

# HEMP HEARTS™

(Shelled Hemp Seeds)

*from*

**ROCKY MOUNTAIN GRAIN PRODUCTS™**

Lethbridge, Alberta

Health Canada License 01-T0052-C-01

## **HEMP HEARTS are about 1/2 oil and 1/3 protein -- for cellular health and energy.**

- Greatly exceeds most energy bars for energy and provides this energy in a better form – not sugar and saturated fats.
- Greatly exceeds most energy bars for protein and provides a complete spectrum of undenatured natural proteins.
- Four tablespoons Hemp Hearts (42g), enough for an adult meal on fruit, toast, salad or cereal contains 240 cal energy.
- Energy is from 15g polyunsaturated fats (11.4g omega 6 & 3.6g omega 3), 2.7 g monounsaturated and 2.1g saturated.
- Serving also contains 15g protein, 2.5g fiber, 4.5g carbohydrates, natural vitamins and minerals but no cholesterol.

## **Contains all the required proteins in the best proportions for human nutrition:**

- More digestible protein than meat, whole eggs, cheese, human milk, cows milk or any other high protein food.
- Better available protein spectrum than soybeans, without the soybean antinutritional factors.
- An excellent protein product for everyone – mothers, babies, body builders, old folks.
- Can be eaten by those unable to tolerate nuts, gluten, lactose or sugar; there are no known allergies to hemp foods.

## **The oil component consists of preferred ratios of all essential fatty acids (EFA's):**

- With 78% polyunsaturated fats, **hemp oil exceeds** soyoil @ 40%, canola @30%, olive oil @ 10% and other edible oils.
- Hemp oil contains more "Omega 3" EFA components (19%) than are found in fish and in most fish-oil supplements.
- Omega 3 and Omega 6 polyunsaturated fats may reduce cholesterol, blood pressure, coronary heart disease and stroke.
- The ratio of Omega 6 to Omega 3 EFA's in hemp oil is thought to be the best in nature for promoting cellular health.
- Hemp products may thus reduce inflammation, widen blood vessels and reduce the tendency for blood platelets to clot.
- An anti-inflammatory, hemp foods may be beneficial to those with arthritis, eczema, psoriasis and tuberculosis.
- In improving circulation and reducing inflammation, hemp products may be particularly beneficial for diabetics.
- As a rare source of GLA, hemp foods may be beneficial to those too ill to synthesize this EFA from other fats.
- Hemp oil contains plant sterols which may reduce the risk of colon and prostate cancer.

## **Comparable to "Organic" our products are "Identity Preserved"**

- Can be traced back to their growers.
- Can provide lab certificates guaranteeing the absence of contaminants
- Nothing added: Nothing removed but the shell!

## **Recipes for using Hemp Hearts™: Enhance the flavors of your favorite foods**

**Smoothies and Flavored Coffees:** Blend 1/3 cup Hemp Hearts with 2/3 cup water for 2 minutes; add 1/3 cup frozen berries and continue blending while adding honey to taste. Without fruit and honey make hemp milk for flavored coffees.

**Hot or Cold Cereals:** Top your favorite cereal with as much as four heaping tablespoons of raw Hemp Hearts or mix them into hot cereals before cooking. Enjoy the great nutty taste. Tremendous energy will remain for many hours.

**Salads, Pitas and Sandwiches, Desserts and Ice Cream:** Sprinkle on top or mix throughout. Use plenty to enhance flavor and texture. Blend with other ingredients to make spreads and dressings.

**Stirfry:** Add Hemp Hearts generously and mix throughout shortly before serving. Sprinkle on top after serving.

**Lasagne:** Add layers of Hemp Hearts to cover layers of meat or cheese before baking.

**Roasting Meats:** Make marinades, coatings and basting sauces mostly with Hemp Hearts and apply before and during cooking. Also use in stuffings with other ingredients for added flavor.

**Breads, Squares and Pastries:** Reduce some flour and some oil in any recipe and substitute some Hemp Hearts. Brush breads with egg white and then sprinkle with Hemp Hearts before baking.

