

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:

Only take about half that amount on morning cereal with fresh berries/fruit. Am ~~not~~ not overly hungry at lunch but never skip it.

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Please describe your experiences regarding hunger and Hemp Hearts:

This is absolutely true!

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Please describe your experience regarding hunger and Hemp Hearts:

I eat them in the morning mixed in yogurt - then I'm full until supper. I may have some fruit 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:

As above, meals are smaller and more nutritious as hemp hearts make for an excellent day - start foodstuff & a motivation to maintain such a good start with good diet. H.H. acts as a catalyst to mind & body.

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Please describe your experience regarding hunger and Hemp Hearts:

I only take 2 tablespoons in the morning & find that I'm not as hungry at lunch time

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Please describe your experience regarding hunger and Hemp Hearts:

Not hungry ~~at~~ at noon.

2 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 NOT ~~BEEN~~ BEEN TRYING TO LOOSE WEIGHT, HOWEVER, I HAVE LOST ABOUT 15 POUNDS AND SEVERAL INCHES. I HAVE FOUND THAT I AM SELDOM HUNGRY - PRIOR TO TAKING HEMP HEARTS I CRAVED CHOCOLATE - NOW I SELDOM EAT CHOCOLATE, ALSO MY DESIRE FOR DESSERTS HAS DEMINISHED - I SELDOM GET HUNGRY

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Please describe your experience regarding hunger and Hemp Hearts:

I AM NOT HUNGRY UNTIL LUNCH TIME - USUALLY WITH LUNCH I WILL HAVE HEMP HEART MILK WITH FRUIT - AND I AM NOT HUNGRY AGAIN TILL SUPPER AROUND 6:00 P.M