

**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 usually eat Hemp Hearts in the morning with bran flakes or oat-meal.  
I usually eat 5 or more tablespoons and can confirm that even when working or exercising, I seldom get hungry until late 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 frequently eat a few tablespoons of H.H. at breakfast with fruit or yogurt. I do eat a small lunch because I feel I need it.

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

I use 3 scoops of hearts on yogurt almost every morning for breakfast. I can really say that it keeps my hunger away - By noon on most days I'm ready to eat.

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

I normally consume 3 heaping tablespoons of hemp hearts with oatmeal in the morning. This has definitely resulted in less feelings of hunger by lunch time.

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

I make a fruit smoothie for breakfast with 5 tbsp of hemp hearts in it and I'm not hungry until supper.

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

I only use 2 heaping Tablespoons each morning. I feel it does cut down on my hunger pain.

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

I am only 135 lb and I take 3 heaping tablespoons. That is enough to keep me from being very hungry at noon.

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

My breakfast consists of 2T ground flaxseeds, fruit yogurt + 5T hemp hearts. I am a very busy, active person and don't need lunch until 2.30 or 3 pm.