

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:

This is so true, I'm really not hungry most of the day, but will have a lunch snack to stay healthy.

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Please describe your experience regarding hunger and Hemp Hearts:

We found it is certainly true.

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Please describe your experience regarding hunger and Hemp Hearts:

It curbs my appetite I don't crave food at lunch time however. I have to eat because of being diabetic

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Please describe your experience regarding hunger and Hemp Hearts:

I rarely feel hunger until ~ 2-3 pm - then only mild hunger. I eat my oatmeal & hemp hearts at 7:30 AM

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Please describe your experience regarding hunger and Hemp Hearts:

I feel no hunger till lunch time which is at 1:00 p.m.

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Please describe your experiences regarding hunger and Hemp Hearts:

- for me if I eat them I'm not hungry @ lunch time.

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Please describe your experiences regarding hunger and Hemp Hearts:

MY WIFE HAS HERS AT LUNCH AND NOTICES QUITE A DIFFERENCE (A VERY GOOD DIFFERENCE) AT HER TIME OF MONTH.

I HAVE 2 TABLE SPOONS IN THE MORNING AND I DEFINITELY DON'T GET AS HUNGRY LIKE I USED TO

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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:

Take away hunger therefore I don't snack as much