

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:

One doesn't feel hunger pangs at lunchtime, a salad & fruit are sufficient at that time of day.

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:

By eating hemp hearts in the morning I can usually eat nothing till dinner time. I don't feel hungry between breakfast dinner

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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 was eating the Hemp Hearts with yogurt and fruit in the morning and wasn't hungry at lunch time so didn't eat then. For dinner I ate vegetable salad with dressing.

I did this for approximately 2 weeks and lost about 10 pounds.

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Please describe your experience regarding hunger and Hemp Hearts:

This statement is very true

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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 was eating only 3 tablespoons at breakfast but was hungry at lunch time

I just recently started using 5 tablespoons and found that I'm not hungry at lunch time.

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Please describe your experience regarding hunger and Hemp Hearts:

Awesome: Just as you say. ⁷ They really help loose that hunger feeling.

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Please describe your experience regarding hunger and Hemp Hearts:

yes we experience that there is a curb in our eating desires.

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:

my wife and I eat a normal breakfast which includes Hemp Hearts then we don't have a meal until evening. When we have a conservative supper.