

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 take 4 tbsps of hemp every morning & I do not eat lunch ever. An apple or a banana later in the p.m. then my evening meal @ 6:00 p.m. I do not feel famished or even think of eating lunch.

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WHEN EATING HEMP HEARTS EACH MORNING I HAVE NO HUNGER AT LUNCH IN THE WINTER WHEN I AM NOT SO BUSY AND JUST NEED A LIGHT TYPE OF SUPPER SALAD + A PIECE OF SAUSAGE IN THE SUMMER I NEED A LIGHT LUNCH + A FULL SUPPER AS I AM VERY ACTIVE + LONG HOURS IN THE SUMMER SPRING + FALL

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I do not have the urges to eat junk food any more. Just protein and feel very healthy.

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hemp hearts have helped me reduce the starches I eat in a day to 1-2 & thus brought high triglycerides into normal range which I'm told it has reduced the chance of developing diabetes

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I only use 3-4 tablespoons at 8-8:30 Am with fruit (crushed pineapple or apple sauce or berries.) I have sat at 2pm (lunch) with no craving for starch or sugars. Dinner is at 7pm and still no starving cravings.

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I find that eating hemp hearts definitely takes the edge off hunger and helps control 'the munchies'.

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Please describe your experience regarding hunger and Hemp Hearts:

I eat Hemp Hearts & my fruit - pineapple or mango first thing in the morning (5 table spoons)
I don't get hungry and I have no appetite for bread.

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Please describe your experience regarding hunger and Hemp Hearts:

I have found from using hemp hearts I have absolutely no problem making good healthy choices for the whole day. After two days of being on hemp hearts I had no desire to eat chocolate, and almost the same for any deserts, cookies etc.