Claims:

1. An oil blend comprising at least two oils, each of which is any one of a natural oil or processed oil, wherein at least one of said oils is any one of the following oils which has a reduced phytosterol level compared to said oil prior to reducing its phytosterol content:

- coconut oil having a phytosterol content of less than about 450 ppm;
- palm kernel oil having a phytosterol content of less than about 900 ppm;
- soybean oil having a phytosterol content of less than about 1800 ppm;
- rapeseed oil having a phytosterol content of less than about 5800 ppm;
- sunflower oil having a phytosterol content of less than about 1600 ppm;
- high oleic sunflower oil having a phytosterol content of less than about 1500 ppm;
- corn oil having a phytosterol content of less than about 5900 ppm;
- palm olein oil having a phytosterol content of less than about 700 ppm;
- palm oil having a phytosterol content of less than about 530 ppm;
- safflower oil having a phytosterol content of less than about 8500 ppm;
- high oleic safflower oil having a phytosterol content of less than about 1200 ppm;
- MCT oil having a phytosterol content of less than about 1000 ppm; or
- *sn2*- palmitate oil having a phytosterol content of less than about 300 ppm.

2. An oil blend comprising at least two oils each of which is any one of natural oil or processed oil, wherein at least one of said oils is a specific oil which is any one of coconut oil, palm kernel oil, soybean oil, rapeseed oil, sunflower oil, high oleic sunflower oil, corn oil, palm olein oil, palm oil, safflower oil, high oleic safflower oil, MCT oil or *sn2*-palmitate oil, wherein the phytosterol content in ppm of total said specific oils within the blend is below the value obtained using the following formula (I):

$$\left[\sum_{n=1}^{13}(X_n * K_n)\right]/100$$

Formula (I)

wherein

- n is an integer of 1 to 13 and represents the number of said specific oils;
- X_n represents the percent by weight of a specific oil out of the total weight of said n specific oils;

K_n represents a pre-determined threshold value of phytosterol content in ppm of a specific oil which value is reduced compared to the phytosterol content of said oil in ppm prior to reducing its phytosterol content;

and wherein said pre-determined threshold values of phytosterol contents of the specific oils (K_n) are the following:

Oil	**K_n**
coconut oil	450
palm kernel oil	900
soybean oil	1800
rapeseed oil	5800
sunflower oil	1600
high oleic sunflower oil	1500
corn oil	5900
palm olein oil	700
palm oil	530
safflower oil	8500
high oleic safflower oil	1200
MCT oil	1000
sn2-palmitate oil	300

3. An oil blend comprising at least two oils each of which is any one of natural oil or processed oil, wherein at least one of said oils is any one of:

- coconut oil in which the ratio phytosterol esters:free phytosterols is greater than about 0.6;
- palm kernel oil in which the ratio phytosterol esters:free phytosterols is greater than about 0.6;
- soybean oil in which the ratio phytosterol esters:free phytosterols is greater than about 0.5;
- rapeseed oil in which the ratio phytosterol esters:free phytosterols is greater than about 1.7;
- sunflower oil in which the ratio phytosterol esters:free phytosterols is greater than about 0.7;
- high oleic sunflower oil in which the ratio phytosterol esters:free phytosterols is greater than about 0.7;
- corn oil in which the ratio phytosterol esters:free phytosterols is greater than about 1.8;
- palm olein oil in which the ratio phytosterol esters:free phytosterols is greater than about 0.4;
- palm oil in which the ratio phytosterol esters:free phytosterols is greater than about 1;
- safflower oil in which the ratio phytosterol esters:free phytosterols is greater than about 1.1;

- high oleic safflower oil in which the ratio phytosterol esters:free phytosterols is greater than about 1.3;
- MCT oil in which the ratio phytosterol esters:free phytosterols is greater than about 0.5; or
- *sn2*-palmitate oil in which the ratio phytosterol esters:free phytosterols is greater than about 0.9.

