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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:

Hemp hearts with oatmeal every morning give me a full feeling until well past noon.

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Please describe your experience regarding hunger and Hemp Hearts:

THIS IS ABSOLUTELY TRUE.
SOMETIMES I HAVE HEMP HEARTS IN A PROTEIN DRINK.
OR I SPRINKLE THEM ON MY CEREAL

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Please describe your experience regarding hunger and Hemp Hearts:

It is true at such times you only want to eat lightly I only eat 2 times daily.

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Please describe your experience regarding hunger and Hemp Hearts:

I have noticed I am not as hungry when I eat Hemp Hearts in the morning, but I am inconsistent in my application/consumption.

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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 don't use a full 5 tablespoons every morning - probably about 2.
With the porridge I'm usually not hungry until about 1:30 pm.
I usually eat breakfast about 8:00 am.

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Please describe your experience regarding hunger and Hemp Hearts:

I take only 4 tablespoons in the morning and usually a toasted bagel with cheese or tomatoes for lunch but if my schedule is too busy I can comfortably miss lunch and have a light protein snack at 3:00 ish.

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:

- ON 2T. IN THE A.M. I AM HAPPY WITH SMALL LUNCH SUCH AS FRUIT OR FRUIT + YOGURT.

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Please describe your experience regarding hunger and Hemp Hearts:

Definitely! I find that by lunch I am not starving therefore a salad is usually sufficient for me at lunch & I sometimes sprinkle these on my salad.