

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:

When I have 5-6 heaping tablespoons of Hemp Hearts in the morning, I generally skip lunch as I am not hungry and my energy is good.

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Please describe your experience regarding hunger and Hemp Hearts:

It is true for me that they quench the need for snacking and am not hungry at lunch time - but eat a small lunch. No more craving for chocolate or junk foods.

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Please describe your experience regarding hunger and Hemp Hearts:

Every day (morning) I take my hemp hearts for breakfast and I do not feel hungry till one or two o'clock, I feel completely satisfied. My blood sugar stays even - no drop. They give.

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Please describe your experience regarding hunger and Hemp Hearts:

ALTHOUGH I DO FOLLOW THE REGIMEN YOU DESCRIBE, I STILL EAT SOMETHING FOR LUNCH HOWEVER IT'S PARTLY HABIT AND I EAT LESS DURING THE DAY, ALSO, NOT AS HUNGRY IN THE EVENING.

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Please describe your experience regarding hunger and Hemp Hearts:

Every morning I add 3-4 table spoon of hemp hearts to any kind of breakfast I have whether it is serial, omelet or sandwich with honey. I feel full of energy and have quite small lunch compare to what I used too. when I come from work I add 2-3 T spoons to my evening soup and feel satisfied.

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Please describe your experience regarding hunger and Hemp Hearts:

I have higher acidity in my stomach and used to eat very often. I feel that I can go for longer break between food consumption.

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:

because hemp hearts could be easily added to many steamed vegetables, soups, salads or serials as the taste will not be altered. Instead the hunger is satisfied much faster and you do experience bigger time interval before next meal. Therefore you have fewer meals and a lot of vigor.

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Please describe your experience regarding hunger and Hemp Hearts:

I found your claims to be very accurate.
Definetly satisfies hunger.