

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 have 5 T. of hemp hearts along with an apple, ground flax seed & 1/4 c rice milk for breakfast. That will do me until 2 or 3 pm. I'm not hungry & don't crave sweets. This is good because I'm hypoglycemic as well.

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Please describe your experience regarding hunger and Hemp Hearts:

Hemp hearts does keep me going (without cravings) until dinner/Supper

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Please describe your experience regarding hunger and Hemp Hearts:

This is absolutely true. I normally crave carbs in the morning. Since I started taking hemp shakes (1/2 cup skim milk, 1/2 banana, 2-3 scoops hemp and frozen blueberries) I do not feel hungry for 5-6 hours after the fact.

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Please describe your experience regarding hunger and Hemp Hearts:

Neither of us experience any hunger pangs & especially no cravings for sweets throughout the day.

We no longer get drowsy mid afternoon and my husband really notices the extra energy when he doesn't call 3 to 4 times a week.

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It is as described. we have not had any appetite for lunches & eat a reasonable high fibre diet at dinner. Hemp Hearts also curbs our "sweet & starchy" cravings for junk foods.

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I eat 3 heaping tablespoons of Hemp Hearts in fruit & yogurt every morning for breakfast and I can truly say they last me long after the lunch hour; I am not hungry until about 3:00 pm. at which time I have a VERY LIGHT snack to hold me until supper time. I do not crave starches at all any more.

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Please describe your experience regarding hunger and Hemp Hearts:

I eat (5) tablespoons of Hemp Hearts every morning. I feel completely satisfied and have no cravings. I eat a very light lunch (soup or a salad) and a balanced light meal at supper. I have no urge to snack on the wrong foods.

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Please describe your experience regarding hunger and Hemp Hearts:

I used to eat a bagel for breakfast (before 8:00 AM) on my way to work and would be ravenous by 10:00 AM. When I started eating the hemp hearts, I noticed no hunger pains mid morning and a small lunch - just an apple would carry me through with no 3:00 in the afternoon craving. Also, have no interest in the extra