

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:

The above statement is true, I usually eat 3-4 Tbsp. of hemp hearts on my cereal, fruit or yogurt. Sometimes I eat the hearts right off the spoon.

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Please describe your experience regarding hunger and Hemp Hearts:

I love my Hemp Hearts and eat them mostly as you suggest for breakfast with either fruit or vegetables sliced into them with 1% milk or yogurt. My second choice is to add 2 T. to a cooked cereal and the result is much the same - I'm not hungry till mid-afternoon.

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Please describe your experience regarding hunger and Hemp Hearts:

I take 2 (TS) every morning and I don't feel hungry til 3 PM

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Please describe your experience regarding hunger and Hemp Hearts:

When I take the full amount of Hemp Hearts - I can easily go without lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

I HAVE NOT YET CONSUMED THE SUGGESTED AMOUNT OF HEMP HEARTS (5 TOSP.) BUT I DO CONSUME 4 HEAPING TSP. WITH MY CEREAL IN THE MORN. AND AM RARELY HUNGRY AT NOON SO REQUIRE A VERY LIGHT LUNCH.

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Please describe your experience regarding hunger and Hemp Hearts:

Having Hemp Hearts for breakfast will keep me until about four o'clock in the afternoon

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Please describe your experience regarding hunger and Hemp Hearts:

I agree with this claim as usually have fruit & cottage cheese at lunch time or yogurt or soup.

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Please describe your experience regarding hunger and Hemp Hearts:

I frequently eat a few tablespoons of H.H. at breakfast with fruit or yogurt. I do eat a small lunch because I feel I need it.