

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 eat 3 level tablespoons and don't eat till around 1 o'clock usually fruit with cheese + crackers - something light

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Please describe your experience regarding hunger and Hemp Hearts:

I typically consume 2 heaping TBSP on cereal or yogurt each morning & eat a light lunch of soup or cooked veg's + rice. I don't experience any hunger during the morning. If I experience mid-aft. hunger I will eat another 1-2 TBSP Hemp Hearts + this will carry me until dinner.

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Please describe your experience regarding hunger and Hemp Hearts:

Curbs your appetite completely.

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Please describe your experience regarding hunger and Hemp Hearts:

Very helpful & true although I only do 2 tablespoons on granola/porridge - it all holds me easily til lunch. Used to get hungry 2 hrs after breakfast

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Please describe your experience regarding hunger and Hemp Hearts:

We are able to go without a snack before lunch after eating 3 tbsp. hemp hearts with 1/3 c. oatmeal at breakfast.

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:

No need for evening snack.

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Please describe your experience regarding hunger and Hemp Hearts:

I have 1/4 cup each morning with cereal (home made granola using old fashioned roll oats (organic) and fruit. I do not have an A.M. snack and have a light lunch

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Please describe your experience regarding hunger and Hemp Hearts:

VERY NOTICEABLE DIFFERENCE IN MY APPETITE - NO LONGER CRAVE SNACKS BETWEEN MEALS - JUNK FOOD NO LONGER DESIRED AT ANY TIME - MEAL SIZE REDUCED BY MORE THAN 50% AND NO HUNGER ISSUES BETWEEN MEALS