

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:

Definitely not hungry until around 3pm.
and then light lunch gets me through until
supper @ 6:30-7pm

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Please describe your experience regarding hunger and Hemp Hearts:

NO HUNGER AT LUNCH

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 find that Hemp Hearts provide an excellent between
meals snack that are satisfying + eliminate the need
for a meal

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Please describe your experience regarding hunger and Hemp Hearts:

I take 3-tablespoons of Hemp Hearts
some mornings and yes my appetite
for lunch has gone down.

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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 FILLING, AND BECAUSE THEY ARE SO HIGH IN PROTEIN, WE FIND THAT WE DO NOT GET HUNGRY AS QUICKLY, AND WE FIND OURSELVES EATING LESS THROUGHOUT THE DAY. THEY ARE VERY SATISFYING.

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Please describe your experience regarding hunger and Hemp Hearts:

I take 3-4 tablespoons of Hemp Hearts almost every morning and yes, my appetite for lunch has drastically diminished.

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:

We do not consume quite that much - more like 1-2 T - but it does help to carry us through to the next meal.

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Please describe your experience regarding hunger and Hemp Hearts:

Satisfies hunger for a few hrs afterwards