**Shannon's Famous Hemp Crisps:** Add 2/3 cup brown sugar and one beaten egg to 1/2 cup cooled melted butter and blend well. Mix 1/2 cup flour, 1 tsp. cinnamon and one cup Hemp Hearts separately. Add the dry mix to the butter mix. Spoon drop on a lightly greased cookie sheet and bake at 350° F for about 7 minutes or until the edges are very crispy.

## **EXPECT HEALTH AND LIFESTYLE BENEFITS FROM HEMP HEARTS™ AS FOLLOWS:**

**Test the powerful effects of Hemp Hearts.** Eat at least four tablespoons of raw Hemp Hearts every morning on top of oat meal or another bulky food. (Modify for diabetics and other individual requirements or preferences.)

### **ENERGY:**

**Expect to have plenty of long-lasting energy to help you get more from life.** You will not have any need for energy boosts from coffee, pastries, sweets, candy bars or sugar-based drinks.

### **WEIGHT:**

**Expect to be free of hunger until mid-afternoon.** Depending on your weight, you may choose to miss lunch, eating fruit, salads or vegetables later – thereby losing weight effortlessly. Or, without hunger you may often make later food choices for fruit, salads and vegetables knowing that with Hemp Hearts you have already taken in all of the essential fats and proteins and most other nutrients necessary for promoting good health.

### **CRAVINGS:**

**Expect reduced cravings for foods with stimulants, sugars, starches and saturated fats.** Often marketed by multinational food giants, such foods promote obesity, high cholesterol, high blood pressure, strokes, diabetes and increased susceptibility to cancer and a whole spectrum of diet-related and infectious diseases. A breakfast of Hemp Hearts is a concentrated and balanced source of all required proteins and essential fats: Satisfied by Hemp Hearts your body will not make insatiable demands that result in unhealthy food choices.

### **DIGESTION:**

**Expect to be untroubled by constipation and less susceptible to intestinal diseases.** Hemp Hearts is very easily digested by young and old. Important nutritional benefits are readily transferred to those not yet born. Coarse fibers and plant sterols found in Hemp Hearts are thought to reduce the risk of colon and prostate cancer. Hemp Hearts has none of the anti-nutritional factors that reduce the value of soybeans in many food items.

### **FOOD INTOLERANCE:**

**Expect none of the symptoms of food allergies.** Hemp Hearts is especially beneficial to those who are unable for any reason to eat gluten, lactose, saturated fats, sugars, meats, nuts, fish, beans, etc. Using Hemp Hearts it is not difficult to achieve an exciting and nutritionally superior diet without consuming foods associated with food allergies or prohibitions. There is no THC in Hemp Hearts.

### **CELLULAR HEALTH:**

**Expect many long-term health benefits.** Because Hemp Hearts is one of the best balanced sources of Omega 3 and Omega 6 essential fatty acids, because Hemp Hearts contains only small amounts of saturated and mono-unsaturated fats which can be easily converted to energy, and because Hemp Hearts is also an unsurpassed source of the whole spectrum of required proteins, it promotes vigorous cellular development with diverse health benefits:

**Expect reduced cholesterol and blood pressure after three months -- with decreasing probability of stroke.**

**Expect a reduction in the inflammatory characteristics of many hundreds of diseases.**

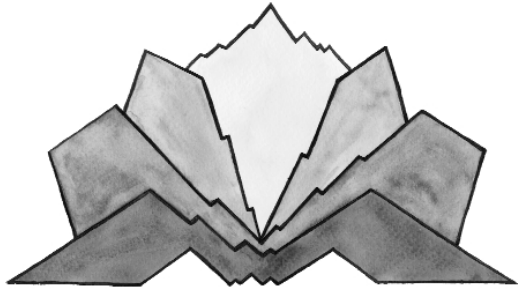
**Expect a more rapid recovery from disease, radiation treatment and injury.**

