

Can dairy peptides play a role in satiety?

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Dairy proteins are high quality proteins, containing all essential amino acids, are easily digestible and can release a plethora of bioactive peptides. Some of these peptides can modulate satiety signals in the gut. Gut satiety signaling plays an important role in appetite and food intake. This lecture summarizes the *in vitro* evidence that dairy proteins, hydrolysates and peptides can increase secretion of various satiety signals from enteroendocrine cells. Whether this bioactivity can be lost, bolstered or protected during gut transit is also explored. Data from intervention trials in animal models and humans will also be reviewed to decipher if dairy proteins, hydrolysates or peptides should be used in foods to make one feel 'fuller for longer'.