

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:

No need for evening snack.

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 $\frac{1}{2}$ cup each morning with cereal (home made granola using old fashioned rolled oats, (organic) and fruit. I do not have an A.M. snack and have a light lunch

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Please describe your experience regarding hunger and Hemp Hearts:

I have $\frac{1}{4}$ cup (60ml) each morning with cereal. I have not needed a morning snack and keep lunches small usually

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Please describe your experience regarding hunger and Hemp Hearts:

I eat the Hemp Hearts in my cereal every morning and desire nothing to eat until at least 1:30 in the afternoon.
and I'm not always hungry later through the day like I used to be.

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Please describe your experience regarding hunger and Hemp Hearts:

I don't use quite 5 T. but I know I'm not really hungry by lunch time. I need to lose about 15 lbs. so I would like to try the five T. and skip lunch.

(I'll let you know how things are after I get into this.)

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Please describe your experience regarding hunger and Hemp Hearts:

VERY NOTICEABLE DIFFERENCE IN MY APPETITE - NO LONGER CRAVE SNACKS BETWEEN MEALS - JUNK FOOD NO LONGER DESIRED AT ANY TIME - MEAL SIZE REDUCED BY MORE THAN 50% AND NO HUNGER ISSUES BETWEEN MEALS

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Please describe your experience regarding hunger and Hemp Hearts:

I am not really hungry at lunch time, but normally have a small snack.

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:

It definitely helps stave off hunger during the morning. If I don't eat the hemp hearts I often get very shaky midmorning.