

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.

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Please describe your experience regarding hunger and Hemp Hearts:

It is true I am not hungry until later on in the afternoon.

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 only use 2 heaping tablespoons and am not usually hungry at lunch but I eat a small lunch anyway $\frac{1}{2}$ sandwich & piece of fruit.

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Please describe your experience regarding hunger and Hemp Hearts:

yes, this is true it keeps me satisfied until well after lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

As a baker, I did not associate the lack of feeling hungry with the consumption of hems with breakfast. Only after I retired did I connect the absence of an appetite for any food during the day with these hemp heart

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Please describe your experience regarding hunger and Hemp Hearts:

We aren't hungry till late afternoon

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Please describe your experience regarding hunger and Hemp Hearts:

Eating just oatmeal for breakfast never lasted me for more than about an hour before I would get very hungry and have to eat. While using Hemp Hearts I can last to lunch but I need to have more than a salad.

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Please describe your experience regarding hunger and Hemp Hearts:

I usually eat 2 tbsp - but find I'm not hungry until supper - however I combine them with my "bran flakes"