

✓ 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:

After four years of using Hemp Hearts (five tablespoons ~~at~~ breakfast) regularly, I have had no problems with weight. If I travel, I take my Hemp Hearts with me.

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Please describe your weight control experiences with Hemp Hearts:

Weight has not been a problem for me, but my weight has shifted, with no tummy. I like the way I look.

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Please describe your weight control experiences with Hemp Hearts:

Ideal weight, with hemp hearts & exercise.

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 have a weight problem, I'm sure Hemp Hearts keeps my weight steady, even at my age 86 and my less active lifestyle.

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Please describe your weight control experiences with Hemp Hearts:

I am not using Hemp to lose weight deliberately, but have lost about 5 lbs. in 8 months.

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Please describe your weight control experiences with Hemp Hearts:

I feel it helps to keep my weight constant and not over.

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Please describe your weight control experiences with Hemp Hearts:

my breakfast last me until ~~at~~ about 3-4 P.M. Then I have a salad. I don't have a weight problem.

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Please describe your weight control experiences with Hemp Hearts:

Have lost 10 lbs in last year.

5. Although I am slightly overweight, I have managed to keep my weight in check by consuming more fruits and vegetables instead of fatty or starchy foods. With the help of a satisfying breakfast my need for calories have been reduced.