ABSTRACT

The present invention addresses the problem of providing an oil and fat composition which comprises an unsaturated fatty acid-containing oil and fat and yet enables the preparation of a nursery formulated milk with an excellent taste. The present invention has been completed based on the finding that oxidation of an unsaturated fatty acid is inhibited in an oil and fat composition wherein an aqueous phase, said aqueous phase containing one or more member selected from ascorbic acid and a salt thereof dissolved therein, having a pH value controlled to 3.6 or more and having a preset solid content, is dispersed in an oily phase, said oily phase comprising a fat or oil containing the unsaturated fatty acid and lecithin.