

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:

Since I've been adding Hemp Hearts to my diet I am not hungry at lunch time and I eat a salad at around 3:00 PM.

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Please describe your experience regarding hunger and Hemp Hearts:

I have 7 grain cereal plus Hemp Hearts & usually have to remind myself that it's well past lunchtime & I guess I'd better eat.

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Please describe your experience regarding hunger and Hemp Hearts:

I have them in the morning - I really have little desire or need to eat until @ 5 pm.

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Please describe your experiences regarding hunger and Hemp Hearts:

I take my hemp hearts on my cereal in the morning, usually about 2 tbsps. It sustains me until lunch more than adequately. I eat a small lunch (sometimes I'm not hungry) of salad, fruit & a slice of toast.

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Please describe your experience regarding hunger and Hemp Hearts:

I find that I am not hungry before lunchtime.
Our usual lunch is a bowl of homemade soup and fresh vegetables — often a ~~lettuce~~ salad. No bread or rolls.

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Please describe your experience regarding hunger and Hemp Hearts:

I add hemp hearts to a smoothie for breakfast which keeps my hunger at bay for much longer than going without it

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Please describe your experience regarding hunger and Hemp Hearts:

Although I only take about 3 Tablespoons every morning on my toast, that holds me all morning. In fact, I have been working outside in the yard/garden for hours — never feeling hungry or thinking of food till 1-1:30 pm.

EW.

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Please describe your experience regarding hunger and Hemp Hearts:

Consuming three heaping tablespoons of Hemp Hearts in the morning has helped to curb my appetite somewhat.