

Abstract of The Disclosure

STABLE EMULSIFIED COMPOSITIONS AND FOODS CONTAINING THE SAME

The present invention provides a stable emulsified composition which includes an active ingredient which is at least one selected from the group consisting of docosahexaenoic acid, eicosapentaenoic acid and a derivative thereof, or a natural oil containing the above; an emulsifier in an amount sufficient to emulsify at least the active ingredient; an antioxidant; and a hydrophilic medium. The emulsifier is a polyglycerin fatty acid ester having HLB of 10 or more and 12 to 20 carbon atoms in the fatty acid alone or a combination of the polyglycerin fatty acid ester and a sucrose fatty acid ester having 12 to 20 carbon atoms in the fatty acid and/or a lecithin, and the hydrophilic medium is a polyalcohol or a water-containing polyalcohol, and a food containing the same.