

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 take 4 tbsps of hemp every morning & I do not eat lunch. An apple or a banana later in the p.m. then my evening meal @ 6:00 p.m. I do not feel famished or ever think of eating lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

I'm not an early riser, my breakfast is between 9:30 and 9:30 AM.
Most of the time I have my supper between 4:45 P.M.
And I'm not really hungry.

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Please describe your experience regarding hunger and Hemp Hearts:

Before I started eating 5 tbs of hemp hearts - I was hungry before noon - now I am not hungry - but I eat a bowl of fruit or soup which easily takes me over to the evening meal.

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Please describe your experience regarding hunger and Hemp Hearts:

They help keep you full until lunch when eating 3 TBSA with cereal and fruit.

AWB

We claim that because of the essential fat content of Hemp Hearts that unless an individual is considerably overweight or extremely active, most individuals who eat five heaping tablespoons of Hemp Hearts each morning will have sufficient energy until evening.
Please describe your experiences regarding energy and Hemp Hearts:

I have lost my excess fat since I've been using hemp hearts because I don't eat as much.

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Please describe your experience regarding hunger and Hemp Hearts:

OVERALL - LESS HUNGRY -
EAT SMALLER PORTIONS THROUGHOUT THE DAY (FRUIT, VEGGIES,
ETC.)
EATING MUCH HEALTHIER

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Please describe your experiences regarding hunger and Hemp Hearts:

I follow the guide sent with Hemp Hearts and I do not feel at all hungry at lunch time - usually around three P.M. I will have something to eat but I don't have any desire for pastry etc. - and I could go without food till later but just think I should have a little around three o'clock - sometimes later.

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Please describe your experience regarding hunger and Hemp Hearts:

Same here