

HIGHLY UNSATURATED FATTY ACID-CONTAINING FOOD PRODUCT

ABSTRACT

5 The present invention addresses the problem of providing a food product improved in terms of off-flavor that occurs over time among milk-containing food products that contain a highly unsaturated fatty acid-containing oil/fat and have a pH of 3 to 5.5. The present invention has been completed with the finding that off-flavor that occurs over time can be prevented by compounding, into a milk-containing food product containing a highly unsaturated
10 fatty acid-containing oil/fat and having a pH of 3 to 5.5, a lauric acid-containing plant fat in such an amount that the amount of the plant fat-derived lauric acid relative to the total of DHA and EPA is within a predetermined range.