

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:

I did not find I could skip meals. I could last til 2 pm but then needed to eat

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Please describe your experiences regarding hunger and Hemp Hearts:

Very satisfied

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 used to be hungry at 10AM (I eat breakfast at 7AM) but now I'm not hungry until lunch and I'm not ravenous. A salad ~~is~~ satisfying now.

We advise customers that Hemp Hearts should be eaten for breakfast with unblended raw fruit and vegetables (no fruit for diabetics) so that the long fibers in these foods will knit wastes together to ensure that individuals are not too loose, but that they clean out thoroughly.

Please describe your experiences regarding digestive health and Hemp Hearts:

I'll have 3 heaping table spoons with fruit for breakfast and find I can go to lunch with out any hunger, and as well have good energy.

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Please describe your experience regarding hunger and Hemp Hearts:

I have 5 Tbsp of Hemp Hearts in my morning cereal, I can usually go hunger free until around 2:00pm

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Please describe your experiences regarding hunger and Hemp Hearts:

No hunger - very satisfied

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Please describe your experience regarding hunger and Hemp Hearts:

HAVE NOT USED 5 HEAPING TABLESPOONS PER MEAL - USUALLY 1 OR 2. IT DOES CURB MY APPETITE TO LUNCH

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Please describe your experience regarding hunger and Hemp Hearts:

I have 5 tablespoons on my food every morning. I don't get as hungry as I used to, but I just have a light lunch.