

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:

For breakfast I typically eat 3 tablespoons of Hemp Hearts with fruit such as blueberry or/and banana. ~~at 7am~~ (around 7am). I am able to ~~consume~~ ^{pass the morning needing} only water even ~~from breakfast to lunch time~~ though I have a fast metabolism and generally need an extra snack.

2

We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day.

Please describe your weight control experiences with Hemp Hearts:

As I have eaten Hemp Hearts & use the hemp oil in salad dressings & cooking for so many years now I don't need to lose weight. My scales read the same each morning 130 lbs. I love vegetables & salads.

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've noticed a significant difference in Energy levels. On days when I cannot eat the hemp hearts, I seem to crave more caffeinated beverages to stay alert. If I eat them too late in the day I can have trouble falling asleep.

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Please describe your experiences regarding energy and Hemp Hearts:

I have greater energy now that I'm off the sugar roller coaster.

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Please describe your experiences regarding energy and Hemp Hearts:

I believe hemp hearts give extra energy because I don't drink as much coffee as I used to before starting taking hemp hearts

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Please describe your experience regarding hunger and Hemp Hearts:

I grind hemp hearts using a coffee grinder and take two heaping table spoons full 7:30 AM. each morning. A light breakfast and work till 12:30 in my wood shop garden lawn and house. A light lunch. Lighter supper.

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Please describe your experience regarding hunger and Hemp Hearts:

I eat less food & most days only 2 meals; lots of salads fruit & grains, all organic & local when ever possible. I'm very active in my garden & grow vegs, salads, lettuce, Tom's, beans, garlic & many other vegies. My weight stays the same month after month.

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Please describe your experience regarding hunger and Hemp Hearts:

Weight is not a problem for me. However, I have found that with hemp hearts being part of my diet I make healthier choices, ~~for my diet~~, because that is what I crave.
food