

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 experiences regarding hunger and Hemp Hearts:

Have used 3-4 Tbs. each morning with cereal
& fruit - not hungry 9:1 mid afternoon
3-4 pm.

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:

Eat Hemp Hearts for breakfast. Not hungry for lunch
and usually eat small amount at that time to keep
me satisfied for the rest of the day.

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 Hemp Hearts in the morning
and I am never hungry at lunch.
Excellent product and food source.
I ~~do~~ also use it in my baking.

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 help reduce hunger

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:

He is never hungry anyway. Hemp hearts fill him up till lunch which is sometimes late.

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 help me feel full for longer ^{longer}. Less likely to snack in between meals.

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 OVERTHEAT ON A REGULAR BASIS - JUST GET TOO 'SOGGY' TO BE PRODUCTIVE. HEMP HEARTS SEEMS TO BE LIGHT ENOUGH AND KEEP HUNGER FEELINGS A NON-ISSUE. THIS LETS ME REMAIN MENTALLY SHARP TO PERFORM MY DAILY TASKS.

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:

That's true I have - H.H. on my porridge or yogurt at 9AM - ready to eat at 4pm. I found that I did more things