

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 that Hemp Hearts do fill me up.

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Please describe your experience regarding hunger and Hemp Hearts:

I have lunch but only very small portions

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Please describe your experience regarding hunger and Hemp Hearts:

Use 3 Tablespoons daily along with whole grain cooked cereal & usually not needing anything else for 5-6 hours.

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Please describe your experience regarding hunger and Hemp Hearts:

Eat fruit bowl each morning with 4 TB of H.H. Usually not hungry until noon.

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Please describe your experience regarding hunger and Hemp Hearts:

*Taking Hemp Hearts in the morning
I don't feel hungry by noon.*

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Please describe your experience regarding hunger and Hemp Hearts:

*I use 2-3 tbsps hemp hearts on my
whole grain cereal. It increases the time
that I am free from hunger.*

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Please describe your experience regarding hunger and Hemp Hearts:

*Taking half the amount prescribed!
I am hungry at lunch.*

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Please describe your experience regarding hunger and Hemp Hearts:

*While I don't use 5 plus tablespoons of hemp hearts, I do find it
filling because of the high protein content & fat content, making it
a convenient vegetarian option.*