

ABSTRACT

The present invention relates to a method for producing a whey protein hydrolysate, the method comprising subjecting a whey protein-containing starting material having (a) a lipid
5 content of less than 1 mass% and/or (b) a lactose content of less than 1 mass% to hydrolysis treatment. According to the present invention, a whey protein hydrolysate having excellent flavor with reduced odor is produced by reducing the problems involving rough taste, bitterness, or an unpleasant odor caused by
10 hydrolysis of whey proteins. It is also possible to produce a whey protein hydrolysate that is not easily discolored, and that is prevented from being degraded in quality during the production process and storage thereof.