

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:

If I miss lunch, I am not really hungry

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Please describe your experience regarding hunger and Hemp Hearts:

I usually eat 4 thsps in the morning and do not get hungry or have cravings until later in the afternoon. I do not have lunch other than vegetable juice (made with a juicer)

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Please describe your experience regarding hunger and Hemp Hearts:

I consume 4 Tablespoons of Hemp Hearts every morning with my fresh raw fruits (no sugar) raw vegetables and sometimes yogurt, after this time I have 2 or 3 glasses of water. About 3 o'clock I have a good cup of Green Tea. At 6 P.M. I have a meal consist of a good vegetable salad.

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Please describe your experience regarding hunger and Hemp Hearts:

I eat about 3 tablespoons of Hemp Hearts at breakfast and I will sprouted grain cereal + blueberries. I never feel hungry before lunch which consists of a hearty salad (80% of the time).

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Please describe your experience regarding hunger and Hemp Hearts:

*This statement is true for me.*

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Please describe your experience regarding hunger and Hemp Hearts:

*I have hemp hearts in my smoothies in the morning and that's my breakfast. I am and feel well all morning.*

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Please describe your experience regarding hunger and Hemp Hearts:

*This is true. Before, even after rolled oats + a vegetable or fruit drink for breakfast @ 7Am., by 11Am it was sluggish time indicating a need for nourishment + water. Now, a fruit at 2pm is adequate + I am not hungry until 7-8pm.*

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Please describe your experience regarding hunger and Hemp Hearts:

*I have found that hemp hearts have reduced my hunger, & helps control my starch intake.*