

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 only use 3 tbsps in the morning and I'm full until lunch time. I could probably go a couple of more hours until I'd feel the need to eat.

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 eat 3 small meals a day, and 2 snacks of fruit. This is not a diet plan. Since eating hemp hearts, I eat this way naturally - without thinking about it. Hemp hearts returned me to a natural way of eating and appreciating my food and my meals.

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Please describe your experiences regarding energy and Hemp Hearts:

- A more sustained & constant energy throughout the whole day - come evening time, a light snack will suffice.

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Please describe your experience regarding hunger and Hemp Hearts:

re: hunger - we eat 3 meals a day - habit formed during farming years - but with hemp hearts don't get so hungry between meals

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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:

I'm sure the above is true tho I don't have a big issue with weight control. However, since H♡, my huge craving for sweets (even chocolate!) has greatly diminished. My hiking snacks no longer include sugar filled munchies, I go longer on raw veg, nuts. Most often I decline offers of chocolate + the like.

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Mornings when I don't eat my usual 3 Tbsp of H♡ I am more likely to go looking for starchy comfort foods for lunch

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Please describe your experiences regarding energy and Hemp Hearts:

When I am going into the mountains for the day I am certain to have a good breakfast of granola, yogurt and H♡ I am rarely hungry for a large lunch to keep me going. My stamina is definitely increased - especially compared to my non H♡ companions

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Please describe your experience regarding hunger and Hemp Hearts:

using hemp hearts has cut down on what I need to eat at lunch time. I find some days I can skip lunch on days when I'm not as active. I find I need only 2 tablespoons per day to keep this going.