

ABSTRACT

Provided are an oil and fat composition for heat cooking that has an exceptional effect of suppressing negative aspects caused by using edible oil and fat in heat cooking, and an
5 edible material for the same.

This oil and fat composition for heat cooking contains an n-3 edible oil and fat in which the amount of n-3 fatty acid in the total amount of constituent fatty acids is 30 mass% or more and 80 mass% or less, and a base oil and fat consisting
10 of an edible oil and fat other than the n-3 edible oil and fat, the oil and fat composition being characterized in that 0.01 mass% or more and less than 1 mass% of the n-3 edible oil and fat is contained in the oil and fat composition.