

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:

After eating Hemp Hearts for breakfast, I am not ravenously hungry at lunchtime. I eat a small salad for lunch, and a stir-fry^(vegetable) for supper and am more than satisfied.

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:

Since using hemp hearts I seldom need anything to eat until three P.M.

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:

Being hypoglycemic I am hungry + need to eat at least every 2 hrs. Since using 5tbsp of hemp hearts ~~is~~ in the morning with my breakfast I amazingly dont have to eat until 2 or 3 pm. 6-7hrs!!
)

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:

They sustain me for 6-7 hours without getting hungry.

A0157

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:

By eating hemp hearts with my cold or hot cereal in the morning, I do not get a "sugar low" in the late morning and am not superhungry for 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:

Your claim is true. I have experienced exactly as above.

2.) I normally eat about three heaping tablespoons of hemp hearts each day for breakfast, along with a topping of hemp granola and fruit with hemp milk. Frequently I will miss or have a late lunch - normally cheese and crackers and an apple - because I am not hungry. I usually get hungry in the late afternoon and eat at six.

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 hemp hearts with oatmeal in the morning, or with fruit and yogurt I am able to go until mid-afternoon without feeling hungry. This is often necessary as business demands impose an irregular schedule.

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:

If I have the full serving in another food or eat part of the protein bars I feel full usually for at least 4 hrs. At lunch I do not have the cravings for starch. I feel satisfied from the Hemp Hearts because they have the healthy fats to keep individuals full.