

New Brunswick Dentists challenge MLAs to track their sugar consumption

*The **MLA Sugar Challenge**, a friendly competition between parties, paves the way in raising awareness on the amount of sugar New Brunswickers consume – often surpassing the World Health Organization’s (WHO) recommendation of 25 grams (6 teaspoons) per day.*

FREDERICTON, NB – April 18, 2017 – Because 70% of New Brunswickers don’t know how much sugar they daily consume, the New Brunswick Dental Society (NBDS) challenged provincially elected officials to lead the way in tracking and understanding their personal sugar consumption during Oral Health Month (April 1-30).

“We really wanted to do something engaging and fun for this year’s Oral Health Month, that promotes some friendly competition between political parties thrown in for good measure,” says Dr. Kelly Manning, Chair of NBDS’ Public Education Committee. “And challenging our MLAs to lead by example was one way to do this.”

MLAs are encouraged to post their daily results online using hashtags #MLASugarChallenge or #SugarChallengeTuesday, so New Brunswickers can follow, provide encouragement and participate in the Challenge themselves.

“Small changes in our eating habits can have a BIG effect in reducing overall sugar consumption,” continues Dr. Manning. “Read food labels, choose fruit over juice and water over pop are just a few.”

About NBDS

The New Brunswick Dental Society exists to promote professional growth, high ethical standards and quality care giving through communication, education, and regulation of dentistry in New Brunswick.

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