

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 eat a dish of hemp hearts every morning with yogurt. I find them filling + usually enough to hold me to lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

It definitely reduces / removes my feelings of hunger. It helps to reduce my "after-dinner" snack desires.

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Please describe your experience regarding hunger and Hemp Hearts:

Your claim pretty well describes my experience w my use of Hemp Hearts. I eat them either on cereal, cereal + yogurt but mostly put 1/3 cup in my smoothie each morning. I then eat in mid-afternoon and graze for supper

For almost ten years we have been manufacturing and marketing a food product called Hemp Hearts (shelled hemp seed) which, by laboratory analysis, is an excellent source of protein, omega fats and essential nutrients, but which contains virtually no sugar or starch.

Please describe yourself and the length of time that you have been using Hemp Hearts:

40yr old female, active. Used Hemp Hearts for 3yrs consistently. fruit smoothie, yogurt fruit, hemp hearts for breakfast. Some days I skip lunch, and don't feel hungry. Snack in the afternoon. Dinner.

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Please describe your experience regarding hunger and Hemp Hearts:

Hemp Hearts with Cereal or Smoothie, can usually keep me going, until the afternoon,

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Please describe your experience regarding hunger and Hemp Hearts:

Yes, Hemp Hearts ^{does} keep hunger at bay, though, my metabolism is very quick & I'm quite ready to eat lunch when it comes

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Please describe your experience regarding hunger and Hemp Hearts:

My energy level is up and my hunger is decreased.
I use 3 tablespoons every morning.

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 morning energy is up and more consistent throughout the day. I have a light lunch and less food at supper time.