

Abstract

The present invention provides an equol-containing food composition that can further prevent microbial contamination, and provides a method for producing the same. The present invention also provides a method for producing the equol-containing food composition by efficiently recovering the produced equol. The present invention provides a food composition that is produced by, for example, a liquid food composition production method for producing a pH-adjusted liquid food composition containing equol, the method including: (A) culturing at least one equol raw material selected from the group consisting of daidzein glycoside, daidzein, and dihydrodaidzein using a microorganism that anabolizes the equol raw material to produce equol; and (B) adjusting a pH by adding a pH adjuster to an equol-containing culture solution produced in the culturing.