

# Colon cancer

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**ASSIGN  
BUSTER**

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

<https://assignbuster.com/colon-cancer/>

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.