

ABSTRACT

A proliferation promoting effect on lactic acid bacteria during production and a viability improving effect during storage are obtained by a method for producing a lactic acid bacterium fermentation food product characterized in that when a lactic acid bacterium fermentation food product is produced by inoculating and culturing lactic acid bacteria in a medium containing a milk or a milk product as a main component, a lipase degradation product of an oil or fat is added to the medium containing a milk or a milk product as a main component before culturing lactic acid bacteria, or to a fermented liquid during or after culturing.

[No Figure]