

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:

Used as suggested generally there is no hunger until late afternoon.

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Please describe your experience regarding hunger and Hemp Hearts:

Don't start starving for lunch like I used to be.

2. I find that having the Hemp Hearts with breakfast does reduce my hunger at lunch time. I don't feel that I need to have any type of starchy food come lunch time. If I know I will be having a late supper I will split the Hemp Hearts between breakfast and lunch as I know it will make me feel satisfied until meal time.
 - a. My husband finds that he snacks less on chips and sugary snacks at mid-day since he started using the hemp hearts. When he does have a treat it is not because he is hungry so much as just that he wants to have something.

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Please describe your experience regarding hunger and Hemp Hearts:

- user (wife) don't use more than 1t each a.m., still not very hungry at lunch & definitely don't crave carbs./starches; usually eat vegetarian at lunch (salads, fruit, sometimes fish).
- husband eats about 1t. 1t at breakfast - helped to regulate his eating habits, as less hungry for lunch.

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Please describe your experiences regarding hunger and Hemp Hearts:

Hemp Hearts DEFINITELY AID IN SUPPRESSING HUNGER AND IS A VERY SATISFYING BREAKFAST

For almost ten years we have been manufacturing and marketing a food product called Hemp Hearts (shelled hemp seed) which, by laboratory analysis, is an excellent source of protein, omega fats and essential nutrients, but which contains virtually no sugar or starch.

Please describe yourself and the length of time that you have been using Hemp Hearts:

Homemaker with home-based business (AGE-67). Have been supplementing breakfast with hemp hearts for a year - best I've tried - helps to control weight because my hunger is satisfied for the day, until my evening meal.

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Please describe your experience regarding hunger and Hemp Hearts:

I use 2 heaping tablespoons of Hemp Hearts each morning on my cereal and find I require a very small lunch to satisfy.

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Please describe your experiences regarding hunger and Hemp Hearts:

Taking 3 tbsp. of Hemp Hearts in the morning with yogurt & fruit is a very satisfying breakfast - eat fresh vegetables & little protein for dinner. Drink water & tea during the day (and sometimes coffee).