

Press Release

Health and Nutrition of Oso Sweet Onions.

SAN FRANCISCO (January 19, 2006)

Recent viewers of the Oprah show learned that onions are a top-ten superfood! "Look Younger" segment guest Dr. Nicholas Perricone listed the allium family, of which onions are a member, as one of the healthiest foods for the body. Of all the healthy compounds contained in onions, two stand out: sulfur and quercetin - both antioxidants. They each have been shown to help neutralize free radicals in the body, and protect the membranes of the body's cells from damage. Quercetin is also found in red wine and tea, but in much lower quantities.

Most health professionals recommend eating raw onions for maximum benefit, but cooking makes them more versatile and doesn't significantly reduce their potency. In fact, unlike sulfur compounds, quercetin can withstand the heat of cooking. One researcher, Dr. Leonard Pike, director of the Vegetable Improvement Center at Texas A&M University, is working on producing onions with even higher levels of quercetin.

As with garlic, onions help prevent thrombosis and reduce hypertension, according to the American Heart Association. The juice of one yellow or white onion a day can raise HDL cholesterol (the good stuff) by 30% over time, according to Dr. Victor Gurewich of Tufts University. Red onions don't provide the same effect.

Serving Size: 1 medium onion (148g)

Amount Per Serving

Calories: 60

Calories from Fat: 0

% of Daily Value Total Fat: 0g 0% Saturated Fat: 0g 0% Cholesterol: 0mg 0% Sodium: 5mg 0% Total Carbohydrate: 14g 5% Dietary Fiber: 3g 12% Sugars 9g Protein 2g Vitamin A: 0% Vitamin C: 20% Calcium: 4% Iron: 2% Percent Daily Values are based on a 2,000 calorie diet. Source: PMA Labeling Facts¹.