

ABSTRACT

An object of the present invention is to provide an oil and fat composition with unprecedentedly strong oxidative stability by using a simple method. The invention has been
5 completed with the findings that an oil and fat composition shows an extremely strong oxidation stabilizing effect, the antioxidant oil and fat composition comprising an aqueous phase containing a water-soluble antioxidant and a carbohydrate and having a certain degree or more of water-soluble solids content, the aqueous phase
10 being dispersed in an oil phase, wherein the antioxidant oil and fat composition contains a certain amount of water.