

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 find since I've been using Hemp Hearts (2 tbsp) at breakfast, I no longer need a mid-morning snack.

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Please describe your experience regarding hunger and Hemp Hearts:

I have 2 tablespoons on fibre cereal, and find I'm not hungry at lunch time, have stopped eating bread, only rarely do I have a roll whole wheat.

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Please describe your experiences regarding hunger and Hemp Hearts:

I seldom eat lunch - if I do it is only a piece of fruit. Prior to this I needed a sandwich and soup.

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Please describe your experience regarding hunger and Hemp Hearts:

I used to be hungry at 10AM (I eat breakfast at 7AM) but now I'm not hungry until lunch and I'm not ravenous. A salad ~~is~~ satisfying now.

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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:

Hemp Hearts satisfies my Appetit and I sustain from other Food intake.

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Please describe your experience regarding hunger and Hemp Hearts:

I eat breakfast + one big meal a day plus fruit + vegetable snacks and never get very hungry anymore

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Please describe your experience regarding hunger and Hemp Hearts:

I EAT 4 HEAPINGS TABLESPOONS WITH FRUIT + YOGURT EACH MORNING. I DO TAKE A VERY SMALL LUNCH TO WORK BUT NO OTHER SNACKS AND AM QUITE SATISFIED. I USED TO PICK ALL DAY. I STILL SNACK AT HOME IF IDLE, BUT NOT BECAUSE I AM HUNGRY.

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Please describe your experiences regarding hunger and Hemp Hearts:

I love hemp hearts for breakfast (about 5 table-^{spoons}) because I don't get hungry til ~~2~~ two o'clock. I no longer need or want a late afternoon sugar/buzz and I eat a lighter evening meal.
caffeine