**Expect improvement in circulation: Diabetics may notice warmer, then less discolored, feet.**

**Expect a more effective immune system with reduced incidence of all types of disease.**

### **LIFESTYLE:**

**Expect Hemp Hearts to make Liv'n Easy:** Hemp Hearts provides great energy, permits weight control without hunger, reduces cravings for inappropriate foods and promotes extensive health benefits, but Hemp Hearts also eliminates any need to be a "food fanatic". Be adaptable: By adding sufficient Hemp Hearts, it is usually possible to make truly beneficial foods out of much less nutritious food choices. **Hemp Hearts is a food – not a medicine – but it may be important for certain individuals to have dietary changes monitored by a doctor.**



# CLEAR HEMP COOKING AND SALAD OIL

*from*  
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Lethbridge, Alberta

## THE MOST PERFECT VEGETABLE OIL:

Properly used, it promotes the same health and lifestyle benefits as Hemp Hearts: Made from the inner parts of the hemp seed, it is richest in Omega 3 and Omega 6 essential fats yet lowest in undesirable saturated and mono-unsaturated fats. Although it does not have the protein of Hemp Hearts, many other high-protein foods and many valuable non-protein foods can be enhanced nutritionally by preparing them with Clear Hemp Cooking and Salad Oil. Be prepared for some of these practices to challenge common "food myths".

## THE NUTRITIONAL CHALLENGE:

The nutritional challenge is to obtain all nutrients essential for health with few nutrients that detract – to obtain protein, vitamins, minerals and essential fats with less of the sugars, carbohydrates and saturated fats which may lead to obesity and poor health. Eating Hemp Hearts with fruit and vegetables will provide all of the positives with no negatives; Clear Hemp Cooking and Salad Oil can be used to perfect the nutritional values of fruit, vegetables and protein foods or it can be used to greatly improve the nutritional characteristics of less than perfect starches and carbohydrates.

## SALADS:

Clear Hemp Cooking and Salad Oil makes omega-balanced salads and reduces the use of undesirable alternatives. Salads are usually composed of nutritious vegetables doused with dressings made of saturated fats, mono-unsaturated fats and sugars. Many salad oils are tasty, but one should not be confused by "virgin" "extra-virgin" "organic" "cold pressed" and other prefixes into thinking that these special preparations can make any oil less saturated or less mono-unsaturated. Olive oil always has a fatty acid profile that is nutritionally inferior to any canola oil. Because coconut oil is "firm" at room temperature, it has usefulness in many prepared foods and dressings, but no special preparation will make it less than 80% + saturated fat, twice as saturated as pork lard.

## FRIED VEGETABLES:

Clear Hemp Cooking and Salad Oil can greatly enhance the nutritional characteristics of any stirfry. Those who are making unstable flax-based oils or the green hemp oils which are unsuitable for cooking because they contain protein particles (sludge), outer shell particles (bacteria), inner shell particles (smelly green contaminants) and immature crushed seeds (moisture) – have created the myth that polyunsaturated oils can not be used for cooking. They choose to ignore scientific studies that prove that there is no deterioration of omega qualities in heated hemp oil and no formation of trans-fatty acids in heated hemp oil unless cooking times and temperatures greatly exceed those characteristic of normal cooking. Our Clear Hemp Cooking and Salad Oil is sparkling clean. It will not affect the taste of cooked food and will not deteriorate with normal cooking – even many short periods of deep frying. Vegetables fried with Clear Hemp Cooking and Salad Oil make nutrient contributions which complement the proteins, vitamins, minerals and essential fats supplied by Hemp Hearts.

## OTHER COOKED FOODS:

Most of any daily nutritional requirement can be met with only four tablespoons of Hemp Hearts: As an individual becomes satisfied relative to health and weight, there is more frequent opportunity for some less than perfect nutritional choices – choices that may be made for social reasons or simply for increasing the enjoyment of life. Many imperfect foods can be greatly improved if made with our Clear Hemp Cooking and Salad Oil. Baked goods and deep fried foods will be immensely improved if they are made with omega-rich hemp oil rather than saturated fats. Clear Hemp Cooking and Salad Oil has an important role in keeping food interesting and life exciting.

