

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 am hungry but am very active - run 10K 3 times a week plus 16-26K on the weekend, swim 1K twice a week, lift weights twice a week, and will be cycling 4-6 hours a week beginning in 2 weeks. Used to be starving by 10am. - can now go til noon.

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Please describe your experience regarding hunger and Hemp Hearts:

Have reduced the amount eaten for lunch PLUS require little (if any) starches in order to ~~feel~~ feel full for the day.

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Please describe your experience regarding hunger and Hemp Hearts:

This statement is true as it relates to what I have experienced, except that I have not had to take the 5 tablespoons - appr. 3 tbs.

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Please describe your experience regarding hunger and Hemp Hearts:

I eat hemp hearts every morning with a healthy breakfast and always find I am not hungry until mid-afternoon.

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Please describe your experience regarding hunger and Hemp Hearts:

My experience agrees with the above statement

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 really fill me up.

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Please describe your experience regarding hunger and Hemp Hearts:

When I eat a good amount in the morning I notice that I am not hungry at lunch time - approx. $4\frac{1}{2}$ hours later. I am sustained for the morning.

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Please describe your experience regarding hunger and Hemp Hearts:

I eat a salad or soup for lunch but not very hungry