[CLAIMS]

[Claim 1]

An oil and fat composition comprising 50 ppm by mass to 1000 ppm by mass of a tea extract and 0.1 to 5 times as much organic acids and/or inorganic acids as the tea extract,

wherein an average particle size of an aqueous phase containing the tea extract is 1000 nm or less.

[Claim 2]

The oil and fat composition according to claim 1, wherein

80 ppm by mass to 800 ppm by mass of the tea extract is contained.

[Claim 3]

A food product using the oil and fat composition according to claim 1 or 2.

[Claim 4]

A method for producing the oil and fat composition according to claim 1 or 2, comprising:

preparing the oil and fat composition by mixing an oil phase and an aqueous phase,

wherein the aqueous phase: an aqueous solution in which tea extract and acids are dissolved.

[Claim 5]

The method for producing the oil and fat composition according to claim 4, wherein

1 to 5 times as much water as the tea extract is contained in the aqueous phase.

[Claim 6]

A method for improving oxidation stability of an oil and fat composition,

comprising:

incorporating a tea extract and organic acids and/or inorganic acids in an aqueous phase dispersed into the oil and fat composition when producing the oil and fat composition,

wherein an average particle size of an aqueous phase containing the tea extract is 1000 nm or less.