

# How We Think About Diet:

From Single Nutrients  
to Dietary Patterns  
and Habits

**2020s**



**Timing  
of eating**

**2010s**



**Dietary  
Patterns**

**2000s**




**Whole  
foods**

**1990s**



**Genes and  
nutrients**

**1980s**



**Single nutrient  
“magic bullets”**

Cancer typically takes two to three decades to develop. AICR pioneered the research that is reducing cancer risk and improving survivorship TODAY.