

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:

Hemp hearts are very filling and do stay with you

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Please describe your experience regarding hunger and Hemp Hearts:

MY CONSUMPTION OF H.H'S HAS LEVELLED OUT TO 3 LEVEL TBLS/DAY, SPREAD ON MY BREAKFAST CEREAL, WITH OCCASIONAL USE ON SALADS. AT THIS LEVEL, EVEN IF I AM ACTIVE ALL DAY, I AM NOT HUNGRY UNTIL SUPPER OR DINNER AT NIGHT AND CONSEQUENTLY HAVE NOT EATEN LUNCH SINCE I HAVE STARTED USING H.H'S.

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Please describe your experience regarding hunger and Hemp Hearts:

Not hungry in morning.

We claim that diabetics who use Hemp Hearts in quantity each morning with assorted vegetables, totally avoiding sweet fruit, starches and processed foods--minimizing their weight--are often able to improve circulation and reduce their dependence on insulin.

Please describe your experiences with Hemp Hearts and any serious health condition:

Very filling at breakfast. I eat the hemp hearts with yogurt plus toast or muffin. I feel full until lunch time.

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Please describe your experience regarding hunger and Hemp Hearts:

TRUE - DO NOT EAT UNTIL PAST 1100 H

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Please describe your experience regarding hunger and Hemp Hearts:

they take no preparation. with some fruit they keep me ^{well} satisfied till noon and past. Sometimes the whole day. It upsets me so greatly to think I could not have them. They supply me with health.

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Please describe your experience regarding hunger and Hemp Hearts:

In my experience your claims are valid. I can miss lunch completely and not eat between breakfast and 6-7 P.M. If I eat at lunch time it is usually a small amount of canned fish - herring or mackerel.

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 agree. Excellent source to help with hunger issues.