

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:

HEMP HEARTS KEEP ME GOING FROM 7 AM - 12 NOON AT WHICH TIME I GET HUNGRY. I EAT A SALAD WITH 2 SLICES OF MADE WITHOUT FLOUR BREAD. FOR BREAKFAST I EAT A SMALL BOWL OF OATMEAL WITH HEMP HEARTS

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Please describe your experience regarding hunger and Hemp Hearts:

I usually eat breakfast late, around 10:30 am and I can, most days get away with eating a very light lunch around 3 pm. It really keeps me feeling full.

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Please describe your experience regarding hunger and Hemp Hearts:

Use 3 tbsps of hemp daily, usually eat only breakfast & supper around 5 pm. Some ~~snacks~~ snacks of fruits during day, but usually not very hungry.

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Please describe your experience regarding hunger and Hemp Hearts:

LIVING ON A FARM WE EAT 3 MEALS A DAY REGARDLESS BUT I FIND I NEED A MUCH SMALLER LUNCH & NEVER SEEM TO FEEL HUNGRY.  
Bob 7

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Please describe your experience regarding hunger and Hemp Hearts:

I put hemp hearts on my cereal in the morning and I work through the day. Then realize at approx. 3 P.M. I haven't had my yogurt and apple.

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Please describe your experience regarding hunger and Hemp Hearts:

THEY REALLY DO MAKE YOU FEEL SATISFIED WITHOUT THE SLUGGISH, STUFFED FEELING!

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Please describe your experience regarding hunger and Hemp Hearts:

Yes, I usually am not hungry for 6 hrs after lunch. I crave only fruits + veg. now.

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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:

Weight reduced but do  
eat light mid afternoon  
e.g. apple  
or raw veg