

Women Deserve a Tasty Treat Without Feeling Guilty For Snacking, Says Jealous

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Statistics have shown that women tend to feel guilty after snacking in between meals, however according to Jealous, with the right treat women can feel free to snack with a clear conscience.

A recent survey carried out by Kellogg's indicated that half of Brits admitted to feeling guilty after snacking between meals with women feeling worse than men but sweet gift manufacturer, Jealous, believes some treats are more guilt free than others. A total of 61 percent said they were reluctant to give into their hunger pains because they thought it would be too bad for them and the predominant reason behind this is that many are worried about piling on the pounds.

It's no wonder many are avoiding giving into their cravings if trends are anything to go by as the most popular between-meal snack at present is the classic chocolate bar. Cake and crisps are calorific and many agree that fruit or a yoghurt pot does not always hit the spot.

Jealous, a new sweet brand, which produces boxes of gummy sweets that are free from artificial colours and flavours, suggests that women should not feel guilty for wanting a between-meal snack if they choose their treat wisely. Jealous is aiming to make its new natural and organic sweet collection the next big thing in between-meal treats, especially because the 400 gram boxes are perfect to share at home or at work. Made from natural ingredients, Jealous sweets are suitable for those with dietary and ethical requirements.

Joint managing director of Jealous, Tahzeen Basunia, explains why the new Jealous sweet boxes (<http://www.thejealouslife.com/Sweet-Boxes>) are the ideal guilt-free between meal snacks: "It can't be denied that women don't necessarily grab a box of sweets when they are looking for a snack but with many avoiding treats between-meal times because they feel too guilty, why not. We've created these high-end sweet boxes for all to enjoy and they're ideal for those mid-afternoon lulls when people really need that pick-me-up to make it through until their next mealtime. Importantly, for all those ladies out there who are worried about snacking calories, Jealous sours and gummies are made from natural ingredients so we hope snacking with a clear conscience will quickly become the new trend."

Jealous candy gifts (<http://www.thejealouslife.com/Candy-Gifts>) are available in four ranges; Sinfully Sour, Gummy Heaven, Paradise Lost and an organic selection Enchanted Eden. For more information on Jealous and to purchase the halal sweets (<http://www.thejealouslife.com/Halal-Sweets>) online, visit www.thejealouslife.com. Follow @thejealouslife or search for Jealous Sweets on Facebook for more deals and insight.