

**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 seldom miss Hemp Hearts for ~~break~~ breakfast and I am not hungry for lunch make a banana or some fruit, and drink water

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I eat HH daily on cereal and in Bran muffins. I do not feel hungry at noon.

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I have a late breakfast with hemp and do not eat until supper time. I do not feel hungry during the day time

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Hemp hearts are excellent regarding hunger ~~and~~ in-between meal cravings. I often use 3 heaping tablespoons and this amount is sufficient for me. I will always continue to use.

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I personally find that after having H/H with my morning cereal or toast (and <sup>JAM</sup>) it takes very little to satisfy me at lunch.

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my hunger level is definitely reduced - I found also that 4 TBSP. ea AM. was too much for me as I was unable to sleep at night. I cut down to two per day to start and as I have only been on hemp hearts for app 1 1/2 weeks am still on 2 TBSP. per day and definitely am not hungry until dinner. and have lost weight, only about 8-9 lbs - but feel great.

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I take hemp hearts in my morning smoothie daily, along with my husband and mother. After consuming 5 T/day, I do not feel hungry for 4-5 hours afterwards.