

ABSTRACT

A protein-containing food is provided that contains a high-quality protein at a high concentration, is excellent in taste and flavor, and is also suitable as a food for
5 people with swallowing difficulties, who tend to eat very little.

The protein-containing food according to the present embodiment contains a collagen peptide, one or more essential amino acids selected from histidine, isoleucine,
10 leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine, and water. In the protein-containing food, the content of the water is 35% by mass or less, and the content of the collagen peptide is 30% by mass or more.