

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:

I work full-time and always stop for lunch. If I missed my lunch I'd probably be OK until mid-afternoon

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:

This is true. If I miss the breakfast with H Hearts I usually need lunch.

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:

IN THE BEGINNING I DID NOTICE I WAS NOT AS HUNGRY, BUT I STILL ATE A NORMAL DINNER, I TRIED JUST HAVING SALADS ONCE OR TWICE BUT FOUND I NEEDED A LITTLE MORE. MIND YOU, I LIVED IN THE ARCTIC FOR 1 1/2 YEARS, MAYBE THATS WHY I FELT THE NEED FOR MORE FOOD. NOW I AM BACK IN MONTREAL I WILL TRY AGAIN

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 every morning in yoghurt around 7³⁰ am, I don't feel hunger till 12.

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 normally eat either 1/3 of a "More than a Square Mile" bar or a 3 heaping Tbsp of seeds in yogurt for breakfast about 4-5x /week. On these days, I find I am not hungry until 2-3pm at which time a fruit snack is good until dinner time.

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 regularly - including lunch but I'm not starving at lunch. I can go without till later in 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:

at 1st I ate it on cereal and for a few wks. I didn't feel hungry so was only hungry once in awhile.

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:

Many days I am not hungry at lunch time and do not feel the need to eat until mid-afternoon. I believe Hemp Hearts definitely curbs hunger.