6. The ready-to-eat food of claim 1 having an amino acid score from 0.60 to 1.00.

7. The ready-to-eat food of claim 1 wherein said fat comprises saturated fat and said saturated fat comprises less than 18% of the total caloric value of said food.

8. The ready-to-eat food of claim 7 wherein said saturated fat comprises less than 10% of the total caloric value of said food.

9. The ready-to-eat food of claim 1 comprising a material selected from the group consisting of non-digestible lipids, partially digestible lipids, and mixtures thereof.

10. The ready-to-eat food of claim 1 comprising a material selected from the group consisting of arabinogalactan fiber, beta-glucan soluble fiber, and mixtures thereof.

11. The ready-to-eat food of claim 1 comprising fluoride; sodium; potassium; and, on a 30 gram basis, from about 10% to about 100% of the U.S. RDI of the vitamins A, D, E, K, C, thiamin, riboflavin, niacin, vitamin B_{-6}, folate, vitamin B_{-12}, biotin, and pantothenic acid, and from about 10% to about 100% of the U.S. RDI of the minerals calcium, phosphorus, magnesium, iron, zinc, iodine, selenium, copper, manganese, chromium, molybdenum, and chloride.

12. The ready-to-eat food of claim 1 wherein said food is a filled cracker, filled extruded snack, enrobed extruded snack, spread, potato crisp, or brownie.

13. The ready-to-eat food of claim 1 having, at an 80% confidence level, a lower taste value that is greater than −4.00.

14. The ready-to-eat food of claim 13 wherein said water activity is less than 0.85; said fat provides less than 27% of the total caloric value of said food; and said food comprises an adjunct ingredient.

15. The ready-to-eat food of claim 13 having a lower taste value that is greater than 3.09 and an upper taste value less than 41.33; and wherein said amino acid source provides at least 19% but less than 50% of the total caloric value of said food; and said carbohydrate provides from about 2.5 grams to about 5.0 grams of dietary fiber.

16. The ready-to-eat food of claim 15 wherein said food is a filled cracker, filled extruded snack, enrobed extruded snack, spread, potato crisp, or brownie.

17. The ready-to-eat food of claim 13 wherein said amino acid and fiber sources are at least 75% active; and said fiber is selected from the group consisting of soluble fiber having a viscosity of from 1 to 2 centipoise for a 10% solution at 25° C., insoluble fiber having a particle size of less than 150 microns and a water absorption less than 7.0 grams per gram of fiber, and mixtures thereof.

18. The ready-to-eat food of claim 13 having an amino acid score from 0.60 to 1.00.

19. The ready-to-eat food of claim 13 wherein said fat comprises saturated fat and said saturated fat comprises less than 18% of the total caloric value of said food.

20. The ready-to-eat food of claim 19 wherein said saturated fat comprises less than 10% of the total caloric value of said food.

21. The ready-to-eat food of claim 13 comprising a material selected from the group consisting of non-digestible lipids, partially digestible lipids, and mixtures thereof.

22. The ready-to-eat food of claim 13 comprising a material selected from the group consisting of arabinogalactan fiber, beta-glucan soluble fiber, and mixtures thereof.

23. The ready-to-eat food of claim 13 comprising fluoride; sodium; potassium; and, on a 30 gram basis, from about 10% to about 100% of the U.S. RDI of the vitamins A, D, E, K, C, thiamin, riboflavin, niacin, vitamin B_{-6}, folate, vitamin B_{-12}, biotin, and pantothenic acid, and from about 10% to about 100% of the U.S. RDI of the minerals calcium, phosphorus, magnesium, iron, zinc, iodine, selenium, copper, manganese, chromium, molybdenum, and chloride.

24. The ready-to-eat food of claim 13 wherein said food is a filled cracker, filled extruded snack, enrobed extruded snack, spread, potato crisp, or brownie.

25. The ready-to-eat food of claim 1 having, at a 90% confidence level, a lower taste value that is greater than −2.00.

26. The ready-to-eat food of claim 25 wherein said water activity is less than 0.85; said fat provides less than 27% of the total caloric value of said food; and said food comprises an adjunct ingredient.

27. The ready-to-eat food of claim 25 having a lower taste value that is greater than 4.15 and an upper taste value less than 42.89; and wherein said amino acid source provides at least 19% but less than 50% of the total caloric value of said food; and said carbohydrate provides from about 2.5 grams to about 5.0 grams of dietary fiber.

28. The ready-to-eat food of claim 27 wherein said food is a filled cracker, filled extruded snack, enrobed extruded snack, spread, potato crisp, or brownie.

29. The ready-to-eat food of claim 25 wherein said amino acid and fiber sources are at least 75% active; and said fiber is selected from the group consisting of soluble fiber having a viscosity of from 1 to 2 centipoise for a 10% solution at 25° C., insoluble fiber having a particle size of less than 150 microns and a water absorption less than 7.0 grams per gram of fiber, and mixtures thereof.

30. The ready-to-eat food of claim 25 having an amino acid score from 0.60 to 1.00.

31. The ready-to-eat food of claim 25 wherein said fat comprises saturated fat and said saturated fat comprises less than 18% of the total caloric value of said food.

32. The ready-to-eat food of claim 31 wherein said saturated fat comprises less than 10% of the total caloric value of said food.

33. The ready-to-eat food of claim 25 comprising a material selected from the group consisting of non-digestible lipids, partially digestible lipids, and mixtures thereof.

34. The ready-to-eat food of claim 25 comprising a material selected from the group consisting of arabinogalactan fiber, beta-glucan soluble fiber, and mixtures thereof.

35. The ready-to-eat food of claim 25 comprising fluoride; sodium; potassium; and, on a 30 gram basis, from about 10% to about 100% of the U.S. RDI of the vitamins A, D, E, K, C, thiamin, riboflavin, niacin, vitamin B_{-6}, folate, vitamin B_{-12}, biotin, and pantothenic acid, and from about 10% to about 100% of the U.S. RDI of the minerals calcium, phosphorus, magnesium, iron, zinc, iodine, selenium, copper, manganese, chromium, molybdenum, and chloride.

36. The ready-to-eat food of claim 25 wherein said food is a filled cracker, filled extruded snack, enrobed extruded snack, spread, potato crisp, or brownie.

37. The ready-to-eat food of claim 1 having, at a 99% confidence level, a lower taste value that is greater than 1.00.

38. The ready-to-eat food of claim 37 wherein said water activity is less than 0.85; said fat provides less than 27% of the total caloric value of said food; and said food comprises an adjunct ingredient.