

ABSTRACT

There is provided an oiliness-reducing agent that is capable of reducing the oiliness perceived when a person consumes a food product.

5 The oiliness-reducing agent is characterized by containing, as an active ingredient, a heated oil obtained by implementing a heating treatment at 120°C or higher on an unrefined crude oil including an expressed oil of an oil and fat raw material or an extracted oil of the oil and fat raw
10 material, or on an oil and fat that has passed through a degumming step, a deacidification step, or a bleaching step in steps for refining the unrefined crude oil.