

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 am not hungry till 4:5 PM. If I eat at lunch time it is very little my Breakfast is two heaping tablespoons mixed with Yoghurt

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Please describe your experience regarding hunger and Hemp Hearts:

I use about 2 Tbsp's on my oatmeal, & I am usually hungry at lunch time.

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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'M POSITIVE THAT YES, FOLLOWING THE GUIDELINES YOU PRINTED ABOVE WOULD HELP A PERSON LOSE THE WEIGHT. FOR ME PERSONALLY, I AM OVERWEIGHT BUT THAT'S BECAUSE I HAVE A SWEET TOOTH AND NEED TO WORK ON MY SELF-DISCIPLINE. :)

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Please describe your experience regarding hunger and Hemp Hearts:

EVERY MORNING I EAT BREAKFAST BEFORE 7:30 AM. I HAVE 4 TABLESPOONS OF HEMP HEARTS MIXED WITH 1/2 A BANANA AND ABOUT 1/3 CUP NO FAT YOGURT. THIS KEEPS ME VERY FILLED UNTIL NOON WHEN MY HUSBAND AND I HAVE LUNCH TOGETHER. (WE ARE SELF-EMPLOYED)

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Please describe your experience regarding hunger and Hemp Hearts:

After eating hemp with oatmeal
it really fills you up.
I still eat lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

I find this to be true
Lg.

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 do this daily & have proven it to be true

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:

I eat Hemp Hearts together with fruit & green vegetables for
breakfast & lunch in the form of a blender drink every
day, walk 2-3 miles each day, do home work & garden & do
not eat until supper time