

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 have Hemp hearts for breakfast I am not very hungry throughout the day.

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 don't all eat 5 T. each morning. Nevertheless, we definitely don't find the need to have a snack 'fill lobe' in the afternoon.

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 USE 3 TO 4 TBS IN OUR MORNING SMOOTHIE. THIS IS PART OF OUR DAILY ROUTINE AND I BELIEVE THE HEMP HEARTS TO BE MAGIC INGREDIENT THAT SATIATES US UNTIL 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:

* THE AMOUNT WE USE (2 TBSP) EVERY MORNING GIVES ENOUGH ENERGY TO MAKE IT THROUGH TO LUNCH EASILY.

3. We find that eating hemp hearts with cereal in the morning keeps us from being hungry until mid-afternoon.

A0083

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:

Since using Hemp Hearts I can honestly say my usual cravings have decreased and I feel satisfied and saving for a healthier choice at noon.

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 using hemp hearts in the morning with breakfast we have found that it does satisfy your hunger longer than without using them.

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 I'm not as hungry as I used to be at lunchtime.

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 use four table spoons of Hemp Hearts ~~with~~ with fresh fruit early in the morning and I am good until noon.