

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 have experienced less hunger at lunch time than before I started using them and I am satisfied with just a salad and a cup of tea or a glass of water.

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BECAUSE I LEAD AN ACTIVE LIFE I USUALLY HAVE FRUIT OR A SALAD AT LUNCH TIME BUT IF TIME DOES NOT ALLOW I CAN HAPPILY GO WITHOUT LUNCH.

I CERTAINLY NOTICED A DIFFERENCE WHEN I STARTED HAVING HEMP HEARTS FOR BREAKFAST. PRIOR TO THAT I WAS DEFINITELY HUNGRY AND READY FOR FOOD BY LUNCH TIME.

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Have gone all day with only eating the Hemp Hearts with some oat cereal, due to being very busy, and have not felt any hunger.

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I add 3 Heaping tablespoons of Hemp Heart to my Porridge each Morning (Organic Rolled Oats w/ Buckwheat and/or Quinoa) (Add Hemp Hearts AFTER Cooking) This is the only Breakfast that wards off hunger for me until 1pm or later

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I eat 4 or 5 heaping tablespoons with my cereal and milk for breakfast, and also some fruit.

Hemp Hearts are quite filling so I am not very hungry, but I eat a light lunch + a light supper.

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I find Hemp Hearts - a high protein product and seems to carry me through the morning without want to snack.

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*I would have to say that I believe the hemp hearts are an excellent part of a human's diet and satisfy a much more clean and helpful way to get one's protein and many other essential raw dietary nutrients.
Yes, my hunger was satisfied for many hours. Thanks!*

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I FIND THAT IS CORRECT