[CLAIMS]

1. A premix for preparing an emulsion composition which satisfies the following requirements:

1 oils and fats containing DHA and/or EPA being included in an oil phase;

2 oils and fats having a melting point of 10 to 42 °C being included in the oil phase at 25 to 99.5 weight%, where the oils and fats amount to 0.8 times the weight of a total amount of DHA and EPA or more;

3 an ①aqueous phase being 0.8 to 280 times the weight of the oil phase; and

4 the oil phase, the ①aqueous phase, and an ②aqueous phase constituting a W/O/W type emulsified oil and fat composition, wherein the ②aqueous phase is dispersed in the oil phase containing oils and fats containing DHA and/or EPA at 1 to 38 weight%, and the ②aqueous phase contains a carbohydrate in a manner of a water-soluble solid content in the ①aqueous phase being 18 to 79 weight% in total.

2. The premix for preparing an emulsion composition according to claim 1, wherein the oils and fats having a melting point of 10 to 42 °C are lauric oils and fats.

3. The premix for preparing an emulsion composition according to claim 1, wherein water soluble proteins are dissolved in the ①aqueous phase.

4. The premix for preparing an emulsion composition according to claim 2, wherein water soluble proteins are dissolved in the ①aqueous phase.

5. The premix for preparing an emulsion composition according to claim 4, further comprising a water-soluble emulsifier and/or an oil-soluble emulsifier.

6. The premix for preparing an emulsion composition according to any one of claims 1 to 5, wherein the ②aqueous phase contains 2.5 to 65 weight% of a water-soluble antioxidant.

7. A method of producing a premix for preparing an emulsion composition comprising the following processes:

1 a process of preparing an oil phase comprising oils and fats containing DHA and/or EPA and oils and fats having a melting point of 10 to 42 °C at 25 to 99.5 weight%, where the oils and fats having a melting point of 10 to 42 °C are contained in an amount of 0.8 times the weight of a total amount of DHA and EPA or more;

2 a process of preparing an ①aqueous phase having an amount 0.8 to 280 times the weight of the oil phase; and

3 a process of mixing the oil phase, the ①aqueous phase, and an ②aqueous phase to obtain a W/O/W type emulsified oil and fat composition,

wherein the ②aqueous phase is dispersed in the oil phase containing oils and fats containing DHA and/or EPA at 1 to 38 weight%, and the ②aqueous phase contains a carbohydrate in a manner of a water-soluble solid content in the ①aqueous phase being 18 to 79 weight% in total.

8. The method of producing a premix for preparing an emulsion composition according to claim 7, wherein the oils and fats having a melting point of 10 to 42 °C are lauric oils and fats.

9. The method of producing a premix for preparing an emulsion composition according to claim 7, wherein water soluble proteins are dissolved in the ①aqueous phase.

10. The method of producing a premix for preparing an emulsion composition according to claim 8, wherein water soluble proteins are dissolved in the ①aqueous phase.

11. The method of producing a premix for preparing an emulsion composition according to claim 7, further comprising a process of incorporating a water-soluble emulsifier and/or an oil-soluble emulsifier.

12. The method of producing a premix for preparing an emulsion composition according to any one of claims 7 to 11, wherein the ②aqueous phase contains 2.5 to 65 weight% of a water-soluble antioxidant.

13. A method of producing a food or drink product containing DHA and/or EPA comprising diluting the premix for preparing an emulsion composition according to any one of claims 1 to 6 by a factor of 1 to 100 by weight.

14. A method of reducing an off-flavor derived from DHA and/or EPA in a food or drink product containing DHA and/or EPA using the premix according to any one of claims 1 to 6.