

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 use 2-3 tablespoons hemp hearts each morning and I don't feel hungry until lunch time.

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Please describe your experience regarding hunger and Hemp Hearts:

I^(+husband) do find that eating hemp hearts reduces hunger. I am able to go much longer without craving food - practically all day, if I have the 5 tbsp. of hemp.

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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:

We have experienced the cessation of hunger (if we eat 5 tbsp. of hemp at breakfast) until late evening.

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Please describe your experience regarding hunger and Hemp Hearts:

I only eat 3 tablespoons each morning with a bowl of Raisin Bran Cereal & milk.
I am not hungry & do not eat until about 7 PM.
If I am with people at lunch I will have lunch but am not hungry.

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Please describe your experience regarding hunger and Hemp Hearts:

When I include scoops (2) into my morning shake I am well satisfied until 3:00 pm

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Please describe your experience regarding hunger and Hemp Hearts:

Without hemp hearts I am hungry again in 2-3 hours. With the same meal with them I easily go 4-5 hours.

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Please describe your experience regarding hunger and Hemp Hearts:

I NOTICE THAT I AM MORE HUNGRY IF I MISS TAKING HEMP HEARTS WITH MY MORNING OATMEAL. I DON'T HAVE A WEIGHT PROBLEM & AM LOOKING FOR A MORNING PROTEIN SUPPLEMENT.

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Please describe your experience regarding hunger and Hemp Hearts:

Basically I am not very hungry