

Practice is a quarterly update service for members only from Dietitians of Canada (DC). Back issues are available online at www.dietitians.ca/members_only/practice.asp.

Practice includes information on scientific and clinical developments and Canadian dietitians' experiences and challenges in practice. Opinions expressed in articles are those of the authors and do not imply policy of the Association unless so stated. Articles are not peer-reviewed.

Submissions

Submissions of up to 800 words are welcome from DC members. Guidelines for writing reflective articles are available online at www.dietitians.ca/members_only/practice.asp.

Submission deadlines for each issue are:
Winter: October 20 Summer: April 20
Spring: January 20 Fall: July 20

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Please forward submissions, suggestions and comments to the **Coordinator**:

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- Simmons D. (2009). Questioning my dietitian identity. *Practice*, 46, 3.

Dietetics is a diverse profession with a commitment to, and tradition of, enhancing health, broadly defined, through diet and food. We recognize the commitment and hard work undertaken by dietetic professionals of the past and present who continue to innovatively shape and reshape the profession from its roots in home economics to the incorporation of contemporary perspectives on health. While recognizing the multiple meanings of food and its power to nourish and heal, we acknowledge that food is more than the mere sum of its constituent nutrients. We recognize that human bodies in health and illness are complex and contextual. Moreover, we recognize that the **knowledge** that enables us to understand health is socially, culturally, historically, and environmentally **constructed**.

Building on the past century of dietetics and the "Beyond Nutritionism" workshop held at Ryerson University June 12-14, 2009, we extend an invitation to individuals in all areas of dietetics education, practice, and research to collaborate on the **Critical Dietetics** initiative.

Critical Dietetics is informed by transdisciplinary scholarship from the natural sciences, social sciences, and the humanities. By contributing to scholarship, practice, and education, it strives to make visible our assumptions, give voice to the unspoken, embrace reflexivity, reveal and explore power relations, encourage public engagement and diverse forms of expression, and **acknowledge that there are no value-free positions**. Through these principles, **Critical Dietetics** will engage with the ever-changing health, social, and environmental issues facing humanity.

Assuming a critical stance means remaining inquisitive and willing to ask and hear challenging questions. Critical approaches grant us permission to imagine new ideas and explore new ways of approaching our practice. **Critical Dietetics** creates space for an emancipatory (i.e., liberating and socially just) scholarship by drawing upon **many** perspectives, philosophies, orientations, ways of asking questions, and **ways of knowing**.

Critical Dietetics derives its strength from supportive relationships, recognizing that it **takes courage to step beyond familiar ways of knowing**. It invites constructive dialogue and challenges us to **discuss, debate, and rethink what we know and how we know it**. It is a generative and collective effort which understands that strength comes from diversity and debate.

This declaration is therefore a bold invitation that welcomes different ways of thinking and practicing within our own profession and in collaboration with allied fields. We anticipate collectively expanding the body of knowledge in dietetics and continuing the inclusive, scholarly, collective, and pluralistic development of the profession. If you want to contribute to this dialogue and become a signatory of **Critical Dietetics**, please email your expression of interest to jgingras@ryerson.ca by January 7, 2010.

Sincerely,

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