

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 is as you claim. I am not ~~the~~ ^{as} hungry at noon if I have hemp hearts for breakfast.

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Please describe your experience regarding hunger and Hemp Hearts:

H.H. is very satisfying to eat, so it fills us up along w. fruit salad & nuts

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Please describe your experience regarding hunger and Hemp Hearts:

I've found that eating the hemp hearts for breakfast does keep me full till lunch. But I do have to eat lunch time.

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Please describe your experience regarding hunger and Hemp Hearts:

I eat 2 heaping T. hemp hearts each morning along with other porridge or cereal. I do not experience mid morning hunger but enjoy an average lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

eat breakfast of fruit and hemp hearts at 6:00 AM, need to eat by 1:00 for lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

I would still have a soup for lunch

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Please describe your experience regarding hunger and Hemp Hearts:

don't seem to be as hungry. I take 2 tablespoons at breakfast and supper.

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Please describe your experience regarding hunger and Hemp Hearts:

I add 3 tablespoons to my morning smoothie and have nothing more until lunch.