

METHOD FOR REDUCING CHLOROPROPANOLS AND FORMATIVE SUBSTANCE
THEREOF, GLYCIDOL FATTY ACID ESTERS, IN GLYCERIDE OILS

Technical Field

5 [0001]

The present invention relates to a method for reducing chloropropanols and a formative substance thereof, glycidol fatty acid ester, in a glyceride fat or oil.

10 Background Art

[0002]

The "chloropropanol" is a generic name of substances in which chlorine is bound to propanol, and it has previously been known that 3-chloropropanediol which is one
15 of them is produced as a byproduct in a small amount mainly when an amino acid liquid such as soy sauce is produced. It is also said that 3-chloropropanediol is produced due to existence of fats and sodium chloride in a process of cooking foods.

20 [0003]

Recently, it has been revealed that 3-chloropropanediol and glycidol are present as an ester in which they are bound to a fatty acid in edible fats and oils (Non-Patent Documents 1 and 2).

25 [0004]

Glycidol is a compound in which 1- and 2-positions of glycerol are dehydration-condensed to form an epoxide.

[0005]

Further, recently, it has also been reported that, in a process of producing chloropropanols in a glyceride fat or oil, a glycidol fatty acid ester is present as a formative substance thereof (Non-Patent Document 3).

[0006]

Regarding 3-chloropropanediol fatty acid ester, there is no regulation such as an acceptable ingestion amount. In Europe, however, there is a tendency to evaluate on the assumption that fatty acids binding to 3-chloropropanediol fatty acid ester are entirely freed to turn into 3-chloropropanediol. Therefore, it is desirable to develop a technique for reducing the content thereof in a glyceride fat or oil.

[0007]

In addition, also regarding a glycidol fatty acid ester, there is no toxicological data. However, it is desirable to develop a technique for reducing the content thereof in a glyceride fat or oil, as is the case with chloropropanols.

Prior Art Documents

Non-Patent Documents

[0008]

Non-Patent Document 1: Zelinková Z, Svejková B, Velíšek J,
Doležal M.: Fatty acid esters of 3-chloropropane-1,2-diol
in edible oils. Food Addit Contam. 2006 Dec; 23 (12): 1290-
5 1298

Non-Patent Document 2: Erste Einschätzung zur Bewertung
der in raffinierten pflanzlichen Fetten nach gewiesenen
Gehalte von Glycidol-Fettsäureestern (Stellungnahme Nr.
007/2009 des BfR vom 10. März 2009)

10 Non-Patent Document 3: Dr. Rüdiger Weisshaar/Fatty acid
esters of 3-MCPD: Overview of occurrence in different types
of foods (ILSI Europe Workshop in association with the
European Commission: 5-6 February 2009 Brussels, Belgium)
([http://europe.ilsil.org/NR/rdonlyres/A1D194E7-BFA2-4A23-](http://europe.ilsil.org/NR/rdonlyres/A1D194E7-BFA2-4A23-A673-15F1905300D5/0/Speaker6Weisshaar.pdf)
15 [A673-15F1905300D5/0/Speaker6Weisshaar.pdf](http://europe.ilsil.org/NR/rdonlyres/A1D194E7-BFA2-4A23-A673-15F1905300D5/0/Speaker6Weisshaar.pdf))

Summary of the Invention

Problems to be Solved by the Invention

[0009]

20 An object of the present invention is to provide a
method for reducing chloropropanols such as 3-
chloropropanediol and 3-chloropropanediol fatty acid ester
and a formative substance thereof such as glycidol fatty
acid ester in a glyceride fat or oil.

25

Means for Solving the Problems

[0010]

The present inventors have intensively studied. As a result, they have found that chloropropanols and a formative substance thereof such as glycidol fatty acid ester in a glyceride fat or oil can be reduced by treating a glyceride fat or oil after a bleaching and deodorization step with silica gel and/or basic activated carbon, or by mixing a glyceride fat or oil after a bleaching and deodorization step with an aqueous organic acid solution and dehydrating the mixture at 50 to 180°C under reduced pressure, or by mixing a glyceride fat or oil after a bleaching and deodorization step with a solvent followed by removing the solvent or the solvent and a low melting point fraction of the glyceride fat or oil. In addition, they have found that a glycidol fatty acid ester in the glyceride fat or oil can be reduced by contacting a glyceride fat or oil after a bleaching and deodorization step with an acid. The present invention has been completed on the basis of these findings.

