

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 can easily go without eating at noon.

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Please describe your experience regarding hunger and Hemp Hearts:

I eat about 5 tablespoons with my fruit + yogurt every morning. It keeps me full for hours abt better than when I had bran cereal every morning.

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Please describe your experience regarding hunger and Hemp Hearts:

Found hemp hearts help control my appetite.

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Please describe your experience regarding hunger and Hemp Hearts:

I usually only take 3-4 tablespoons (heaping) with my cereal and I never feel hungry until after noon. I usually only have something small for lunch with tea.

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Please describe your experience regarding hunger and Hemp Hearts:

I use Hemp Hearts on my cereal or porridge + do not have that ravenous hunger by lunch A0162

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Please describe your experience regarding hunger and Hemp Hearts:

When used for breakfast, we are able to get through the working day with a light snack of fruit or nuts and are able to have a healthy, homemade meal at the end of the day.

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Please describe your experience regarding hunger and Hemp Hearts:

I EAT ABOUT 12 TEASPOONS OF HEMP HEARTS EACH MORNING, MIXED WITH CRUSHED OATS AND MUESLI AND YOGHURT. I AM NOT HUNGRY AT LUNCH. SO I CAN HAVE ONLY A HANDFULL OF ALMONDS AND 2 APPLES FOR LUNCH. THIS LASTS ME UNTIL I GET HOME AND HAVE DINNER AT 6 PM.

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Please describe your experience regarding hunger and Hemp Hearts:

This actually does work I eat it with my cereal every morning and you don't feel as hungry during the rest of the day.

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Please describe your experience regarding hunger and Hemp Hearts:

As a Sr. Citizen I can depend on the above claim - With BRAN Buds, Cranberries, fruit (orange, pineapple etc) + Hemp Hearts is all that I need.