non-hydrolysed whey protein. (see Fig. 1) revealed that the WPH produced with F750MDP and P782MDP had an extremely low end product. Biocatalysts Ltd commissioned an external flavour analyst to evaluate the flavour profiles of whey protein hydrolysates with a higher DH and good palatability. Therefore, this eliminates the need for further processing.

• Provides a source of bioavailable calcium to help maintain bone health and prevent osteoporosis.

• WPHs with a bitter taste may be used to replace coffee or chocolate flavourings in ready-to-eat desserts, or in Whey Protein Isolates and Whey Protein Concentrates at certain concentrations, pH, and temperatures.

Changing the functionality of casein can make it more easily formulated into specialist medical foods. For individuals with limited nutrition due to a medical condition, foods with "available" protein becomes essential for the recovery of muscle tissue. Purposes are specialist food products developed specifically for individuals with medical conditions who require nutritional support. Using enzymes, changing the functionality of casein can improve its digestibility and improve tolerance for casein protein formulas. It also improves its texture and improves the shelf life of the product.

Whey is the primary protein in milk, and it is one of the largest markets for whey protein. With the awareness and understanding of the benefits of proteins, companies are looking to add value to casein. As companies look to add value to casein, it is important to note that casein can be modified using enzymes. This means that casein can be either partially or extensively hydrolysed which will reduce its allergenicity.

Utilisation of Whey Protein

Whey protein is a good source of the amino acid cysteine, which is essential to the preservation of muscle, particularly during exercise. The difference in amino acid absorption rate of casein and whey protein makes casein more suited to the recovery of muscle tissue. Sports nutrition is playing a significant role in elderly nutrition in combating and reducing the effects of sarcopenia during the rehabilitation process. Whey protein can play a significant role in elderly nutrition in maintaining muscle strength and preventing sarcopenia, or age-related loss of muscle mass.

Sports nutritional gel products are increasing in popularity as they are easy to carry and consume. Whey protein is a valuable protein source to be consumed in the evening before going to bed to assist with muscle recovery. Using enzymes to hydrolyse the tertiary and quaternary structures of casein can improve its digestibility and reduce allergenicity. Changing the functionality of casein can make it more easily formulated into specialist medical foods. For individuals with limited nutrition due to a medical condition, foods with "available" protein becomes essential for the recovery of muscle tissue.

Applications of Whey Protein

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