

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:

It is true hemp hearts fill you up and I am not nearly as hungry throughout the day

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 have a very physical job and I eat very early in the day so the Hemp Hearts are perfect for carrying me through until lunchtime without feeling sick from hunger.

2.

We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day.

Please describe your weight control experiences with Hemp Hearts:

Hemp hearts do curb your appetite. I am not hungry until around 3 in the afternoon having only 3 heaping tablespoons at a 7:30 am. breakfast. Have not used it for weight control. Taking it for the omegas.

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Please describe your experience regarding hunger and Hemp Hearts:

I agree. It is late afternoon before I'm hungry.

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Please describe your experience regarding hunger and Hemp Hearts:

I have Hemp Hearts on my cereal most mornings. I work as a Care Aid - Home Support worker and many days by noon, I have been to 4 or more homes giving bathes, taking care of palliative clients. I don't have time to drink, never mind eat. I don't get hungry, that's why the Hemp Hearts.

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Please describe your experience regarding hunger and Hemp Hearts:

I eat 4 tablespoons of Hemp Hearts w- my cereal & blueberries every morning. I do not get hungry by lunch time. I eat light at lunch time.

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Please describe your experience regarding hunger and Hemp Hearts:

I would say this so. They are filling, and I don't find I'm hungry till supper.

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Please describe your experience regarding hunger and Hemp Hearts:

agree