

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:

Even with just 2 large servings of hemp seed I am not making a big lunch or supper. So have maintained my weight at 115 lbs - just where I want to be

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:

NO WEIGHT GAIN

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 HAVE MAINTAINED MY WEIGHT. HOWEVER IF I WAS FOLLOWING THE VEGETABLE DIET I KNOW I WOULD BE LOSING WEIGHT, AS I DO NOT HAVE CRAVINGS.

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Please describe your experience regarding hunger and Hemp Hearts:

Eating 5 TBSP of hemp hearts has allowed me to reduce my lunch portions considerably and lose weight, then keep it off.

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Please describe your weight control experiences with Hemp Hearts:

My weight control is very normal when I eat hemp hearts every morning.

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Please describe your experience regarding hunger and Hemp Hearts:

I WHOLEHEARTEDLY SUPPORT THE STATEMENT OF LACK OF HUNGER PERIOD (LUNCH) DURING MID-DAY. WITH THE CESSATION OF MID-DAY STARCH AND A COMMITTED DAILY EXERCISE PROGRAM, I MAINTAIN A NORMAL WEIGHT REGIMINE AND FEEL GREAT.

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Please describe your weight control experiences with Hemp Hearts:

Have maintained the same weight I have not gained, yet have not been on a diet.

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Please describe your weight control experiences with Hemp Hearts:

I cannot say that I have lost one pound a day. To lose weight was not a priority. However, my weight no longer fluctuates but remains fairly constant. My weight is right for my age and height.