

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:

Hemp hearts are very satisfying and really reduce the amount of bread I eat.

For almost ten years we have been manufacturing and marketing a food product called Hemp Hearts (shelled hemp seed) which, by laboratory analysis, is an excellent source of protein, omega fats and essential nutrients, but which contains virtually no sugar or starch.

Please describe yourself and the length of time that you have been using Hemp Hearts:

I have been using hemp hearts approximately 2 years. My job is demanding. When I use hemp hearts at breakfast, the energy I get keeps me going till noon + I don't feel hungry or crave anything (ex: coffee with sugar / donuts at work).

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Please describe your experience regarding hunger and Hemp Hearts:

Eating 5 TBSP of hemp hearts has allowed me to reduce my lunch portions considerably and lose weight, then keep it off.

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Please describe your experience regarding hunger and Hemp Hearts:

They are very satisfying & do prevent hunger in a hurry for wife & me. - It also keeps us on weight. As we don't feel need to overeat.

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Please describe your experience regarding hunger and Hemp Hearts:

I have hypoglycemia + need to eat protein for breakfast. I got tired of eating eggs + meat so switched to h.h. when a friend gave me a sample. I make my own yogurt + put 1/3 c of h.h. / little granola + sometimes fruit + that keeps me going for 5 hours. Before, if I ate oatmeal alone - I'd be hungry + shaky within one hour but if I put 1/3 c. of h.h. in the oatmeal - it keeps me going for 5 hrs. I don't like snacking so I'm really pleased w/ h.h.

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:

Since using hemp hearts I find I have more energy during the day, am not hungry mid-morning (my breakfast has stayed the same with only the addition of the hemp hearts. I seem to have a "well being" more constantly.

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Please describe your experience regarding hunger and Hemp Hearts:

My blood sugars stay more level however, I can eat just about anytime if there are sweets around, not because I'm hungry but just because they taste good. I do have less hunger per day + find I eat smaller meals.

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Please describe your experience regarding hunger and Hemp Hearts:

I do not get hungry. I haven't tried losing weight. This is the best I felt in yrs. I do my own garden + housework. I no sore spots.