

ABSTRACT

An oil or fat composition comprising an oil or fat comprising 15 wt.% or more of a diacylglycerol and 1.2 to 20 wt.% of phytosterol, dissolved or dispersed in the fat and oil is provided here, which can be used in the same way as usual oil and fat in daily life to reduce a hemal cholesterol value of a person having a high value of cholesterol and to raise no problem in appearance, taste, heating cooking and the like in comparison with usual edible oil and fat.



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