

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 4 tablespoons each morning to make hempseed milk (I cannot tolerate dairy) which I use in a smoothy and also for my mid-morning granola. I am hungry at lunch time because I'm a drywall tapper. If I don't consume hemp hearts I'm STARVING by lunch time!

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Please describe your experience regarding hunger and Hemp Hearts:

I WORK NIGHT SHIFT. BUT I FEEL LESS HUNGRY WHEN I WAKE UP.

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Please describe your experience regarding hunger and Hemp Hearts:

I have a breakfast everyday with hemp hearts & fruit. This satisfies my hunger

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Please describe your experience regarding hunger and Hemp Hearts:

I eat hemp hearts in my hot cereal in the morning and find that I am not hungry at lunchtime, but usually eat a small lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

It is filling - usually have a salad at lunch time

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Please describe your experience regarding hunger and Hemp Hearts:

Don't feel hungry until late afternoon

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Please describe your experience regarding hunger and Hemp Hearts:

I completely agree with the statement above. If I miss eating my Hemp Hearts I find myself feeling hungry by lunchtime. When I take them I do not need to think about lunch until 1:30 or 2 pm.

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Please describe your experience regarding hunger and Hemp Hearts:

- I EAT 4 TBL OF HEMP HEARTS IN THE MORNING ALONG WITH (USUALLY) OATMEAL.
- I STILL NEED LUNCH BUT DON'T SNACK BEFORE THEN.
- SOMETIMES I SNACK ON HEMP HEARTS IN THE AFTERNOON OR AFTER DINNER.