

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:

Yes, it is true that hunger is alleviated for some time - I don't always have the full amount though.

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Please describe your experience regarding hunger and Hemp Hearts:

Your claim to this is true.

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 been taking 5 heaping spoons of Hemp Hearts on my Bran Flak cereal each morning before my. I will walk with my dog and not eating again until supper.

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Please describe your experience regarding hunger and Hemp Hearts:

After I use 3 tbsps. instead of 5. I can't eat that much. I am still not hungry come lunchtime. I usually just have juice.

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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:

With 5 Tblsp & fruit can last until supper (husband)
but with three ^{tblsp} must eat regularly (wife)

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 work very hard in a garage so need something midday but we are not very hungry at night.

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Please describe your experience regarding hunger and Hemp Hearts:

We experience not being ravenous at lunch time and can have a light lunch and feel fine.

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We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day.

Please describe your weight control experiences with Hemp Hearts:

I have lost 50 lbs over the last 2 years and have subsequently put on 7 or 8 lbs due to weight training (toning). I feel fine eating a bowl of soup or salad for lunch when I used to eat an entire sub sandwich, or "fast food" at lunch.