



Evidence-based dietetics practice

*Approved by the ICDA Board of Directors
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Evidence-based dietetics practice is used to make decisions in all areas of dietetics practice to improve health outcomes in individual clients, communities and populations.

Evidence-based dietetics practice clearly states the source of evidence underpinning practice recommendations. To be relevant and effective, evidence-based dietetics practice must integrate knowledge of other disciplines.

Evidence-based dietetics practice is informed by [ethical principles of dietetics practice and codes of good practice](#). This includes reflection on how a dietitian's own perspectives or biases may influence the interpretation of evidence.

Definition

Evidence-based dietetics practice is about asking questions, systematically finding research evidence, and assessing the validity, applicability and importance of that evidence. This evidence-based information is then combined with the dietitian's expertise and judgment and the client's or community's unique values and circumstances to guide decision-making in dietetics.