

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 have found that hemp hearts have reduced my hunger, & helps controll my starch intake.

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:

We work very hard in a garage so need something midday but we are not very hungry at night.

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Please describe your experience regarding hunger and Hemp Hearts:

We experience not being ravenous at lunch time and can have a light lunch and feel fine.

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 have lost 50 lbs over the last 2 years and have subsequently put on 7 or 8 lbs due to weight training (toning). I feel fine eating a bowl of soup or salad for lunch when I used to eat an entire sub sandwich, or "fast food" at lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

I am not really hungry at lunch time, but normally have a small snack.

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Please describe your experience regarding hunger and Hemp Hearts:

Yes, 100% true - I am seldom hungry - may be by evening, depending on what I ate during the day. I use to be hungry every day at 11 o'clock - no avail. I eat very healthy - I have to, but also it is easy to do now.

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Please describe your experience regarding hunger and Hemp Hearts:

If I have hemp hearts in my oatmeal for breakfast @ 7:00 am, I can enjoy a light lunch of cottage cheese and salad without pangs of hunger.

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Please describe your experience regarding hunger and Hemp Hearts:

Ingesting Hemp Hearts daily definitely cuts down one's appetite. I do not have a weight problem but ingesting hemp hearts reduces my need to eat other foods containing sugar, and certainly reduces intake of Trans fats & other cholesterol causing fats.