

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 experiences regarding hunger and Hemp Hearts:

USING HEMP HEARTS IN THE MORNING (4 TABLESPOON) I AM NOT HUNGRY TILL LUNCH WHICH IS VERY LIGHT COMPARED TO PREVIOUS LUNCHES WHEN I WAS NOT USING HEMP HEARTS.

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Please describe your experience regarding hunger and Hemp Hearts:

Even with the amount I take I notice I am not normally as hungry at lunch therefore eating less at noon.

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Please describe your experience regarding hunger and Hemp Hearts:

I have always been surprised that such a small quantity of food can contain so much nutrition. I love to eat, and hemp hearts curbs that urge until late in the afternoon.

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:

Hemp hearts give me a great energy start for the day and I don't require a large meal at lunch (with heavy starches etc) to last me until supper.

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Please describe your experience regarding hunger and Hemp Hearts:

After enjoying healthy breakfast that includes 5 tablespoons of Hemp Hearts I feel satisfied until 1-2⁰⁰ pm early. Eating Hemp Hearts daily reminds me to avoid junk food.

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Please describe your experience regarding hunger and Hemp Hearts:

I EAT FIVE TABLESPOONS FOR BREAKFAST, HAVE A PIECE OF FRUIT IN THE LATE AFTERNOON (AROUND 3PM), AND THEN HAVE A NORMAL SUPPER. I USED TO SNACK IN THE EVENING AND DURING THE DAY, BUT DON'T DUE TO THE PROTEIN IN HEMP HEARTS.

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Please describe your experience regarding hunger and Hemp Hearts:

I use Hemp Hearts every morning and have eliminated all pasta's and potatoes from my diet. I have fresh fruit @ coffee break and soup + salad for lunch. I don't experience hunger or crave fatty foods like I used to.

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Please describe your experience regarding hunger and Hemp Hearts: I used to suffer from lack of protein & fiber due to my gluten-free diet, however the protein & fiber content in Hemp Hearts adequately supplies my needs. My breakfast consists of 5 tbsp. of Hemp Hearts mixed with non-fat yogurt & fresh fruit. I am not hungry through the morning, therefore I only eat a light lunch at noon.