
- d) meets the recommended dietary allowances for a 1 to 3 year old child in a minimum of 1000 kilo calories;

e) based upon the weight of the elemental food comprises less than 50 ppm of L-glutamic acid and less than 50 ppm of L-aspartic acid, and;

f) based upon the weight of the amino acid blend comprises at least 8.37 wt. % L-asparagine and at least 10.6 wt % L-glutamine.

13. The method according to claim 12 wherein the gastrointestinal condition is selected from the group consisting of eosinophilic gastroenteritis, short gut syndrome, gastroenteritis, inflammatory bowel disease, intractable diarrhea and gastroesophageal reflux.

14. The method according to claim 12 wherein the elemental medical food comprises, based on 100 kcal of said composition: 2.8 to 3.8 g protein equivalent; 4.0 to 5.6 g fat, 9.0 to 11.8 g carbohydrate; 0.4 to 0.8 g linoleic acid; 262 to 475 IU Vitamin A; 40 to 80 IU Vitamin D; 2.0 to 3.5 IU Vitamin E; 5 to 20 mcg Vitamin K; 0.11 to 0.42 mg thiamine, 0.1 to 0.21 mg riboflavin; 0.09 to 0.17 mg Vitamin B-6; 0.40 to 1.36 mcg Vitamin B-12; 1.6 to 3.2 mg niacin; 28 to 60 mcg folic acid; 0.40 to 1.70 mg pantothenic acid; 4.0 to 18.0 mcg biotin; 8.6 to 85 mg Vitamin C; 7.5 to 14.6 mg choline; 4.6 to 9.9 mg inositol; 4.0 to 6.5 mg L-carnitine; 103 to 127 mg calcium; 76 to 103 mg phosphorus; 8.0 to 12.7 mg magnesium; 1.6 to 2.4 mg iron; 1.0 to 1.7 mg zinc; 0.10 to 0.15 mg manganese; 0.11 to 0.19 mg copper; 6.7 to 11.8 mcg iodine; 2.2 to 4.7 mcg selenium; 2.2 to 4.7 mcg chromium; 2.4 to 5.5 mcg molybdenum; 40 to 55 mg sodium; 144 to 174 mg potassium and 55 to 85 mg chloride.

15. A method for the nutrition support of a human suffering from a malady selected from the group consisting of severe food allergies, short gut syndrome, cystic fibrosis, pancreatic disease, gastroenteritis, inflammatory bowel disease, intractable diarrhea, malnutrition, protein maldigestion, necrotizing enterocolitis, infectious diseases, hypermetabolism, trauma, cancer, AIDS, eosinophilic gastroenteritis and gastroesophageal reflux; said method comprising the administration to said human of a medical food suitable for use as the sole source of nutrition comprising:

- a) a carbohydrate component which comprises from 38 to 56% of the total Caloric content of said food;
 - b) a lipid component which comprises from 38 to 50% of the total Caloric content of said food and in which said lipid component comprises, based upon the weight of the lipid component, 35 to 43% high-oleic safflower oil, 28 to 35% fractionated coconut oil, 0.5 to 8% esterified glycerols, and 24 to 30% soy oil;
 - c) a blend of free L-amino acids which comprises from 10 to 20% of the total Caloric content of said food and wherein said amino acid blend comprises the following essential amino acids; L-histidine, L-isoleucine, L-leucine, L-lysine, L-methionine, L-phenylalanine, L-threonine, L-tryptophan, and L-valine;
 - d) meets the recommended dietary allowances for a 1 to 3 year old child in 1000 kilo calories;
 - e) based upon the weight of the elemental food comprises less than 50 ppm of L-glutamic acid and less than 50 ppm of L-aspartic acid, and;
- based upon the weight of the amino acid blend comprises at least 8.37 wt. % L-asparagine and at least 10.6 wt % L-glutamine.