[0011]

That is, the present invention provides:

(1) A method for reducing chloropropanols and a formative substance thereof in a glyceride fat or oil, comprising treating a bleached and deodorized glyceride fat or oil

with silica gel and/or basic activated carbon,

(2) A method for reducing chloropropanols and a formative substance thereof in a glyceride fat or oil, comprising mixing a bleached and deodorized glyceride fat or oil with an aqueous organic acid solution, and dehydrating the mixture at 50 to 180°C under reduced pressure,

(3) A method for reducing chloropropanols and a formative substance thereof in a glyceride fat or oil, comprising mixing a bleached and deodorized glyceride fat or oil with a solvent followed by removing the solvent or removing the solvent and a low melting point fraction of the glyceride fat or oil,

(4) A method for reducing a glycidol fatty acid ester in a glyceride fat or oil, comprising contacting a bleached and deodorized glyceride fat or oil with an acid,

(5) The method according to (1), wherein pH of the basic activated carbon is 9 or higher,

(6) The method according to (2), wherein the organic acid is ascorbic acid,

(7) The method according to (3), wherein the solvent is a polar solvent,

(8) The method according to (7), wherein the polar solvent is ethanol,

(9) The method according to (4), wherein the acid is a solid acidic substance and/or an aqueous acid solution,

(10) The method according to (4) or (9), wherein the solid acidic substance is acid clay, activated clay, or acidic activated carbon,

(11) The method according to any one of (1) to (8), wherein
5 the bleached and deodorized glyceride fat or oil is a palm-base fat or oil,

(12) A refined palm oil which is obtainable by the method according to (2) or (6), wherein an iodine value of the refined palm oil is 57 or more, and a content of
10 chloropropanols and a formative substance thereof in the refined palm oil is 4 ppm or less, and

(13) A palm olein which is obtainable by the method according to (2) or (6), wherein an iodine value of the palm olein is 66 or more, and a content of chloropropanols
15 and a formative substance thereof in the palm olein is 5 ppm or less.

Effect of the Invention

[0012]

20 According to the method of the present invention, chloropropanols such as 3-chloropropanediol and 3-chloropropanediol fatty acid ester and a formative substance thereof such as glycidol fatty acid ester in a glyceride fat or oil can be reduced.

Mode for Carrying Out the Invention

[0013]

The present invention will be explained in detail below.

5 [0014]

The present invention can also be applied to edible refined fats and oils such as soybean oil, rapeseed oil, safflower oil, corn oil, sunflower oil, cottonseed oil, rice oil, olive oil, palm oil, coconut oil, palm kernel oil, 10 sesame oil, beef tallow, lard, and fish oil which are subjected to a refining step such as bleaching and deodorization, and can be preferably applied to a palm-base fat or oil among them.

[0015]

15 The method of the present invention allows to reduce chloropropanols such as 3-chloropropanediol and 3-chloropropanediol fatty acid ester and a formative substance thereof such as glycidol fatty acid ester in a glyceride fat or oil, by treating a glyceride fat or oil 20 after a bleaching and deodorization step with silica gel and/or basic activated carbon. The basic activated carbon is hydrophobic activated carbon which has been activated at a high temperature of 500°C or higher. By using basic activated carbon, chloropropanols and a formative substance 25 thereof in a glyceride fat or oil can be reduced.

[0016]

In the method of the present invention, the pH of basic activated carbon is preferably 9 or higher, more preferably 10 or higher. In addition, when activated carbon having stronger basicity is used, the effect of reducing chloropropanols and a formative substance thereof in a glyceride fat or oil is higher. In addition, the pH of activated carbon can be measured by the method described in JIS K 1474 "Activated Carbon Test Method".

[0017]

Examples of a method of silica gel treatment and/or active carbon treatment in the present invention include a method of adding 0.1 to 5% by weight of silica gel and/or active carbon to a glyceride fat or oil, and mixing and contacting for a certain period under warming at 50 to 150°C and reduced pressure.

[0018]

In addition, the method of the present invention allows to reduce chloropropanols such as 3-chloropropanediol and 3-chloropropanediol fatty acid ester and a formative substance thereof such as glycidol fatty acid ester in a glyceride fat or oil by mixing a glyceride fat or oil after a bleaching and deodorization step with an aqueous organic acid solution, and dehydrating the mixture under reduced pressure. The organic acid used in the

present invention is preferably ascorbic acid, erythorbic acid, acetic acid or malic acid, and these organic acids can be those that are generally used for foods and medicaments. These organic acids can be used alone or in combination of two or more kinds. Among them, ascorbic acid is preferably used.

