

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've consistently noticed over the years that on the days I don't have HH for breakfast I'm snacky by mid-morning and usually succumb to an early (11³⁰/12⁰⁰-ish) lunch. But by including HH daily and staying hydrated I find I don't ever have intimations of hunger until about 1³⁰/2⁰⁰ pm at which time I'll have my lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

Don't feel hungry at all - however consume well balanced meals & Mon-Fri almost totally eliminate starches & carbs, & eat whatever I choose on the weekends.

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Please describe your experience regarding hunger and Hemp Hearts:

The above is absolutely true. My body does not have cravings for food. The protein is a long lasting source of energy.

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Please describe your experience regarding hunger and Hemp Hearts:

Hemp Hearts definitely curbs my appetite and I usually have yogurt & fruit ^{fresh} with them morning or for lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

WHEN I EAT 1/4 CUP OF HEMP HEARTS WITH BLENDED FRUIT AND/OR VEGGIES IN THE MORNING, I HAVE VASTLY REDUCED APPETITE THROUGHOUT THE REST OF THE DAY.

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Please describe your experience regarding hunger and Hemp Hearts:

I USUALLY NOT HUNGRY TILL LATE AFTERNOON
I WALK 7 KM. EVERYDAY I DO WEIGHT EXERCISES EVERY MORNING FOR 1 HOUR

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Please describe your experience regarding hunger and Hemp Hearts:

I HAVE 5 HEAPING TBSPS. OF HEMP HEARTS WITH OATMEAL EVERY MORNING AND AM NOT HUNGRY UNTIL NOON. THEY ARE FILLING AND CURB THE HUNGER.

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Please describe your experience regarding hunger and Hemp Hearts:

I FIND THAT I AM LESS HUNGRY AND HAVE WAY MORE ENERGY ALL THROUGHOUT THE DAY.