

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 feel that my breakfast holds me longer when I eat hemp hearts. On days that I forget my hemp hearts I get hungry much earlier in the day.

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Please describe your experience regarding hunger and Hemp Hearts:

I'm in Sales & on the road quite a bit. I eat my hemp hearts everyday with fruit & yogurt and often I don't get hungry until dinner

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Please describe your experience regarding hunger and Hemp Hearts:

I have used the hearts at breakfast & in the afternoon 2 Tbsp to curb hunger, when they weren't used at lunch they give me a bit of energy & are very satisfying due to the fat content.

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Please describe your experience regarding hunger and Hemp Hearts:

Yes this is my case. I feel full.

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Please describe your experience regarding hunger and Hemp Hearts:

True. Since I've added hemp hearts to my regular breakfast I can work way past lunchtime with full energy and without hunger pangs.

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Please describe your experience regarding hunger and Hemp Hearts:

I use about 5 ³ tsp on my porridge at breakfast & after don't need lunch till 1:30-2pm. I feel satisfied for a long time after breakfast

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Please describe your experience regarding hunger and Hemp Hearts:

Take 3 heaped Tablespoons
No hunger till late afternoon

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Please describe your experience regarding hunger and Hemp Hearts:

I work physically in my vinyard all day and since the addition of hemp to my breakfast I last well into late afternoon before I start getting hungry again.