

Table S1: Effects of whey protein hydrolysate on weight and food and water intake of Sprague-Dawley rats

Parameter	Control	Whey	WPH-L	WPH-H
Weight gain (g/day)	7.21 ± 0.56	7.70 ± 0.10	8.09 ± 0.11 *	8.24 ± 0.47 **
Food intake (g/day)	19.93 ± 0.31 ^{ns}	19.91 ± 0.48	19.34 ± 0.32	19.49 ± 0.62
Water intake (mL/day)	23.86 ± 0.10 ^{ns}	23.08 ± 1.78	23.67 ± 0.48	24.59 ± 0.85

CON: 0.9% sodium chloride (NaCl, physiological saline) group; Whey: whey protein (600 mg/kg/day)-treated group; WPH-L: low dose of whey protein hydrolysate (300 mg/kg/day)-treated group; WPH-H: high dose of whey protein hydrolysate (600 mg/kg/day)-treated group. Values are means ± standard deviation (SD). *p < 0.05 and **p < 0.01 versus control group (CON) according to ANOVA followed by Tukey's multiple comparison test. ns, not significant.