[0019]

For example, in the case where a glyceride fat or oil and an aqueous ascorbic acid solution are mixed, the method of the present invention allows to reduce chloropropanols and a formative substance thereof in a glyceride fat or oil by adding a defined amount of 1% aqueous ascorbic acid solution to a glyceride fat or oil heated to 70°C, and then, treating the mixture for 15 minutes to 1 hour while stirring at 50 to 180°C under a reduced pressure condition of 0.5 to 100 Torr to sufficiently perform a dehydration.

[0020]

The method can be carried out at a concentration of an aqueous organic acid solution of 0.1 to 22%, preferably 1 to 10%. When the concentration is lower than the lower limit, the amount of water relative to a fat or oil becomes too great, and efficiency of the method becomes poor. When the concentration exceeds the upper limit, crystals of an organic acid may be precipitated, being not preferable. The method can be carried out at a temperature of 50 to

180°C and, when the temperature is lower than the lower limit, the time necessary for dehydration is long, and efficiency becomes poor. On the other hand, when the temperature is higher than the upper limit, an organic acid is degraded, and the effect thereof becomes poor. The method can be carried out under a reduced pressure condition of 0.5 to 100 Torr, and the pressure is preferably as low as possible.

[0021]

10 In addition, the method of the present invention allows to reduce chloropropanols such as 3-chloropropanediol and 3-chloropropanediol fatty acid ester and a formative substance thereof such as glycidol fatty acid ester in a glyceride fat or oil by mixing a glyceride fat or oil after
15 a bleaching and deodorization step with a solvent followed by removing the solvent or the solvent and a low melting point fraction of the glyceride fat or oil. That is, the method of the present invention allows to reduce
20 chloropropanols such as 3-chloropropanediol and 3-chloropropanediol fatty acid ester and a formative substance thereof such as glycidol fatty acid ester in a glyceride fat or oil by concentrating chloropropanols such as 3-chloropropanediol and 3-chloropropanediol fatty acid ester and a formative substance thereof such as glycidol
25 fatty acid ester into a solvent mixed with a glyceride fat

or oil, or a low melting point fraction of a glyceride fat or oil, followed by removing the concentrates.

[0022]

In addition, in the method of the present invention,
5 the method for removing a low melting point fraction can comprises mixing a glyceride fat or oil with a solvent, cooling and crystallizing the mixture, and fractionating a liquid fraction, and thereby, the low melting point fraction can be removed.

10 [0023]

In addition, in the method of the present invention, the method for removing a solvent can comprises mixing a glyceride fat or oil with a solvent, fractionating a separated solvent layer and, further, evaporating the
15 solvent under reduced pressure, and thereby, the solvent can be removed. In addition, a glyceride fat or oil can be further refined by carrying out bleaching and deodorization.

[0024]

In the method of the present invention, the solvent to
20 be mixed with a glyceride fat or oil is preferably a polar solvent. By using a polar solvent, separation and removal after mixing with a glyceride fat or oil become easy.

[0025]

Further, in the method of the present invention, it is
25 preferable that the polar solvent is ethanol. By using

ethanol, chloropropanols such as 3-chloropropanediol and 3-chloropropanediol fatty acid ester and a formative substance thereof such as glycidol fatty acid ester can be efficiently reduced only by removing ethanol without
5 necessity of removal of a low melting point fraction of a glyceride fat or oil, after mixing with a glyceride fat or oil.

[0026]

The glyceride fat or oil obtained by the method of the
10 present invention has been reduced in the content of chloropropanols such as 3-chloropropanediol and 3-chloropropanediol fatty acid ester and a formative substance thereof such as glycidol fatty acid ester. In the present invention, the content of chloropropanols and a
15 formative substance thereof such as glycidol fatty acid ester is measured by the following method by referring to the following reference.

(Determination of total 3-chloropropane-1,2-diol (3-MCPD) in edible oils by cleavage of MCPD esters with sodium
20 methoxide. Eur. J. Lipid Sci. Technol. 2008, 110, : 183-186)

[0027]

First, 0.1 g of a fat or oil is dissolved in 1 ml of t-butyl methyl ether, 250 μ l of a 20 μ g/ml internal
25 standard substance (3-MCPD- d_5 ethyl acetate solution) is

added, and the mixture is mixed with 1 ml of a NaOCH_3 solution (0.5 mol/l NaOCH_3 in MeOH) and allowed to stand at room temperature for 10 minutes.

