

3 Nov 89

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 heaping tablespoons of Hemp Hearts in fruit yogurt every morning for breakfast and I can truly say they last me long after the lunch hour; I am not hungry until about 3:00 pm. at which time I have a VERY LIGHT snack to hold me until supper time. I do not crave starches at all any more.

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Please describe your experience regarding hunger and Hemp Hearts:

I eat (5) tablespoons of Hemp Hearts every morning. I feel completely satisfied and have no cravings. I eat a very light lunch (soup or a salad) and a balanced light meal at supper. I have no urge to snack on the wrong foods.

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:

As above, meals are smaller and more nutritious as hemp hearts make for an excellent day-start foodstuff & a motivation to maintain such a good start with good diet. H.H. acts as a catalyst to mind & body.

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:

Breakfast and lunch are minimum calories because of hemp hearts.

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Please describe your experiences regarding energy and Hemp Hearts:

I eat Hemp Hearts together with fruit & green vegetables for breakfast & lunch in the form of a blender drink every day, walk 2-3 miles each day, do home work + garden + do not eat until supper time

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Please describe your experience regarding hunger and Hemp Hearts:

helped digestion.  
not hungry for snacks.

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:

Take away hunger therefore I don't snack as much

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:

It is as described. we have not had any appetite for lunches + eat a reasonable high fibre diet at dinner. Hemp Hearts also curbs our "sweet + starchy" cravings for junk foods.