CLAIMS

What is claimed is:

1. Use of a protein equivalent source in the manufacture of a nutritional composition for promoting healthy body weight by stimulating adiponectin production in a target subject, wherein the nutritional composition comprises:
   a carbohydrate source,
   a fat source, and
   a protein equivalent source,
   wherein 20% to 80% of the protein equivalent source includes a peptide component comprising each of the following individual peptides: 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 wherein 20% to 80% of the protein equivalent source comprises intact protein, partially hydrolyzed protein or combinations thereof.
2. The use of claim 1, wherein the peptide component further comprises at least 10 additional individual peptides selected from Table 1.
3. The use of claim 1, wherein the protein equivalent source comprises a partially hydrolyzed protein having a degree of hydrolysis of less than 40%.
4. The use of claim 1, wherein the peptide component is present in an amount of from about 0.2 g/100 kcals to about 5.6 g/100 kcals.
5. The use of claim 1, wherein the nutritional composition further comprises at least one long chain polyunsaturated fatty acid.
6. The use of claim 5, wherein the at least one long chain polyunsaturated fatty acid is docosahexaenoic acid.
7. The use of claim 5, wherein the at least one long chain polyunsaturated fatty acid comprises docosahexaenoic acid and arachidonic acid.
8. The use of claim 1, wherein the nutritional composition further comprises a culture supernatant from a late-exponential growth phase of a probiotic batch cultivation process.
9. The use of claim 1, wherein the nutritional composition further comprises a prebiotic.
10. The use of claim 1, wherein the nutritional composition further comprises a probiotic.