

We claim that because of the protein content of Hemp Hearts those who eat five heaping tablespoons of Hemp Hearts early each morning will not normally be hungry at lunch time and will be able to avoid the starches usually consumed for lunch.

Please describe your experience regarding hunger and Hemp Hearts:

I usually have my hearts at 10: a.m everyday.  
The hunger doesn't get released until about 4 p.m.  
The feeling is great. If I do eat it usually is really light.

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Please describe your experience regarding hunger and Hemp Hearts:

When I have them in the morning I find  
I am not hungry at lunch time. Just a very  
light lunch only because I guess I should  
eat. cruts or raw vegetables.

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Please describe your experiences regarding hunger and Hemp Hearts:

When I do have the 5 TBSP of Hemp  
Hearts with my cereal in the mornings,  
it will be mid-afternoon before I feel  
hungry.

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Please describe your experience regarding hunger and Hemp Hearts:

5 Tbsp. as part of my morning drink - lets me get  
to lunch without feeling faint, or starving!

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Please describe your experience regarding hunger and Hemp Hearts:

I can definitely say that when I have the full serving in the morning I am not hungry at lunch and do not crave the heavy lunches I used to want. I usually just have something light early cause I think I should. ie, raw vegetables, nuts, etc.

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Please describe your experiences regarding hunger and Hemp Hearts:

I am not hungry 4 HRS later and only have a can of "Diabetic" drink because I must eat.

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Please describe your experience regarding hunger and Hemp Hearts:

WHEN EATING HEMP HEARTS EARLY MORNING I HAVE NO HUNGER AT LUNCH IN THE WINTER WHEN I AM NOT SO BUSY AND JUST NEED A LIGHT TYPE OF SUPPER SALAD + A PIECE OF SAUSAGE IN THE SUMMER I NEED A LIGHT LUNCH + A FULL SUPPER AS I AM VERY ACTIVE + LONG HOURS IN THE SUMMER SPRING + FALL

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Please describe your experience regarding hunger and Hemp Hearts:

I USE LESS BUT IT HELPS WITH MY HUNGER & AS A LAXATIVE