

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:

LIVING ON A FARM WE EAT 3 MEALS A DAY REGARDLESS BUT I FIND I NEED A MUCH SMALLER LUNCH & NEVER SEEM TO FEEL HUNGRY.

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Please describe your experience regarding hunger and Hemp Hearts:

Reduced hunger pains in the morning.

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Please describe your experience regarding hunger and Hemp Hearts:

I put hemp hearts on my cereal in the morning and I work through the day. Then realize at approx. 3 P.M. I haven't had my yogurt and apple.

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Please describe your experience regarding hunger and Hemp Hearts:

THEY REALLY DO MAKE YOU FEEL SATISFIED WITHOUT THE SLEGGISH, STUFFED FEELING!

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Please describe your experience regarding hunger and Hemp Hearts:

I have 3-4 tablespoons with my high fibre cereal each morning. I find I can skip lunch (until about 2 PM) without hunger pangs, and I'm never short of energy. Prior to its use, I was always hungry by 11:30 or so.

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Please describe your experience regarding hunger and Hemp Hearts:

I was always hungry - eating sweets to find energy - I am now better & have curbed my sugar intake

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When I use 3 or 4 tbs of hearts with my breakfast porridge of oats & cream of wheat - I don't eat again until supper time, around 6 pm.

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Please describe your experience regarding hunger and Hemp Hearts:

Helps feel more full.