

# [Colon cancer](https://assignbuster.com/colon-cancer/)

[](https://assignbuster.com/)[Health & Medicine](https://assignbuster.com/essay-subjects/health-n-medicine/)

An experiment to show that the variation of colon cancer infection in Japan and U. S. A is due to the difference is diet. The experiment will be based on the consideration of the basic chemical components of main foods eaten by the Japanese and the Americans   
1. The first step is to conduct a study on the foods that causes colon cancer and their components.   
Some of the major causes of colon cancer linked to diet include low intake of fiber, high intake of fats, red meat consumption, high calories in the diet. Excessive consumption of alcohol and cigarette smoking can also increases the chances of colon cancer occurrence. Meat that is prepared under very high temperatures can emit chemicals that can easily cause colon cancer. High intake of processed meat is known to be another factor that promotes colon cancer infection.   
2. The next step is to identify the basic foods consumed in the United States and Japan in a tabular format.   
United States   
Japan   
Food   
Main Components   
Main Components   
1. Cheeseburger   
Meat, bun, sugar   
1. Sushi   
Tuna, cucumber, carrots   
2. Sandwich   
Egg, onions, lettuce   
2. Unagi   
Soy sauce, mirin, sugar   
3. Hot dogs   
Meat/pork, potato, wheat   
3. Ramen   
Chicken stock, soy sauce, garlic   
4. Nachos   
Cheese, tortilla chips   
5. Kaiseki   
Tuna, garlic, almond   
5. Pizza   
Bread flour, yeast, sugar   
6. Yakitori   
Chicken, soy sauce, mirin   
3. Then make a comparison of the components of these foods with those that causes colon cancer.   
Conclusion   
From the above case, it can be seen that most of the foods eaten by Americans are composed of the ingredients that causes colon cancer such as red meat, high calories and fats. On the other hand, most foods eaten by the Japanese are made up of white meat, vegetables and fruits that are not linked to colon cancer.