

**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 normally eat either  $\frac{1}{3}$  of a "Macaroni & Cheese" dish or a 3 heaping Tbsp of seeds in yogurt for breakfast about 4-5 x /week. On these days, I find I am not hungry until 2-3pm at which time a fruit snack is good until dinnertime.

**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:**

- People comment on my energy - I eat small lunch & supper
- Same for my husband

**We claim that because of the protein content of Hemp Hearts those who eat five heaping <sup>6 or 7 Tbsp</sup> 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 use only two tablespoonsful on cereal as I find I am "too loose" with more. ~~By~~ I do have a small lunch such as carrot sticks, hummus, crackers, yogurt & fruit.

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**Please describe your experience regarding hunger and Hemp Hearts:**

At first I did not feel hungry at lunch time, however now I am, but I can easily eat less and food of a healthier nature

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 experiences regarding hunger and Hemp Hearts:

I use hemp hearts most mornings. I know for a fact that the days I consume them, I do not need or want to eat until early/late afternoon. I do not crave bread as I usually do. The days I do not eat the hemp in the morning, I find I am 'snacking' on anything the rest of the day.

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Please describe your experience regarding hunger and Hemp Hearts:

I find that I am not hungry for a minimum of 3 hours after I eat Hemp Hearts. I am quite satisfied with a bowl of soup or a salad at lunchtime, after eating H Hearts for breakfast.

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Please describe your experience regarding hunger and Hemp Hearts:

I have 4 table spoons with a banana & Milk in a shake and this sustains me well into lunchtime. In addition, because I don't eat bread (starches) in the morning, I find I crave them much less during the day.

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Please describe your experience regarding hunger and Hemp Hearts:

I eat regularly - including lunch but I'm not starving at lunch. I can go without til later in the day.