Subsequently, 3 ml of hexane, 3 ml of a NaCl solution (NaCl 200 g/water 1 l), and 0.1 ml of glacial acetic acid are added and, after stirring, the upper layer is removed. Further, 3 ml of hexane is added and, after stirring, the upper layer is removed.

Then, a phenylboronic acid solution (1 g of phenylboronic acid is dissolved in 4 ml of acetone : water = 19 : 1) is added and, after stirring, the mixture is allowed to stand at 80°C for 20 minutes, and allowed to cool to room temperature. Then, 2 ml of hexane is added, the mixture is stirred, and the upper layer is subjected to GS-GM analysis. In addition, regarding GC-MS, quantitation is carried out by using a molecular ion peak m/z 196 (3-MCPD) and m/z 201 (3-MCPD- d_5).

[0028]

The above-mentioned method is adopted as a method of measuring 3-chloropropanediol fatty acid ester and a formative substance thereof such as glycidol fatty acid ester in Germany (Deutsche Gesellschaft für Fettwissenschaft: DGF). In this method, 3-chloropropanediol fatty acid ester and a formative substance thereof such as glycidol fatty acid ester in a

glyceride fat or oil are hydrolyzed, and all of 3-chloropropanediol fatty acid ester and a formative substance thereof such as glycidol fatty acid ester that are present in a glyceride fat or oil are measured as 3-MCPD.

"With this method, other compounds forming 3-MCPD under the conditions of analysis are also detected. The most important 3-MCPD esters forming compounds is glycidol (oxirane-2-methanol)."

(Ester-bound 3-chloropropane-1,2-diol (3-MCPD esters) and 3-MCPD forming substances: DGF Standard Methods Section C-Fats/C-III 18(09)).

[0029]

In addition, the method for reducing a glycidol fatty acid ester in a glyceride fat or oil of the present invention is characterized in that a glyceride fat or oil after a bleaching and deodorization step is contacted with an acid. Examples of a solid acidic substance used in the present invention include acid clay, activated clay, acidic activated carbon, zeolite, and a cation exchange resin.

These can be substances which are generally used for foods and medicaments, and can be used alone or in combination of two or more kinds. Among them, it is preferable to use activated clay or acidic activated carbon.

[0030]

Examples of an aqueous acid solution used in the present invention include phosphoric acid, hydrochloric acid, sulfuric acid, ascorbic acid, citric acid, erythorbic acid, acetic acid, and malic acid. These can be aqueous acid solutions which are generally used for foods and medicaments, and can be used alone or in combination of two or more kinds.

[0031]

The method of the present invention allows to reduce a glycidol fatty acid ester in a glyceride fat or oil, for example, by contacting a glyceride fat or oil with activated clay, treating the mixture for 1 minute to 1 hour while stirring at 50 to 180°C followed by dehydration.

[0032]

In addition, the method of the present invention allows to reduce a glycidol fatty acid ester in a glyceride fat or oil, for example, by contacting a glyceride fat or oil with an aqueous acid solution of 0.1% to a saturated concentration, preferably 5 to 50%, treating the mixture for 1 minute to 1 hour while stirring at 50 to 180°C followed by dehydration.

[0033]

Further, in the method of the present invention, after contact with an acid, a glyceride fat or oil can be subjected to refining such as bleaching and deodorization.

The refining is preferably carried out at a low temperature and, particularly, deodorization is preferably carried out at 230°C or lower.

[0034]

5 The glyceride fat or oil obtained by the method of the present invention has been reduced in the content of a glycidol fatty acid ester. In the present invention, the content of a glycidol fatty acid ester is measured by the following method.

10 [0035]

First, 0.15 g of a fat or oil is dissolved in 1.5 ml of acetonitrile containing 1% acetic acid and, after mixing, centrifugation is carried out. Subsequently, 1 ml of the supernatant is fractionated, and the solvent is removed.

15 Subsequently, the fat or oil is dissolved in 1 ml of a mixed solution of acetonitrile : 5 mM ammonium acetate = 4 : 1. Further, after filtration with a 0.45 μ filter, the solution is subjected to LC/MS/MS analysis.

