

**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:**

*This is very true it has that effect to a tee.*

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**Please describe your experience regarding hunger and Hemp Hearts:**

*I am definitely not hungry at lunch.  
But... most times I don't eat because of hunger - it is usually other reasons.*

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**Please describe your experience regarding hunger and Hemp Hearts:**

*✓ gives me energy so don't need  
as much food  
✓ a satisfaction feeling!*

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**Please describe your experience regarding hunger and Hemp Hearts:**

*Hemp Hearts are a wonderful tasting addition to my breakfast and helps me to feel satisfied throughout the day.*

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Please describe your experience regarding hunger and Hemp Hearts:

Hemp Hearts  
are very filling and stave off hunger  
very well

We claim that because of the essential fat content of Hemp Hearts that unless an individual is considerably overweight or extremely active, most individuals who eat five heaping tablespoons of Hemp Hearts each morning will have sufficient energy until evening.

Please describe your experiences regarding energy and Hemp Hearts:

I only consume 1 tbsp + 2 eat  
a light lunch + ~~for~~ dinner. I do not feel <sup>hungry</sup> at  
lunch or dinner, and have lots of energy.

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Please describe your experience regarding hunger and Hemp Hearts:

The hemp hearts in my smoothie fulfill me until  
noon -

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Please describe your experience regarding hunger and Hemp Hearts:

ON MY CEREAL I USE 2 TBSP. HEARTS - SKIP  
DINNER AND HAVE A BIG SUPPER