

ABSTRACT

There are provided foods and beverages that will suppress the absorption of dietary lipids, thereby suppressing the rise of triglyceride in blood.

High-molecular weight polyphenol fractions recovered from oolong tea are added to foods or beverages as an active ingredient for inhibiting lipase activity. The foods and beverages of the present invention are safe and their inherent flavor has not been impaired; hence, they may be taken in routinely so that the lipase inhibitory action of the high-molecular weight polyphenol fractions will suppress the rise of triglyceride in blood and prevent obesity.