4. An oil blend comprising at least two oils, each of which is any one of natural oil or processed oil, wherein at least one of said oils is a specific oil which is any one of coconut oil, palm kernel oil, soybean oil, rapeseed oil, sunflower oil, high oleic sunflower oil, corn oil, palm olein oil, palm oil, safflower oil, high oleic safflower oil, MCT oil or *sn2*-palmitate oil, wherein the ratio between phytosterol esters concentration in ppm and free phytosterols concentration in ppm in total said specific oils within the blend is above the result obtained using the following formula (IV):

$$0.01 * \left[\sum_{n=1}^{13}(X_n * R_n * K_n)\right] / \left[\sum_{n=1}^{13}(K_n)\right]$$

Formula (IV)

wherein

- n is an integer of 1 to 13 and represents the number of said specific oils;
- X_n represents the percent by weight of a specific oil out of the total weight of said n specific oils;
- R_n represents a pre-determined threshold value of the ratio between the phytosterol esters concentration (in ppm) and the free phytosterol concentration (in ppm) in the specific oil;

K_n represents a pre-determined threshold value of phytosterol content in ppm of said specific oil which value is reduced compared to the phytosterol content of said oil in ppm prior to reducing its phytosterol content;

and wherein said pre-determined threshold value of the ratio between phytosterol esters concentration in ppm and free phytosterols concentration in ppm in the specific oils (R_n) are the following:

Oil	**R_n**
coconut oil	0.6
palm kernel oil	0.6
soybean oil	0.5
rapeseed oil	1.7
sunflower oil	0.7
high oleic sunflower oil	0.7
corn oil	1.8
palm olein oil	0.4
palm oil	1
safflower oil	1.1
high oleic safflower oil	1.3
MCT oil	0.5
sn2-palmitate oil	0.9

and wherein said pre-determined threshold value of phytosterol contents of the specific oils (K_n) are the following:

Oil	**K_n**
coconut oil	450
palm kernel oil	900
soybean oil	1800
rapeseed oil	5800
sunflower oil	1600
high oleic sunflower oil	1500
corn oil	5900
palm olein oil	700
palm oil	530
safflower oil	8500

high oleic safflower oil	1200
MCT oil	1000
sn2-palmitate oil	300

5. The oil blend of any one of the preceding claims, wherein the fatty acid composition is as follows:

- 0-10% C8:0 fatty acids out of the total fatty acids;
- 0-10% C10:0 fatty acids out of the total fatty acids;
- 0-22% C12:0 fatty acids out of the total fatty acids;
- 0-15% C14:0 fatty acids out of the total fatty acids;
- 5-55% C16:0 fatty acids out of the total fatty acids;
- 1-7% C18:0 fatty acids out of the total fatty acids;
- 20-75% C18:1 fatty acids out of the total fatty acids;
- 2-40% C18:2 fatty acids out of the total fatty acids;
- 0-8% C18:3 fatty acids out of the total fatty acids; and
- other fatty acids present in levels of less than 8% of the total fatty acids.

6. The oil blend of any one of the preceding claims, wherein endogenic tocopherol concentration is at most 800 ppm.

7. The oil blend of any one of the preceding claims, wherein the w/w ratio between alpha tocopherols levels to non-alpha tocopherols levels is at least about 5.

8. The oil blend of any one of the preceding claims, wherein the percentage of diacylglycerol (w/w) out of the oil blend is at most about 0.5%.

9. An infant formula, parenteral formula, baby food, toddler formula, child formula or adult formula containing an oil blend of any one of the preceding claims.

10. An infant formula, parenteral formula, baby food, toddler formula, child formula or adult formula containing an oil blend of any one of the preceding claims , wherein the w/w ratio between cholesterol present in said formula or food to phytosterol in said formula or food is at least about 1.

11. An infant formula, parenteral formula, baby food, toddler formula, child formula or adult formula containing an oil blend of any one of the preceding claims , wherein the w/w ratio between alpha tocopherols levels to non-alpha tocopherols levels is at least about 5.

12. An infant formula, parenteral formula, baby food, toddler formula, child formula or adult formula containing an oil blend of any one of the preceding claims , wherein the percentage (w/w) of diacylglycerol out of the oil blend is at most about 0.5%.

13. An infant formula, parenteral formula, baby food, toddler formula, child formula or adult formula containing an oil blend of any one of the preceding claims, wherein said formula or food comprises at least about 5 mg cholesterol/100 g formula or food.

14. An enteral or parenteral preparation comprising an oil blend of any one of the preceding claims.