

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:

I don't have weight problem but Hemp Hearts keeps it under control

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I believe that would be the case I didn't need to lose weight so I have different meal choices, but have been maintaining my weight -

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I do not have to be that restrictive. In fact since I've been taking hemp hearts my body size seems to remain O.K. no matter what I eat

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Please describe your weight control experiences with Hemp Hearts:

My weight has been a constant 160 lbs for the past 55 years, except for the last 3 years following my hip replacement - right now June 3/08, it is again 159-160 lbs, and hemp hearts have helped me drop the 7 lbs.

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Please describe your weight control experiences with Hemp Hearts:

I have continued to eat a light lunch. Soup
wheat free bread - toast or sandwiches, or salad.
My weight has stabilized at 155# - no concern there

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Please describe your weight control experiences with Hemp Hearts:

I am pleased with my weight control

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Please describe your weight control experiences with Hemp Hearts:

Although I do not follow the recommendations above
my weight has remained stable, even with the additional
calories in the HAs.

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:

My morning hemp heart (4 tablespoons) with yogurt
or prridge allows me to work all morning
and have a light lunch at 1 PM or so - my
weight control problems have significantly diminished
as a result.