

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 hemp hearts in the morning for breakfast, I do not need food before or in between meals. I am satisfied and feel full -

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Please describe your experience regarding hunger and Hemp Hearts:

MY FIRST EXPERIENCE WITH HEMP HEARTS WAS THAT I WAS STILL HUNGRY AT LUNCH TIME. THIS WAS BECAUSE I HAD NOT MADE A DAILY ROUTINE OF TAKING HEMP HEARTS; WHEN I GOT INTO THE ROUTINE OF TAKING HEMP HEARTS EVERY MORNING, I FOUND THAT MY HUNGER AT LUNCH TIME WAS SATISFIED WITH A VERY LIGHT MEAL.

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Please describe your experience regarding hunger and Hemp Hearts:

not hungry

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Please describe your experience regarding hunger and Hemp Hearts:

I often do not feel hungry until dinner time - usually have a very light lunch. (I usually take only 3 Tbsp. of H H each am)

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Please describe your experience regarding hunger and Hemp Hearts:

I do not experience hunger, I could easily avoid lunch and find that a fruit or veggies is sufficient

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Please describe your experience regarding hunger and Hemp Hearts:

I find I do not feel hungry and eat less.

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Please describe your experience regarding hunger and Hemp Hearts:

I DO NOT EAT BETWEEN MEALS AND DO NOT EXPERIENCE SO MUCH HUNGER THAT I CAN'T WAIT TIL DINNER TIME!

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Please describe your experience regarding hunger and Hemp Hearts:

*Never have i taken more than 3 heaping table spoon.
It is easy to eat and eat it with 4 tablespoons of yogurt.
i like to eat lunch and dinner.*