

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:

OVERALL - LESS HUNGRY -
EAT SMALLER PORTIONS THROUGHOUT THE DAY (FRUIT, VEGGIES,
ETC.)
EATING MUCH HEALTHIER

We claim that because of the essential fat content of Hemp Hearts that unless an individual is considerably overweight or extremely active, most individuals who eat five heaping tablespoons of Hemp Hearts each morning will have sufficient energy until evening.

Please describe your experiences regarding energy and Hemp Hearts:

I have lost my excess fat since
I've been using hemp hearts because I don't
eat as much.

We claim that because of the essential fat content of Hemp Hearts that unless an individual is considerably overweight or extremely active, most individuals who eat five heaping tablespoons of Hemp Hearts each morning will have sufficient energy until evening.

Please describe your experiences regarding energy and Hemp Hearts: I have noticed that my energy level has greatly improved since taking Hemp Hearts. I prefer to eat a light lunch of blueberries and yogurt with almonds + walnuts. My day starts at 5:30 AM - waiting til evening is too long a wait without another meal.

2.

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 DON'T HAVE A WEIGHT PROBLEM BUT EATING LESS AND
STILL HAVING THE ENERGY TO DO EVERYTHING CAN'T BE
A BAD THING

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Please describe your experiences regarding hunger and Hemp Hearts:

I consume my Hemp Hearts each morning & find a salad with some protein's ^(lunch) adequate until the evening meal.

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Please describe your experience regarding hunger and Hemp Hearts:

I find it to be a good base to keep meal portion sizes small for both lunch & dinner.
My snacks are small and usually healthy as that is what I crave.

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Please describe your experience regarding hunger and Hemp Hearts:

I take mine with fruit and a little flakes and some yogurt / cottage cheese. I have no need for snacks and have enough energy.

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Please describe your experience regarding hunger and Hemp Hearts:

If I faithfully use 5 heaping tablespoons of H H everyday, it takes the urge to eat starches & sweets away I don't over eat at lunch or evening meal.