[DESCRIPTION]

[TITLE OF INVENTION]

OIL AND FAT COMPOSITION

[Technical Field]

[0001]

The present invention relates to an oil and fat composition having improved oxidation stability, a food product containing the same, and a method for producing the same.

[Background Art]

[0002]

Due to growing social interest in health issues such as the aging population and increasing medical costs, it is required to provide products that take health into consideration, and there is a similar demand with regard to fats and oils that are indispensable for cooking foods.

Meanwhile, due to growing environmental awareness in recent years, there is a demand for reduction of food waste, and the demand for long-life foods is increasing due to the frequent occurrence of disasters. In other words, society is demanding an extension of the expiration date of food products and the raw materials thereof.

[0003]

It is known that fats and oils deteriorate similarly to other substances, and for example, peroxidative substances generated by the oxidation of fats and oils are known to not only impair flavor of food products but also be harmful to the human body, and by suppressing oxidation, it is possible to provide health-friendly fats and oils.

[0004]

The oxidation stability of types of food product is an important function leading