

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:

Every morning I eat 5 tbsp hemp hearts with yogurt and am not hungry for lunch until nearly 1 PM

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:

I have more energy and only eat an orange plus cottage cheese for lunch and am not hungry until I have supper

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:

Mostly don't eat lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

I put them on my breakfast in the morning. I have no problem with hunger pangs.

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 love hemp hearts because they provide me with an excellent protein that tastes excellent and is inexpensive. It also keeps me satisfied for a long time - I eat $\frac{1}{4}$ c in the morning and don't get hungry until about 2 p.m.

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 take 2 (TS) every morning and I don't feel hungry til 3 PM

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Please describe your experience regarding hunger and Hemp Hearts:

I use it with porridge in the morning but I still get hungry around 2.00

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Please describe your experience regarding hunger and Hemp Hearts:

I agree with this claim as usually have fruit or cottage cheese at lunch time or yogurt or soup.
