

ABSTRACT

The object is to provide a food or beverage in which cloudiness caused by a reaction between polyphenol and a collagen peptide is suppressed, and which has a good flavor. The food or beverage comprising a polyphenol, and a collagen peptide, and further comprising gelatin, wherein an isoelectric point (X) of the gelatin and a pH (Y) of the food or beverage satisfy a relationship of formula 1.