

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 am very satisfied after having the hemp for breakfast

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Please describe your experience regarding hunger and Hemp Hearts:

Hemp seed in my blended drink keeps me satisfied until supper.

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Please describe your experience regarding hunger and Hemp Hearts:

I do not use hemp hearts for weight control but by adding $\frac{1}{3}$ of a cup to ^{about} home-made vegetable soup, stew or salads it, makes a satisfying meal.

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Please describe your experience regarding hunger and Hemp Hearts:

I only use 4 tablespoons in a morning
I have no problem with hunger @ lunch time and
usually ready for supper @ 5.00pm

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Please describe your experience regarding hunger and Hemp Hearts:

Lasting feeling of satisfaction until about 1-2 PM.

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:

with me eating Hemp seeds in the morning I am not usually hungry until late afternoon -

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:

it keeps me from getting hungry for 5 hours or more

would recommend Hemp ♥ to others
Have gone thru. a period w/o using this product & could tell the difference. Have every intension of using steadily
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Please describe your experience regarding hunger and Hemp Hearts:

This is true. I do not experience hunger until 2-3 pm when I will have a small snack (with fiber) & then eat reduced portions for dinner.