

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:

At lunch time I am able to eat a low calorie lunch (ex: a yogurt and an apple) and it gets me through to supper.

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Please describe your experience regarding hunger and Hemp Hearts:

I am never feeling hungry till noon. So I never snack in the morning

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Please describe your experience regarding hunger and Hemp Hearts:

I usually take Hemp Hearts in the morning and only have a small lunch but I am hungry in the evening.

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Please describe your experiences regarding hunger and Hemp Hearts:

I've noticed I'm not as hungry through the morning and that a salad w/ chicken at lunch will last me till supper. I'm only taking three heaping spoon at this time

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Please describe your experiences regarding hunger and Hemp Hearts: I DO NOT GO WITHOUT LUNCH BUT I DO BELIEVE HEMP HEARTS DO CUT DOWN ON THE AMOUNT OF MY INTAKE AT LUNCH TIME.

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Please describe your experience regarding hunger and Hemp Hearts:

I usually don't have lunch because oatmeal or sunny boy plus the hemp hearts are filling enough. Perhaps a small apple in the afternoon.

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Please describe your experience regarding hunger and Hemp Hearts:

I use two heaping tablespoons every morning for breakfast mixed with 3 tablespoons each of plain no fat yogurt and applesauce, followed by 1 piece of toast and juice. I usually go until early afternoon before I feel hungry and then only eat some fresh fruit or a vegetable until dinner. I do not crave starches or sugar, no am I overly hungry by dinner time.

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 DID NOT BUY HEMP HEARTS FOR WEIGHT REDUCTION - BUT I HAVE FOUND MY DIET CONTAINS LESS HIGH CALORY CARBS & SWEETS BECAUSE MY HUNGER IS SATISFIED WITH HEMP HEARTS. THIS HAS CAUSED A HEALTHIER BALANCE IN MY DIET OVERALL.