

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:

Hemp hearts definitely curb your hunger and you still have a "full feeling" at lunch time

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YES THIS STATEMENT IS TRUE AND IT ~~IS~~ ^{FILE}
YOU UP AND NOT HUNGRY FOR MANY
HOURS,

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It was my habit to have a protein shake for breakfast and was always hungry before noon. Since having found Hemp Hearts I am satisfied until 2pm or later.

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Please describe your experience regarding hunger and Hemp Hearts:

I use two heaping tablespoons of Hemp Hearts every morning mostly in my oatmeal. I'm usually good till 2 P.M. or later, before I feel hungry.

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I find Hemp Hearts satisfies my hunger at breakfast allowing me at least 2 hours longer before I am hungry for lunch, this is compared to a breakfast with an egg instead of Hemp

2. I have my breakfast before 6:00 a.m. every morning – except on weekends. I take the usual 5 heaping tablespoon of hemp hearts in a bowl of oatmeal. Although the hemp hearts have a pleasant “nut like” flavour, I occasionally add pure maple syrup or sprinkle cinnamon powder on it. This, I find makes my breakfast rewarding and healthy. My breakfast does not eliminate a midday meal but I desire less food at lunchtime than I used to and still feel “well fed”.

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That's exactly right, I have my 4 or 5 tablespoons every morning with rolled oats, or Raisin Bran. I never get hungry by 11:00 AM anymore. Some days I even miss dinner, But I get hungry by 3 or 4:00 PM

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Please describe your experience regarding hunger and Hemp Hearts:

I do not use five tablespoons each morning as I have it on my porridge or cereal & that amount would be too filling. I use about three tablespoons and I am not hungry at lunch time & we usually have a very light lunch.