

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:

Certainly can tell you are getting requisite nutrients as really do not experience hunger

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Please describe your experience regarding hunger and Hemp Hearts:

The above claim/statement is true for me!
I do believe it staves off my natural cravings for carbohydrates & starches

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It has been effective helping curb my appetite.

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Please describe your experience regarding hunger and Hemp Hearts:

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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:

My husband and I both use it each morning with yogurt. I do not have the sugar lows before lunch, and sometimes do not eat or feeling hungry until 2:00pm. We use about 2 heaping tablespoons each. My husband doesn't need or crave a sweet bun before lunch either.

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Please describe your experience regarding hunger and Hemp Hearts:

I cannot eat wheat, dairy, or sugar, and I must eat frequent small meals. If I did not have my morning helping of hemp hearts I would be ravenous by noon — but I cannot go without lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

Both my husband + I and friends who use hemp hearts find that they are not hungry + snacking mid morning if they put hemp on our cereal.

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Please describe your experiences regarding hunger and Hemp Hearts:

Hemp Hearts definitely keep away hunger pangs. On occasions when I have not had Hemp Heart for breakfast I will get hungry well before the afternoon.