

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 only eat a light lunch and no longer have cravings or need to have a snack between meals.

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Please describe your experience regarding hunger and Hemp Hearts:

When I have my cereal at breakfast I include 1/2 cup of Hemp Hearts + only have a light lunch and a modest supper yet feel satisfied all day.

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Please describe your experience regarding hunger and Hemp Hearts:

If I eat 3-4 Tbsp I am not hungry until lunch. I make a smoothie with fruit, H₂O + hemp hearts. The h.c. satiates me completely and leaves a happy feeling of well-being when I eat than I do not crave starch

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Please describe your experience regarding hunger and Hemp Hearts:

I feel much more level/stable/balanced/calm + satiated with hemp hearts - pure protein (Vegetarian) (no more hypoglycemic feelings)

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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 feel strong and content ~ less craving for food & more satiated.

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Please describe your experience regarding hunger and Hemp Hearts:

Hemp Hearts keep me from being hungry around 11:00 a.m. like I was before. Also because I have low blood sugar, they keep me from having crashes throughout the day.

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Please describe your experience regarding hunger and Hemp Hearts:

mixing 5 spoons with organic cottage cheese
incl bin OK till from 7³⁰ AM - 2 PM

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Please describe your experience regarding hunger and Hemp Hearts:

I've found Hemp Hearts to be very filling and satisfying. I consistently eat Hemp Hearts first thing in the morning and find it to be the best way to kick off my day. No matter how active I am in the morning I remain full of energy and don't have to eat again till the after noon.