

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:

Ingesting Hemp Hearts daily definitely cuts down on my appetite. I do not have a weight problem but ingesting Hemp Hearts reduces my need to eat other foods containing sugar, and certainly reduces intake of Trans fats & other cholesterol causing fats.

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Please describe your experience regarding hunger and Hemp Hearts:

Hemp Hearts definitely temper hunger and regulate my glycemic index. If less healthy food is available when I'm not home, I notice that I'm tired after a meal and am hungry soon after if it's too much carb.

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Please describe your experience regarding hunger and Hemp Hearts:

I eat 5 tablespoons with yogurt and fruit and granola. ~~this~~ this breakfast takes me through the morning until 1-2 pm when I have my lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

Slows Down the hunger Add nice texture to fruit + yogurt Breakfast.

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Please describe your experience regarding hunger and Hemp Hearts:

When I eat hemp hearts with fruit or on granola for breakfast I feel full throughout the rest of the morning.

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Please describe your experience regarding hunger and Hemp Hearts:

Eating hemp hearts @ breakfast keeps me from getting hungry through late afternoon.

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Please describe your experience regarding hunger and Hemp Hearts:

Eating them (Hemp hearts) @ breakfast time - ^{AM} gee-ish - fuels me up without having to bolk up - the energy available for meals more than sufficient in regards to hunger until 2-3 pm. I find on two meals - AM with hearts, & light snacks of fruit & water and I am never hungry, but very eager for breakfast.

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Please describe your experience regarding hunger and Hemp Hearts:

I find I am not hungry at lunch - I am type II Diabetic so can get by with a very light snack without any hunger until dinner.