

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 has definitely curbed my appetite and find lunch consists of a piece of fruit and that is sufficient

I do not take the 5 tablespoons as recommended but find 2 tablespoons is enough I take it with yogurt, or cooked or dry cereal. I find I do not feel hungry and therefore do not eat as much. Sometimes I make a smoothie using juice, fruit and Hemp Hearts, very refreshing on a warm morning. I no longer use sugar; find the fruit is enough sweeteners. I do not have high blood pressure and only take 1 prescription drug for hiatus hernia. By taking Hemp Hearts my health is very good and I can walk about 3 miles a day.

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:

YES, WHEN I KNOW I WILL NOT HAVE TIME FOR LUNCH SNACK I TAKE 5 TBLS. OF HEMP HEARTS IN THE MORNING AND FEEL NO HUNGER TILL THE EVENING.

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Please describe your experience regarding hunger and Hemp Hearts:

H.H. seem to control hunger but we eat very regular meals -

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Please describe your experience regarding hunger and Hemp Hearts:

We find that we don't get as hungry as we did before taking Hemp Hearts for breakfast.

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Please describe your experience regarding hunger and Hemp Hearts:

I TAKE JUST 2-3 HEAVING TABLESPOONS IN THE MORNING AND WORK FOOT TIME, BUT DO NOT FEEL HUNGRY AT LUNCH, SO I TAKE A SMALL SNACK.

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Please describe your experience regarding hunger and Hemp Hearts:

We enjoy hemp hearts each morning with breakfast (4 TBSP) we feel satisfied and only require a very light lunch around 1:00 PM.

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Please describe your experience regarding hunger and Hemp Hearts:

I USE A BUN SCOOP IN MY SMOOTHIE EVERY MORNING. I AM VERY ACTIVE & THEREFORE CAN EAT AS MUCH AS I WANT, I DON'T HAVE A REAL LUNCH CRAVING BUT WILL IT IF IT IS AVAILABLE.