

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:

*Curbs your appetite completely.*

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:

*We endorse the above statement in its entirety*

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:

*We find after eating five tablespoons of hemp hearts in early morning I sufficient energy and feel no hunger til evening.*

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 find that I do not get hungry until about 2:00 pm if I add Hemp Hearts to my cereal in the morning. Breakfast consist of organic cereal, a piece of fruit, an no toast. I walk my dog about an hour each day, after breakfast.*

*A0018*

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:

Very helpful & true although  
I only do 2 tablespoons on granola/  
porridge - it all holds me easily til  
lunch. Used to get hungry 2 hrs after  
breakfast

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Please describe your experience regarding hunger and Hemp Hearts:

SATISFIES my hunger

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Please describe your experience regarding hunger and Hemp Hearts:

True ~~as above~~ because of the high protein.

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Please describe your experience regarding hunger and Hemp Hearts:

We are able to go without a snack before lunch after  
eating 3 tbsp. hemp hearts with  $\frac{1}{3}$  c. oatmeal at breakfast.