

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, feel full to about 2PM when I start thinking of lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

It definitely erubs your hunger

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Please describe your experience regarding hunger and Hemp Hearts:

I usually eat Hemp Hearts for breakfast with fresh fruit, ~~a cereal~~ cereal that I make with whole oats, nuts + seeds, and yogurt or almond milk. When I eat this I am rarely hungry before noon. I tend to avoid starches as much as I can, so lunch is usually a salad with some sort of protein + some more fruit.

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Please describe your experience regarding hunger and Hemp Hearts:

It is true - you don't feel hungry or have an appetite but I've not been using 5 tbsps (3-4 at most)

2.

We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day.
Please describe your weight control experiences with Hemp Hearts:

I am able to control my cravings that I used to not be able to. It works so well for me and I want to continue it for the rest of my life. I struggle with eating - love food - but this really makes me feel healthy.

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Please describe your experience regarding hunger and Hemp Hearts:

- I am so happy with this experience. I eat Hemp Hearts every morning and it controls my hunger and makes me feel comfortably full - not stuffed - but really satisfied. Sometimes I also eat 2 heaping teaspoons at about 3-3:30 pm to get me to supper.

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Please describe your experience regarding hunger and Hemp Hearts:

- mixes well with yogurt & fruit. Keeps me going to lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

2 to 5 table spoons

No. hungry till lunch.