

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 can't say how much but consuming hemp hearts has reduced my hunger level.

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Please describe your experience regarding hunger and Hemp Hearts:

I combine hemp hearts + oatmeal and ground flax seed for breakfast in the morning, the more hemp hearts I eat for the breakfast, the less hungry I am at lunch time.

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Please describe your experience regarding hunger and Hemp Hearts:

Completely satisfies hunger, by eating a portion or a breakfast bar, until after lunch time

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Please describe your experience regarding hunger and Hemp Hearts:

I find using hemp hearts does curb my hunger but I still have something @ dinner time (lunch)

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 am always amazed at the energy I have after having hemp hearts. I workout mid-day: often don't have lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

It helps me from being over hungry during the day.

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Please describe your experience regarding hunger and Hemp Hearts:

I use hemp hearts in my morning smoothie. I seldom feel hungry at lunchtime.

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Please describe your experience regarding hunger and Hemp Hearts:

This is very true. I have the smoothie for breakfast yogurt w/ hemp heart around 3pm. I have found this very helpful in weight loss: appetite control.