

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 3 to 4 table spoon each mornat 8:30-9:00
with wheat ~~bread~~ ^{spreaded} cereal no sugar Breakfast
I start getting hungry around 2:00.

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Please describe your experience regarding hunger and Hemp Hearts:

I can only use 3 tbs & do not get hunger

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Please describe your experience regarding hunger and Hemp Hearts:

Whenever I miss eating hemp hearts I feel hungry all day.
I crave sweets & unhealthy foods @ times as well

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Please describe your experience regarding hunger and Hemp Hearts:

three to four spoonfuls
not hungry till after dinner

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Please describe your experience regarding hunger and Hemp Hearts:

I do not take Hemp each day; however when I do take 3 to 5 TBS I notice that I do not feel hungry until about 2⁰⁰ ^{with breakfast}. It definitely makes me feel less hungry; especially if I take the suggested 5 TBS.

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Please describe your experience regarding hunger and Hemp Hearts:

1 ORANGE
5 HEAPING TABLESPOONS HEMP HEARTS MIXED WITH
2-3 ~~HEAPING~~ HEAPING TABLESPOONS OF NO FAT YOGURT
MIXED AS A CEREAL/PUDDING + 2 SLICES OF
BUTTERED WHOLE WHEAT ~~TOAST~~ TOAST. PARENT GET HUNGRY
UNTIL LATE AFTERNOON TO DINNER TIME.

For almost ten years we have been manufacturing and marketing a food product called Hemp Hearts (shelled hemp seed) which, by laboratory analysis, is an excellent source of protein, omega fats and essential nutrients, but which contains virtually no sugar or starch.

Please describe yourself and the length of time that you have been using Hemp Hearts:

Mother of 3 kids. I've been using Hemp Hearts for 3 years. With 3 kids & a busy life, they get you through the day with a great attitude. You have so much energy, & you don't feel constantly hungry.

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Please describe your experience regarding hunger and Hemp Hearts:

Hemp Hearts have "cured" me of my cravings for starchy food.

I eat them for breakfast, and don't feel hungry again for hours. No longer am I looking for food around 10:00 am. I can go well past lunch.