

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:

Since using Hemp Hearts, I do not have a strong hunger urge at lunch time.

We claim that diabetics who use Hemp Hearts in quantity each morning with assorted vegetables, totally avoiding sweet fruit, starches and processed foods--minimizing their weight--are often able to improve circulation and reduce their dependence on insulin.

Please describe your experiences with Hemp Hearts and any serious health condition:

I use 3 tablespoons of Hemp Hearts with my cereal, and blueberries and yogurt for breakfast. which keeps me satisfied until noon. / plus I drink plenty of water. (between meals)

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Please describe your experience regarding hunger and Hemp Hearts:

By having them with my breakfast I do not tend to want a snack mid 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 lunches during our long, physically exhausting days had to be quick but I found that after having HH in the early morning (10:00am) I was quite satisfied with salads or fruit.

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Please describe your experience regarding hunger and Hemp Hearts:

I am able to go from breakfast to supper with no hunger feelings and do whatever I am actively doing during the day.

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Please describe your experience regarding hunger and Hemp Hearts:

No longer need a mid-morning break which means no cookies, no chocolate buns or muffins.
Do like a green smoothie & lunchtime though consisting of all raw vegetable + fruits blended together

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Please describe your experience regarding hunger and Hemp Hearts:

He finds Hemp Hearts curb his appetite & he doesn't need to snack mid-morning.

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Please describe your experience regarding hunger and Hemp Hearts:

Neither of us are hungry until at least 4 hours after our breakfast of fresh fruit, hemp seeds (hearts) yogurt & UDD's oil.