

**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:**

~~more~~ ~~more~~ morning I use hemp hearts in a banana smoothy. It fills me up. I can go ~~th~~ through lunch without hunger pains and will not feel a real need to eat unless I am ~~th~~ not doing anything. Then when I do eat it's healthy stuff.

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yes, I have found it does in fact control my hunger and desire for sweets. I am presently not trying to lose any weight.

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I am a poor creature of habit... Yes I definitely notice by using 3 heaping Tbsp with breakfast, I can easily wait for my noon meal which I do eat (but less of). If I had not used H.H.s in A.M. than my stomach would be growling++ by 10:30 AM.  
My son would use 4 Tbsp in bkfst, skip lunch + do a landscaping job from Noon -> 5:00 pm then come home to eat his supper.

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I am able to make it to lunch now without suffering from hunger pangs; however, I continue to have a healthy lunch as avoiding a meal has never been something I can do. However a smaller, meal at lunch now suffices (raw veggies, yogurt & fruit) <sup>healthier</sup>

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I eat the 5 tablespoons of Hemp Hearts in the morning for breakfast with fruit. I have completely removed starches from my diet. I drink tea in the afternoon with no hunger until ~~at~~ around 6pm when I take my evening meal.

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Hemp hearts add substance to my vegetarian breakfast. I appreciate their "meaty" side. They keep me satiated until lunch. I've gotten the same feedback from other vegetarian friends after initiating them to hemp hearts.

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SINCE I AM BORDERLINE DIABETIC, I NEEDED TO CUT STARCHES OUT OF MY DIET. USING HEMP HEART FOR BREAKFAST, I NOW EAT ONLY A SMALL LUNCH WHILE STILL FEELING SATISFIED.

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This is definitely true. I take 3-4 tbsps & don't feel hungry all morning & eat less for lunch.