CLAIMS

What is claimed is:

1. Use of a nutritional composition in the manufacture of a composition for promoting a healthy weight, promoting a healthy body fat mass, stimulating adiponectin production and/or lowering cholesterol levels in a subject, the nutritional composition comprising:
    (i) a carbohydrate source;
    (ii) a fat source; and
    (iii) a protein equivalent source,

    wherein
    a) 20% to 80% of the protein equivalent source includes a peptide component comprising SEQ ID NO 4, SEQ ID NO 13, SEQ ID NO 17, SEQ ID NO 21, SEQ ID NO 24, SEQ ID NO 30, SEQ ID NO 31, SEQ ID NO 32, SEQ ID NO 51, SEQ ID NO 57, SEQ ID NO 60, and SEQ ID NO 63; and
    b) 20% to 80% of the protein equivalent source comprises an intact protein, a partially hydrolyzed protein, or combinations thereof.
2. The use of the nutritional composition of claim 1, wherein the peptide component is present in an amount from about 0.2 g/ 100 kcals to about 5.6 g/ 100 kcals.
3. The use of the nutritional composition of claim 1, wherein the peptide component further comprises at least 10 additional peptides selected from Table 1.
4. The use of the nutritional composition of claim 1, wherein the protein equivalent source comprises partially hydrolyzed protein having a degree of hydrolysis of less than 40%.
5. The use of the nutritional composition of claim 1, further comprising at least one long-chain polyunsaturated fatty acid.
6. The use of the nutritional composition of claim 5, wherein the at least one long-chain polyunsaturated fatty acid is selected from the group consisting of docosahexaenoic acid and arachidonic acid.
7. The use of the nutritional composition of claim 1, further comprising a culture supernatant from a late-exponential growth phase of a probiotic batch-cultivation process.
8. The use of the nutritional composition of claim 1, further comprising a probiotic.
9. The use of the nutritional composition of claim 1, further comprising a prebiotic.
10. A nutritional composition, comprising:
    (i) a carbohydrate source;
    (ii) a fat source; and
    (iii) a protein equivalent source;

    wherein
    a) 20% to 80% of the protein equivalent source includes a peptide component comprising at least 5 peptides selected from Table 1 and at least 3 additional peptides selected from Table 2; and
    b) 20% to 80% of the protein equivalent source comprises an intact protein, a partially hydrolyzed protein, or combinations thereof.
11. The nutritional composition of claim 10, comprising at least 10 additional peptides selected from Table 1.
12. The nutritional composition of claim 10, wherein the protein equivalent source comprises casein hydrolysate having a molar mass distribution of greater than 500 Daltons.
13. The nutritional composition of claim 10, wherein the protein equivalent source comprises partially hydrolyzed protein having a degree of hydrolysis of less than 40%.
14. The nutritional composition of claim 10, further comprising a prebiotic.

15. The nutritional composition of claim 10, further comprising a culture supernatant from a late-exponential growth phase of a probiotic batch-cultivation process.
16. Use of the nutritional composition of claim 1 in the manufacture of a composition for promoting healthy body weight by stimulating adiponectin production in a subject.
17. The use of the nutritional composition of claim 16, wherein the peptide component further comprises at least 10 additional peptides selected from Table 1.
18. The use of the nutritional composition of claim 16, wherein the protein equivalent source comprises a partially hydrolyzed protein having a degree of hydrolysis of less than 40%.
19. The use of the nutritional composition of claim 16, wherein the nutritional composition further comprises at least one long-chain polyunsaturated fatty acid.
20. The use of the nutritional composition of claim 19, wherein the at least one long-chain polyunsaturated fatty acid is selected from the group consisting of docosahexaenoic acid and arachidonic acid.