

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:

EACH MORNING AT BREAKFAST (8:00 AM:) BREAKFAST CONSISTS OF AT LEAST 5 HEAPING TABLESPOONS OF HEMP HEARTS, APPLE SAUCE OR A SLICED FRUIT, HEMP GRANOLA, SOY MILK. I WORK EITHER IN THE YARD OR SOME OTHER INTENSE PHYSICAL (LOVE IT). THE ONLY THING I CONSUME DURING THE DAY IS APPROX. 3 TO 4 LITRES OF WATER. MY EVENING MEAL STARTS AT 8: PM - RAW VEGGIES - SOMETIMES STEAMED, WITH FISH FOR PROTEIN.

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Please describe your experience regarding hunger and Hemp Hearts:

when I miss a morning eating Hemp Hearts I am irritable all day. I find I can have my fruit & Hemp Hearts in the am. and I do not eat as much.

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Please describe your experience regarding hunger and Hemp Hearts:

I eat 5 T hemp hearts each morning with yogurt & sometimes a banana. I will get hungry around lunch time tho. If I don't eat hemp hearts I am hungry "all the time", snacking all the time.

For almost ten years we have been manufacturing and marketing a food product called Hemp Hearts (shelled hemp seed) which, by laboratory analysis, is an excellent source of protein, omega fats and essential nutrients, but which contains virtually no sugar or starch.

Please describe yourself and the length of time that you have been using Hemp Hearts:

I have been using hemp hearts for approx. 3 years now. I am a care aide and find the hemp hearts a good food source as at times I do long hours. and I am very active in my job.

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Please describe your experience regarding hunger and Hemp Hearts:

My hunger is decreased and I eat less for lunch and less carbohydrates than I used to.

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:

IF I EAT SUFFICIENT HEMP HEARTS IN THE MORNING, I DON'T BEGIN TO FEEL HUNGRY TILL APPROX. 7 OR 8 PM

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Please describe your experience regarding hunger and Hemp Hearts:

I take 5 table spoons of hemp hearts with my carnation instant breakfast every morning. It keeps me from being hungry until supper time with out having lunch and keeps my energy level up all day.

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Please describe your experience regarding hunger and Hemp Hearts:

I am full for a longer period of time when I have them in the morning.

longer  
energy  
benefit