

**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 hemp hearts in the morning or afternoon I am not hungry for at least four hours. When I am busy I will eat a couple of tablespoons of hemp hearts to curb my hunger and I feel satisfied*

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

*I know that if I eat 2 Tablespoons of Hemp hearts every morning it gives me a fuller breakfast and I feel more satisfied than when I don't have them.*

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

*LESS Hungry THROUGHOUT THE DAY*

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

*feel full for a long time.*

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

I only take 3 tablespoons of hemp hearts with my cereal in the morning + I'm not hungry at noon. Do notice if I don't put it in my cereal I will be hungry in no time

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

I eat 5 tbsps. every morning usually with 3-4 pieces of fruit or with oatmeal.

I do not feel hungry until ~~early~~ early afternoon - approx. 1:30 pm.

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

I have for work before 7 am usually have 4 heaping tbsps with my porridge (also with 1 heaping tbsp ground flax - 1 tbsp oils - 1/2 tsp brewers yeast - baltan style yogurt) This keeps me satisfied till dinner - otherwise I'd be shaking by 10.

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

Still have small snack at midday, but hunger is no problems.