

**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 find that I am not very hungry until afternoon if I eat 3T. hemp hearts with breakfast about 8 a.m. - if I don't eat hemp hearts I'm very hungry by about 11:00 a.m.

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**Please describe your experience regarding hunger and Hemp Hearts:**

I have not had the experience of feeling full until late afternoon. I do have weight to lose but I have been hungry in the afternoon!

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**Please describe your experience regarding hunger and Hemp Hearts:**

I put Hemp Hearts in a yogurt/fruit smoothie in a.m.  
I usually don't need to eat until lunch.

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**Please describe your experience regarding hunger and Hemp Hearts:**

I eat protein with 5 tsp of hemp hearts most mornings & find that I am not hungry until (6:30 a.m.) early afternoon.

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**Please describe your experience regarding hunger and Hemp Hearts:**

My job requires me not to eat at exactly lunch time (12 noon) but have to eat breakfast between 6-7am. By taking hemp hearts, I don't get hungry until around 1-2 pm. That's with no snack in between.

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**Please describe your experience regarding hunger and Hemp Hearts:**

(personal trainer - lots of activity)  
due to the nature of my work I am hungry @ lunch but I can easily wait until lunch to eat. because of the protein

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**Please describe your experience regarding hunger and Hemp Hearts:**

I am hungry by lunch. am a very high energy person

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**Please describe your experience regarding hunger and Hemp Hearts:**

I am eating 1-2 tablespoons each morning with cereal. I am not hungry until 2 PM.