

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:

My goal has been to maintain my present weight so I eat 3 meals a day and maintain — I don't diet anymore!

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Please describe your weight control experiences with Hemp Hearts:

I was already at a healthy weight when I started using them 3 months ago (BMI - Body Mass Index - of 25) and have lost a few pounds (BMI 24.5), but I eat a lot in the day too so that's why I haven't lost more. I'm already happy with weight & fitness level so this is good for me.

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Please describe your weight control experiences with Hemp Hearts:

Eating our modified (2 tablespoons for breakfast) I was able to lose 10 pounds in 2 months and have kept it off for almost a year.

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Please describe your weight control experiences with Hemp Hearts:

Hemp Hearts contribute significantly to my steady normal weight.

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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 EAT A MUCH SMALLER LUNCH AND SMALLER PORTIONS AT BREAKFAST AND DINNER TO. WHEN I DON'T USE HEMP HEARTS, I GAIN WEIGHT... SIMPLE AS THAT!!!

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Please describe your weight control experiences with Hemp Hearts:

I have been able to maintain my weight since the use of hemp hearts although I am not really following a diet. I consume less starchy foods.

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Please describe your weight control experiences with Hemp Hearts:

My morning breakfast consists of 5 heaping tablespoons of Hemp Hearts with a mixture of at least 4/5 fresh or frozen fruits, yogurt or cottage cheese. This keeps my weight in check and, whenever I feel the need to lose more weight, I just have a veggie salad in the evening. After eating this type of breakfast, I do not get hungry until my evening meal. Hemp Hearts takes care of me!

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Please describe your weight control experiences with Hemp Hearts:

I do go off the wagon occasionally but maintaining my optimum ~~weight~~ weight is always in easy reach.
 ~~avoiding calories~~
 The energy allows me to exercise now as well
