

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:

- absolutely
- not hungry in morn → at all
- sustains us with energy, no "sugar spike"
- satisfied feeling all day.

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Please describe your experience regarding hunger and Hemp Hearts:

I mix hemp hearts with a mashed up banana and it fills me up till next meal

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Please describe your experience regarding hunger and Hemp Hearts:

I don't take 5 heaping table spoons but I notice that when I go to lunch I am not very hungry

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Please describe your experience regarding hunger and Hemp Hearts:

Most Days I have a salad for lunch, other Days a sandwich or a restaurant lunch when on Business

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I am not hungry for about 5 hours after.

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Please describe your experience regarding hunger and Hemp Hearts:

I USE 3 HEAPING TABLESPOON
AND NOW EAT A MUCH LIGHTER
LUNCH THAN PREVIOUSLY
- REDUCED HUNGER.

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Please describe your experience regarding hunger and Hemp Hearts:

When I eat 4 tablespoons of hemp hearts for breakfast (about 8-8:30 am), I don't have to eat again until about 3:00pm under normal circumstances. I can have a snack at 3:00pm and a lighter supper.

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Please describe your experience regarding hunger and Hemp Hearts:

Hemp hearts make my tummy feel comfortable - I eat them with yogurt, banana puree + fruit. I don't feel hungry til @ about 2:00 p.m.