 In addition, regarding LC/MS/MS, quantitation is
20 carried out in a positive ion mode using a precursor ion m/z 358, a product ion m/z 341 (glycidol stearic acid ester), a precursor ion m/z 356, a product ion m/z 339 (glycidol oleic acid ester), a precursor ion m/z 330, and a product ion m/z 313 (glycidol palmitic acid ester). The
25 detection limit is 0.5 ppm.

[0036]

In the following, examples will be shown and the present invention will be further specifically explained. In the Examples, % means a weight basis.

5 [0037]

(Comparative Example 1)

To a refined palm oil (iodine value: 53) was added 2% by weight of white clay, the mixture was bleached at 110°C and 20 Torr for 10 minutes and, subsequently, a
10 deodorization treatment was carried out at 250°C and 2 Torr for 90 minutes.

The content of chloropropanols and a formative substance thereof in the resulting refined palm oil was 6.5 ppm.

15

Example 1

[0038]

To the refined palm oil obtained in Comparative Example 1 was added 3% by weight of silica gel, and the
20 mixture was stirred at 110°C and 20 Torr for 10 minutes to be treated with an adsorbent.

The content of chloropropanols and a formative substance thereof in the refined palm oil after the adsorbent treatment was 4.8 ppm.

25

Example 2

[0039]

To the refined palm oil obtained in Comparative Example 1 was added 3% by weight of coconut shell activated carbon (pH 9.7), and the mixture was stirred at 110°C and 20 Torr for 10 minutes to be treated with an activated carbon.

The content of chloropropanols and a formative substance thereof in the refined palm oil after the activated carbon treatment was 4.7 ppm.

Example 3

[0040]

To the refined palm oil obtained in Comparative Example 1 was added 3% by weight of powdery activated carbon (pH 10.6), and the mixture was stirred at 110°C and 20 Torr for 10 minutes to be treated with an activated carbon.

The content of chloropropanols and a formative substance thereof in the refined palm oil after the activated carbon treatment was 4.5 ppm.

[0041]

(Comparative Example 2)

To the refined palm oil obtained in Comparative Example 1 was added 3% by weight of phosphoric acid-

activated carbon (pH 3.4), and the mixture was stirred at 110°C and 20 Torr for 10 minutes to be treated with an activated carbon.

5 The content of chloropropanols and a formative substance thereof in the refined palm oil after the activated carbon treatment was 7.4 ppm.

[0042]

(Comparative Example 3)

10 To RBD palm olein (iodine value: 67) was added 2% by weight of white clay, the mixture was bleached at 110°C and 20 Torr for 10 minutes and, subsequently, a deodorization treatment was carried out at 250°C and 2 Torr for 90 minutes.

15 The content of chloropropanols and a formative substance in the obtained edible palm olein was 7.0 ppm.

Example 4

[0043]

20 To RBD palm olein (iodine value: 67) was added 2% by weight of white clay, the mixture was bleached at 110°C and 20 Torr for 10 minutes and, subsequently, a deodorization treatment was carried out at 250°C and 2 Torr for 90 minutes.

25 To the resulting edible palm olein was added and mixed 0.03% by weight of 1% aqueous ascorbic acid solution, and a

dehydration treatment was carried out at 70°C for 20 minutes while stirring under a reduced pressure condition of 40 Torr.

The content of chloropropanols and a formative
5 substance thereof in the edible palm olein after the dehydration treatment was 3.0 ppm.

Example 5

[0044]

10 To a refined palm oil (iodine value: 53) was added 2% by weight of white clay, and the mixture was bleached at 110°C and 20 Torr for 10 minutes and, subsequently, a deodorization treatment was carried out at 250°C and 2 Torr for 90 minutes.

15 To the resulting refined palm oil was added and mixed 0.4% by weight of acetic acid, and a dehydration treatment was carried out at 70°C for 20 minutes while stirring under a reduced pressure condition of 40 Torr.

The content of chloropropanols and a formative
20 substance in the refined palm oil after the dehydration treatment was 5.3 ppm.

Example 6

[0045]

25 To a refined palm oil was added 2% by weight of white

clay, and the mixture was bleached at 110°C and 20 Torr for 10 minutes and, subsequently, a deodorization treatment was carried out at 250°C and 2 Torr for 90 minutes.

To the resulting refined palm oil was added an
5 equivalent weight of ethanol and, after stirring, ethanol was separated and, further, evaporated under reduced pressure.

