

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 add Hemp Hearts to my protein drink that I have for lunch, and have no hunger for about 6 hours when I eat dinner.

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Please describe your experience regarding hunger and Hemp Hearts:

WHEN I THINK ABOUT MY DAILY ROUTINE I FIND IT HARD TO THINK OF WHEN HUNGER EVERY DAY WAS A PROBLEM

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This claim does have credence; but the individual still needs discipline to not eat. The fullness I feel will even last until supper time and I eat a smaller serving.

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Please describe your experience regarding hunger and Hemp Hearts:

At breakfast, usually, about 9:00 A.M., I eat two heaping tablespoons of Hemp Hearts at breakfast and mix it with  $\frac{1}{4}$  cup ground flax and about  $\frac{1}{3}$  cup of pancaked large oats and a handful of raisins and skim milk. With this I can easily keep going until 2:30 - 3:30 in the afternoon when I like to have raw carrots and a bit of pumpernickel. I could go until 5:00 if I had to, without feeling hungry.

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Having a full breakfast as described above, I agree, that I do not get very hungry at lunchtime, which for me means a light and late lunch at 2 pm.



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Please describe your experience regarding hunger and Hemp Hearts:

I usually have four tablespoons in the morning. I add it to fresh fruit and yogurt and find it satisfies my hunger until late in the afternoon when I usually have a small snack.

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Please describe your experience regarding hunger and Hemp Hearts:

delay hunger

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Please describe your experience regarding hunger and Hemp Hearts:

I USE TWO TABLESPOONS OF HEMP HEARTS ALONG WITH ONE TABLESPOON OLD-FASHIONED RAW OATS,  $\frac{1}{8}$  CUP OF FLAX SEED (WHICH MAKES ABOUT A  $\frac{1}{4}$  CUP WHEN GROUND), ONE TABLESPOON OF WHEAT BRAN AND A HANDFUL OF CRANBERRIES. I DON'T GET HUNGRY FOR ABOUT 5 HOURS AND EVEN THEN ONLY NEED A BIT OF FRUIT TO LAST ME UNTIL OUR EVENING MEAL ABOUT 6:30 OR SO. HEMP HEARTS HAVE BEEN THE KEY IN THIS