

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:

Does cut down the hunger

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Please describe your experience regarding hunger and Hemp Hearts:

When at work or doing ranch work (breakfast is at 6:00 am) I do not get hungry before lunch time.

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Please describe your experience regarding hunger and Hemp Hearts:

This is absolutely true. Hemp hearts help you go through to at least late afternoon without being hungry.

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Please describe your experience regarding hunger and Hemp Hearts:

It effectively controls hunger. I find that I have to remember to eat sometimes. I can go to 2 in the afternoon without hunger.

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Please describe your experience regarding hunger and Hemp Hearts:

Most days I eat about 4-5 tbs with oatmeal and fruit and sweetened by milk. Some days I snack on fruit in the afternoon especially in summer, then a hearty dinner around 7-8 pm

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Please describe your experience regarding hunger and Hemp Hearts:

I HAVE MADE IT A POINT TO HAVE HEMP HEARTS EVERY MORNING. JUST SO I WON'T BE HUNGRY BY LUNCHTIME. IF I AM IN A RUSH IN THE MORNING I REACH FOR FIRST FOR THE HEMP HEARTS AND THEN WHATEVER IS HANDY - APPLE, CARROT, CANTALOUPE OR YOGURT. THEN I KNOW I'LL MAKE IT TILL LUNCH!

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When I have my morning shake I am not hungry until supper time. If I'm a little peckish by 1-2 pm a piece of fruit or a salad is sufficient to hold me until supper.

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Please describe your experience regarding hunger and Hemp Hearts:

I eat the hemp hearts most mornings on top of my oatmeal & I find this sustains my appetite until after my work shift @ 1:30pm (7am)