The content of chloropropanols and a formative
substance in the refined palm oil after the removal of
10 ethanol was 4.5 ppm.

Example 7

[0046]

Into 80% by weight (product temperature 40°C) of a
15 refined palm olein (iodine value: 56/content of chloropropanols and formative substance thereof: 7.3 ppm) was mixed 20% by weight of hexane, crystallization was carried out at -20°C for 1 hour and, after crystallization, a liquid fraction was removed.

20 The content of chloropropanols and a formative substance thereof in the resulting crystal fraction (yield 36.6%) was 2.1 ppm.

Example 8

25 [0047]

Into 80% by weight (product temperature 40°C) of the crystal fraction obtained in Example 7 was mixed 20% by weight of acetone, crystallization was carried out at 0°C for 30 minutes and, after crystallization, a liquid
5 fraction was removed.

The content of chloropropanols and a formative substance thereof in the resulting crystal fraction (yield 78%) was 0.9 ppm.

[0048]

10 (Comparative Example 4)

To a crude palm oil was added 1% by weight of activated clay, and the mixture was bleached at 110°C and 20 Torr for 10 minutes and, subsequently, a deodorization treatment was carried out at 250°C and 2 Torr for 90
15 minutes to obtain a RBD palm oil. The content of a glycidol fatty acid ester in the RBD palm oil was 3.5 ppm.

Example 9

[0049]

20 The RBD palm oil (iodine value: 52) obtained in Comparative Example 4 and 2% by weight of activated clay were contacted with each other at 110°C and 20 Torr for 10 minutes.

The content of a glycidol fatty acid ester in the RBD
25 palm oil after contact was below the detection limit.

Example 10

[0050]

The RBD palm oil (iodine value: 52) obtained in
5 Comparative Example 4 and 2% by weight of acidic activated
carbon were contacted with each other at 110°C and 20 Torr
for 10 minutes.

The content of a glycidol fatty acid ester in the RBD
palm oil after contact was below the detection limit.

10

Example 11

[0051]

The RBD palm oil (iodine value: 52) obtained in
Comparative Example 4 and 0.03% by weight of a 10% aqueous
15 ascorbic acid solution were contacted with each other at
70°C and 40 Torr, and then, a dehydration treatment was
carried out for 20 minutes.

The content of a glycidol fatty acid ester in the RBD
palm oil after the contact was below the detection limit.

20

CLAIMS

1. A method for reducing chloropropanols and a formative substance thereof in a glyceride fat or oil, comprising treating a bleached and deodorized glyceride fat or oil with silica gel and/or basic activated carbon.

2. A method for reducing chloropropanols and a formative substance thereof in a glyceride fat or oil, comprising mixing a bleached and deodorized glyceride fat or oil with an aqueous organic acid solution, and dehydrating the mixture at 50 to 180°C under reduced pressure.

3. A method for reducing chloropropanols and a formative substance thereof in a glyceride fat or oil, comprising mixing a bleached and deodorized glyceride fat or oil with a solvent followed by removing the solvent or removing the solvent and a low melting point fraction of the glyceride fat or oil.

4. A method for reducing a glycidol fatty acid ester in a glyceride fat or oil, comprising contacting a bleached and deodorized glyceride fat or oil with an acid.

5. The method according to claim 1, wherein pH of the basic activated carbon is 9 or higher.

6. The method according to claim 2, wherein the organic acid is ascorbic acid.

7. The method according to claim 3, wherein the solvent is a polar solvent.

8. The method according to claim 7, wherein the polar solvent is ethanol.

9. The method according to claim 4, wherein the acid is a solid acidic substance and/or an aqueous acid solution.

10. The method according to claim 4 or 9, wherein the solid acidic substance is acid clay, activated clay, or acidic activated carbon.

11. The method according to any one of claims 1 to 8, wherein the bleached and deodorized glyceride fat or oil is a palm-base fat or oil.

12. A refined palm oil which is obtainable by the method according to claim 2 or 6, wherein an iodine value

of the refined palm oil is 57 or more, and a content of chloropropanols and a formative substance thereof in the refined palm oil is 4 ppm or less,.

- 5 13. A palm olein which is obtainable by the method according to claim 2 or 6, wherein an iodine value of the palm olein is 66 or more, and a content of chloropropanols and a formative substance thereof in the palm olein is 5 ppm or less.