

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 it to be true, that hunger is not a problem, when I have eaten 5 heaping tbsps of Hemp hearts in the morning.

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Please describe your experience regarding hunger and Hemp Hearts:

I HAVE TRIED THE FIVE HEAPING TABLESPOONS FULL AND TRUE MY HUNGER LEVEL AT LUNCH TIME WAS VIRTUALLY NIL. BY 3:00 - 4:00 PM AN APPLE OR A FEW CRAPES WOULD SUSTAIN ME TILL SUPPER TIME. BUT I STILL PREFER A SNACK AT LUNCHTIME SO HAVE NOT ADOPTED YOUR SUGGESTED PROGRAM ENTIRELY.

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Please describe your experience regarding hunger and Hemp Hearts:

Definitely curbs hunger.

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Please describe your experience regarding hunger and Hemp Hearts:

I take 3 heaping tablespoons of Hemp Hearts each morning on my cereal. I am not hungry at lunch but eat some days a small Fruit or Salad.

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Please describe your experience regarding hunger and Hemp Hearts:

Since I have been eating Hemp hearts,
I only eat twice a day, don't eat lunch.
Some fruit or Juice in between.

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Please describe your experience regarding hunger and Hemp Hearts:

In the morning I have the five tablespoons of Hemp
Hearts And then I was not hungry And then
in after noon I have a snack and bowl of cereal

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Please describe your experience regarding hunger and Hemp Hearts:

Definitely cuts down on the hunger pangs and encourages
healthier choices for other foods. In

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Please describe your experience regarding hunger and Hemp Hearts:

I consume 2 tbs of Hemp Hearts each morning just after
getting up. I have found that by doing this I have less fatigue
after my 2-3 mile run. I also noticed a decrease in
my appetite.