ABSTRACT

The invention provides a process, for producing fats or oils in which the rate of triglycerides constituted by the same polyunsaturated fatty acids linking to the three hydroxyl groups of glycerol is 20% or more by weight for the total triglycerides, which comprises culturing a microorganism capable of producing said fats or oils and if required recovering said fats or oils; fats or oils produced by this process; and a process for producing said fats or oils.