WHAT IS CLAIMED IS:

1. A food product which has a pH of 3 to 5.5 and contains 1 mass% or more of nonfat milk solids, satisfying the following requirements:

requirement 1: the food product contains 0.05 to 2 mass% of DHA and EPA in total; and

requirement 2: an amount of lauric acid derived from a plant fat is 0.005 to 8 times by mass of the total amount of DHA and EPA.

2. The food product according to claim 1, wherein the food product containing a milk material is one food product selected from yoghurt, acidic milk beverages, and cheese.

3. The food product according to claim 1, wherein the plant fat comprising lauric acid is derived from one or more oil selected from coconut oil and palm kernel oil.

4. The food product according to claim 2, wherein the plant fat comprising lauric acid is derived from one or more oil selected from coconut oil and palm kernel oil.

5. The food product according to claim 1, wherein an oil/fat comprising DHA and/or EPA has been subjected to an antioxidant treatment.

6. The food product according to claim 2, wherein an oil/fat comprising DHA and/or EPA has been subjected to an antioxidant treatment.

7. The food product according to claim 3, wherein an oil/fat comprising DHA and/or EPA has been subjected to an antioxidant treatment.

8. The food product according to claim 4, wherein an oil/fat comprising DHA and/or EPA has been subjected to an antioxidant treatment.

9. A method for producing a food product, which contains 0.05 to 2 mass% of DHA and EPA in total, has a pH of 3 to 5.5 and contains 1 mass% or more of nonfat milk solids, by blending a plant fat comprising lauric acid in a manner that an amount of the lauric acid derived from the plant fat is 0.005 to 8 times by mass of the total amount of DHA and EPA.

10. A method for suppressing off-flavor that occurs over time in a food product,

which contains 0.05 to 2 mass% of DHA and EPA in total, has a pH of 3 to 5.5 and contains 1 mass% or more of nonfat milk solids, by blending a plant fat comprising lauric acid in a manner that an amount of the lauric acid derived from the plant fat is 0.005 to 8 times by mass of the total amount of DHA and EPA.

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