

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:

When I eat five heaping tablespoons of Hemp Heart for breakfast I do find I am not normally hungry until after 1 p.m.

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Please describe your experience regarding hunger and Hemp Hearts:

we do find that HH does make us feel full at breakfast so no snacking needed, a light salad for lunch tends to be sufficient.

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Please describe your experience regarding hunger and Hemp Hearts:

Morning Breakfast is 1 cup wild blueberries, 1 cup flour, 4 large tablespoons hemp hearts, milk & sugar. I need very little food for lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

It works as claimed for me.

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Please describe your experience regarding hunger and Hemp Hearts:

I find that I am not hungry even if I miss lunch.  
I have gone 24 hrs without food after taking hemp hearts as directed with no ill effects. This does not happen very often.

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Please describe your experience regarding hunger and Hemp Hearts:

I agree, I use 4-5 T. in a smoothie (fruits & juices) most every morning, not hungry at noon & only eat light foods toward supper time

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Please describe your experience regarding hunger and Hemp Hearts:

I use hemp hearts in my daily green smoothie (vegetables + fruit blended in a vitamix) and find I have no hunger until supper time (6:30 PM)

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Please describe your experience regarding hunger and Hemp Hearts:

Yes, it is true that I can skip lunch and not feel hungry until about 2 to 3pm, even though I don't eat five heaping tbsps of hemp hearts. Most days I eat lunch about 12:30 noon.