

**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:**

Sometimes I forget about lunch. However, I can't really say I don't ~~even~~ eat lunch because I do.

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

WHEN I AM BUSY, I DON'T THINK OF FOOD UNTIL APPROX. 2 P.M.

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

True! I no longer have the mid morning food cravings I used to have. Now I can easily make it thru until my late lunch at 1pm. after eating hemp hearts for breakfast. I have been eating hemp hearts for over 3 years.

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

I find it filling, usually use this in breakfast smoothies.

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Please describe your experience regarding hunger and Hemp Hearts:

My husband doesn't get hungry now until around 3 or 3:30 pm. We take our hemp hearts between 8 and 9 am. I still eat lunch but not half as much!

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Please describe your experience regarding hunger and Hemp Hearts:

This is true.  
I notice that I am not really hungry at lunch.  
If lunch is later it is ok.

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Please describe your experience regarding hunger and Hemp Hearts:

If I eat oatmeal with hemp hearts at 6:30 am, I do not feel hunger pangs until 2:00 pm.

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Please describe your experience regarding hunger and Hemp Hearts:

Your above claim is fairly accurate.