

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 eat 4-5 tbs of HH w/ breakfast I am able to ~~feel~~ avoid hunger until about 4 pm. Bkfst is @ 5 am - 6 am. I do eat a snack @ 10 am and lunch at noon, but never feel hungry before.

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 can say for me I have enough energy to ~~last~~ last until supper ~~time~~ + that's usually not a large meal.

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Please describe your experience regarding hunger and Hemp Hearts:

I eat the required amount every morning with my yogurt + fruit and I find that I am not hungry at lunch like I am if I don't eat them.

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Please describe your experience regarding hunger and Hemp Hearts:

I eat 4 tbs each day and my appetite is reduced for lunch + dinner. I am healthy + have lost ~~weight~~ weight which I wanted to do.

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We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day.

Please describe your weight control experiences with Hemp Hearts:

I WAS NEVER REALLY OVRWEIGHT, BUT I NOW WEIGH 140 lbs. WHICH IS (IN MY OPINION) SLIGHTLY MORE THAN I WOULD LIKE TO BE. EATING HEMP HEARTS ~~SATIS~~ SATISFIES ME FOR THE DAY, BUT I BELIEVE WE NEED MORE PROTEIN SO I ALWAYS HAVE FISH OR A HEMP PROTEIN SHAKE WITH MY EVENING MEAL.

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Please describe your experience regarding hunger and Hemp Hearts:

When using Hemp Hearts I have a great deal of energy and find I am not as hungry as before.

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Please describe your experience regarding hunger and Hemp Hearts:

I found hemp hearts used at breakfast kept me satisfied until lunch & beyond. If I had to miss lunch I barely noticed.

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Please describe your experience regarding hunger and Hemp Hearts:

I have found that my appetite has been better managed since eating hemp hearts.