

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:

No hunger throughout the day
or NO CRAVINGS.

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 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:

AS STATED 1/2 BAR KEEPS ME FULL UNTIL SUPPER.

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Please describe your experience regarding hunger and Hemp Hearts:

WHEN I EAT 1/2 BAR FOR BREAKFAST I AM NOT HUNGRY UNTIL SUPPER. I EAT A NORMAL SUPPER.

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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:

THIS DOES NOT REALLY APPLY TO ME AS I AM VERY ACTIVE. HOWEVER, THERE HAVE BEEN MANY DAYS WHERE I FORGOT TO EAT MY LUNCH UNTIL WELL AFTER 2:00 PM AND I START WORK AT 6:45 AM.

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Please describe your experience regarding hunger and Hemp Hearts:

I TOTALLY AGREE, I HAVE 5 TABLESPOONS ON MY CEREAL EACH MORNING AND SKIP MY MORNING SNACK. I DEFINATELY DO NOT FEEL HUNGRY UNTIL WELL AFTER NOON.

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 use only 3 heaping tablespoons every morning and some days I am hungry & some days not. But Not Super hungry like I use to be before taking hemp.

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 with my cereal (usually oatmeal I cook the oat meal in milk) put the hemp hearts a few nuts & some fruit usually blue berries on it this is about 7:30^{AM} I use a sweetener it is splenda. This breakfast keeps me from feeling hungry all morning, about noon I usually have a cup of tea & a yogurt this holds me until 5:30^{PM} 6:00 PM