

**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 use at most two table spoons of #11 H  
on my fruit with flax seed (ground up)  
And experience little hunger for longer  
than expected.

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**Please describe your experience regarding hunger and Hemp Hearts:**

We have a shake with two heaping  
tablespoons of Hemp Hearts mixed in for  
before breakfast. Between 2 or 3 we have our  
last meal of the day.

**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 NOTICED LESS HUNGER WHEN EATING HEMP HEARTS.

**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:**

Often, actually mostly don't eat  
lunch.

**We claim that because of the essential fat content of Hemp Hearts that unless an individual is considerably overweight or extremely active, most individuals who eat five heaping tablespoons of Hemp Hearts each morning will have sufficient energy until evening. Please describe your experiences regarding energy and Hemp Hearts:**

On the days we do not go to the gym we eat 2 TBSP of Hemp Hearts for breakfast with our poached egg & are satisfied till we have our light lunch.

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**Please describe your experience regarding hunger and Hemp Hearts:**

Yes it is true I don't get hungry as quickly as before I started taking the hemp hearts.

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**Please describe your experience regarding hunger and Hemp Hearts:**

True - one can do without lunch, however, I still have a light lunch.

**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 consume 2-3 tbsp of hemp hearts with my rolled oats every morning between 7-8am. An hour after my breakfast settles I go for a 2 hour bike ride. I never feel hungry before lunch time.