

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 TSP of Hemp Heart with oat meal every morning. My hunger is not nearly as bad by noon as it used to be.

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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 skip lunch with just a snack until dinner. I do eat protein at dinner only because I really enjoy my meat/chicken or fish.

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:

When I use hemp hearts I am able to control my hunger without any dizziness & with full energy. I weight train so hemp hearts have been ideal in my regimen.

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Please describe your experience regarding hunger and Hemp Hearts:

it keeps me satisfied for a long time and are delicious on my cereal

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Please describe your experience regarding hunger and Hemp Hearts:

I CAN GO WITH OUT EATING ALL DAY TILL EVENING

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Please describe your experience regarding hunger and Hemp Hearts:

I personally can attest to the fact that when I consume 5 heaping Tablespoons of H. Hearts, I can go a long way without feeling hungry. In fact on the days I consume later than early in the morning I find I have ZERO Appetite come noon.

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Please describe your experience regarding hunger and Hemp Hearts:

When I add 1/4 c of hemp hearts to oatmeal, or mix with yogurt for breakfast, I often find that I work through the traditional lunch time - and won't be looking for a snack until 1:30 PM or 2:00 PM.

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Please describe your experience regarding hunger and Hemp Hearts:

I feel Hemp Hearts have helped to decrease hunger. I often travel to the US but do not take Hemp Hearts with me. I do notice a difference in hunger sensations.