

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:

It feels me up to the point of NOT FEELING hungry in between meals.

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Please describe your experience regarding hunger and Hemp Hearts:

I do notice that hemp hearts do slow my hunger. I feel better and more satisfied when I eat hemp hearts regularly.

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Please describe your experience regarding hunger and Hemp Hearts:

Yes, hemp hearts keep ~~me~~ me sated until around 2pm, at which time I'm ready for a snack - ~~snack~~

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Please describe your experience regarding hunger and Hemp Hearts:

I am never feeling hungry till noon, so I never snack in the morning

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Please describe your experiences regarding hunger and Hemp Hearts:

I concur with this statement - have really cut out or down on bread intake. Have no desire for toast at breakfast. If hungry - not till supper hour. Besides I love the taste + consistency of Hemp Hearts and would use it as a cereal above others.

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Please describe your experience regarding hunger and Hemp Hearts:

I find since I've been using Hemp Hearts (2 tbsp) at breakfast, I no longer need a mid-morning snack.

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Please describe your experiences regarding hunger and Hemp Hearts:

I combine hemp hearts with all Bran and I do not get hungry until 1:00pm.

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Please describe your experience regarding hunger and Hemp Hearts:

I have 2 tablespoons on Fibre cereal, and find I'm not hungry at lunch time, have stopped eating bread, only rarely do I have a roll whole wheat.