

[ABSTRACT]

The present invention addresses the problem of providing a premix for preparing an emulsion composition, which makes it possible to easily prepare a food containing a highly unsaturated fatty acid such as DHA or EPA, and an emulsion composition using the same. A premix for preparing an emulsion composition, which makes it possible to easily prepare a food containing a highly unsaturated fatty acid such as DHA or EPA, can be obtained by mixing a highly unsaturated fatty acid-containing fat or oil with a specific fat or oil and then mixing the resultant mixture with a preset amount of an aqueous solvent to thereby give an oil-in-water type emulsion. By using this premix, foods or drinks, for example, a drink in which an offensive taste derived from a highly unsaturated fatty acid is reduced can be easily prepared.