

**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 have 4 table spoons with a banana & Milk in a shake and this sustains me well into lunchtime - In addition, because I don't eat bread (starches) in the morning, I find I crave them much less during the day.

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**Please describe your experience regarding hunger and Hemp Hearts:**

Reduces appetite

**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:**

They provide a solid and lasting feeling of energy.

I recommend not eating them later in the day because it can be difficult to sleep!

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**Please describe your experience regarding hunger and Hemp Hearts:**

This does not apply to me as I am not much into sugar etc. in general. What I can say though is, my husband and I use the HH when we travel and it takes us easily to the destination without being hungry.

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**Please describe your experience regarding hunger and Hemp Hearts:**

APPETITE REDUCED .. SUGAR READINGS GONE DOWN  
GOOD RESULTS ON YEARLY CHECK UPS

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**Please describe your experience regarding hunger and Hemp Hearts:**

I find that I am not hungry for a minimum of 3 hours after I eat Hemp Hearts. I am quite satisfied with a bowl of soup or a salad at lunchtime, after eating 2 Hearts for breakfast.

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**Please describe your experience regarding hunger and Hemp Hearts:**

Hemp hearts stop me feeling hungry between meals so I do not have to snack.

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**Please describe your experience regarding hunger and Hemp Hearts:**

- I am not hungry after taking 3 heaping tsp. each morn. with oatmeal
- Same for my husband.