

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:

when I eat 5 spoons with cereal for breakfast I don't eat any lunch and don't have anything else till supper

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Please describe your experience regarding hunger and Hemp Hearts:

my hunger disappeared completely

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Please describe your experience regarding hunger and Hemp Hearts:

I use hemp hearts each morning with my 3 grain cereal. I now do not desire a "bread and cheese sandwich for lunch

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Please describe your experience regarding hunger and Hemp Hearts:

I ADD 2 TBSP to my cereal or protein shake and have felt SATISFIED ALL DAY. In addition, I carry hemp hearts with me throughout the day when working. (I am a sales)

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Please describe your experience regarding hunger and Hemp Hearts:

@ lunch, my appetite is small since eating hemp hearts.

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Please describe your experience regarding hunger and Hemp Hearts:

My hunger is satisfied well into the day

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Please describe your experience regarding hunger and Hemp Hearts:

I have to admit that I do not take Hemp Hearts every day. (Even though I try!) I do find when I do I can go until supper and not feel hungry.

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Please describe your experience regarding hunger and Hemp Hearts:

hemp hearts are a great help