

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'm not so hungry when it's mealtime.

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:

If he eats the hemp hearts in the morning he rarely eats anything until supper time beside a snack.

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:

We eat 2 meals a day. Hemp Hearts (2 tablespoons) fruit and oatmeal, some bread and coffee at breakfast.

One usual supper in the evening.

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Please describe your experience regarding hunger and Hemp Hearts:

This is True

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:

Not so hungry @ lunch - & am eating less, not snacking in the afternoon.

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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 experiences regarding hunger and Hemp Hearts:

We find a difference in hunger between breakfast and lunch and are therefore able to avoid snacking.

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Please describe your experience regarding hunger and Hemp Hearts:

I find that my hunger is delayed by 2 or 3 hours by taking hemp hearts with cereal in the morning.

We claim that because of the essential fat content of Hemp Hearts that unless an individual is considerably overweight or extremely active, most individuals who eat five heaping tablespoons of Hemp Hearts each morning will have sufficient energy until evening.

Please describe your experiences regarding energy and Hemp Hearts:

I usually have hemp hearts on cereal or oat meal in the morning ~~and~~ and am easily able to go through the mid-afternoon before hunger pangs alert me to eat.

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Please describe your experience regarding hunger and Hemp Hearts:

I have Hemp Hearts and a light snack and I do not have any craving for food for several hours and I do not feel hungry.