

ABSTRACT

Provided is an edible material having an exceptional
sweetness-enhancing effect. This method for producing an oil
and fat composition is characterized in comprising a step for
5 adding a carotenoid to an edible oil and fat, and a step for
decomposing the carotenoid in the edible oil and fat. The
carotenoid is preferably one or more selected from the group
consisting of β -carotene, α -carotene, retinol, lutein,
canthaxanthin, β -cryptoxanthin, bixin, norbixin, astaxanthin,
10 zeaxanthin, fucoxanthin, violaxanthin, lycopene, crocin,
crocetin, and capsanthin.