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 have not used hemp hearts to the extent of 5 tablespoons. I use 3. But I have noticed that I do not require much starch at lunch.

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 do not really use Hemp Hearts in this way. I add 2T of Hemp Hearts to my fruit smoothie every morning. I also add them to smoothies for my grandchildren. For lunch, I am very satisfied with a light soup and fruit.

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 am quite active and do need something before evening. Usually, ~~a~~ fresh fruit or vegetables for a snack is enough.

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 tend to snack less and make better healthier choices for lunch + dinner

For almost ten years we have been manufacturing and marketing a food product called Hemp Hearts (shelled hemp seed) which, by laboratory analysis, is an excellent source of protein, omega fats and essential nutrients, but which contains virtually no sugar or starch.
Please describe yourself and the length of time that you have been using Hemp Hearts:

When I started doing energy work I was required to increase the amount of protein I consumed. H.H. was a great way to do that w/o consuming the high calories foods like Power Bars. I don't digest meat very well so it was a great alternative.

For almost ten years we have been manufacturing and marketing a food product called Hemp Hearts (shelled hemp seed) which, by laboratory analysis, is an excellent source of protein, omega fats and essential nutrients, but which contains virtually no sugar or starch.
Please describe yourself and the length of time that you have been using Hemp Hearts:

I am an active 49 year old PE teacher. I use hemp hearts as a protein source in my morning smoothies. They prevent rapid blood glucose drops so I can work a full morning, be active & not need to eat to re-elevate my blood.

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:

HEMP HEARTS DO INCREASE MY ENERGY LEVEL. I FEEL LESS FATIGUED ~~AT~~ DURING DAY. I ALSO SLEEP MUCH BETTER AT NIGHTS. I FIND THAT I ALSO AM MORE SATISFIED WITH SALADS FOR LUNCHES.

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:

Hemp Hearts stop my snacks between meals so I don't need starches or sugar between meals.