

**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 about 3 tablespoons of HempHeart before breakfast. After that I have  $\frac{1}{2}$  an orange and one slice of homemade multi grain bread, toasted. My husband and I have a light lunch around noon. I'm not hungry at that time, but we like to have a certain schedule. I eat 1 slice of whole wheat bread with some sliced meat and maybe a bowl of soup and a glass of water. Supper is a bigger meal, but I don't eat a big amount to feel satisfied.

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**Please describe your experiences regarding hunger and Hemp Hearts:**

I love hemp hearts for breakfast (about 5 table-<sup>spoons</sup>) because I don't get hungry till ~~at~~ two o'clock. I no longer need or want a late afternoon sugar/<sup>caffeine</sup> buzz and I eat a lighter evening meal.

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**Please describe your experience regarding hunger and Hemp Hearts:**

I agree that I am not hungry until the afternoon when I usually have a salad.

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**Please describe your experience regarding hunger and Hemp Hearts:**

I take  $2\frac{1}{2}$  tbsp of H.H with a fresh ~~fruit~~ fruit and yogurt or cottage cheese. Some days I take another 2tbsp H.H on a salad in the evening. I find H.H. curbs my hunger at midday because breakfast keeps me feeling full. H.H. has helped control my appetite.

**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:**

If I miss my breakfast I run out of energy by 10 am and am very hungry. H.H. prolongs the energy I do have so I can make it through a busy day

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**Please describe your experience regarding hunger and Hemp Hearts:**

Since starting H.H. I find that I'm not always hungry and am able to do much more in a day.

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**Please describe your experience regarding hunger and Hemp Hearts:**

That is very true, that when you eat 4-5 Tbsp. of Hemp Hearts in the morning with your cereal, you do not feel hungry at noon, and I would have a herb tea when my husband ate his lunch & would have a salad early at supper & lost nearly 1 lb. a day.

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**Please describe your experience regarding hunger and Hemp Hearts:**

I have done this to loose weight & I was amazed at how I could go all day without hunger pains.