

Onions for healthy ageing

Onions are a nutrient-dense vegetable with a unique bundle of vitamins and antioxidants that support your body and brain health as you age.



Onions and brain health

Onions contain nutrients that help support everyday brain function. This includes vitamin C, folate and potassium*, as well as powerful plant compounds called polyphenol flavonoids, which help to protect your brain from the impacts of ageing.

Emerging research has linked polyphenol flavonoids with better brain function and a lower likelihood of experiencing memory loss and thinking difficulties.¹

Onions are particularly rich in the flavonoid quercetin, which has been shown to help protect against neurodegeneration, Alzheimer's disease and memory loss.²

Onions and strong bones

Healthy bones are vital at every stage of life, particularly as we age. The vitamin C and potassium* found in onions can assist with maintaining healthy collagen, bones and cartilage as well as supporting muscle function.

Research among women, aged 50 years and older, has shown that eating onions at least once a day may improve bone density and reduce the risk of hip fractures.³



Onions and gut health

Onions are a natural source of dietary fibre, to help keep you regular. They also contain prebiotic fibre (fructans*) to look after your gut by encouraging the growth of healthy bacteria.⁴

Onions contain organosulfur compounds, which are responsible for the distinct aroma and smell. These compounds have been widely studied for their gut health benefits that include nourishing the growth and diversity of gut bacteria.⁵



Antioxidants: Onions contain more than 25 phytonutrients including quercetin, sulfoxides and anthocyanins, which have antioxidant properties. They help protect your cells from damage and the impacts of ageing. They also play a valuable role in heart health, diabetes prevention and management.

Onions and heart health

The unique mix of polyphenol flavonoids in onions provides antioxidant, anti-inflammatory, and antihypertension effects that may play a protective role in cardiovascular health.⁶

Studies have shown that onions can help improve cholesterol levels, blood pressure and reduce the risk of heart disease.⁷



Onions and energy levels

The folate and vitamin C* found in onions help to reduce tiredness and fatigue. They're also important nutrients for supporting your immune system.



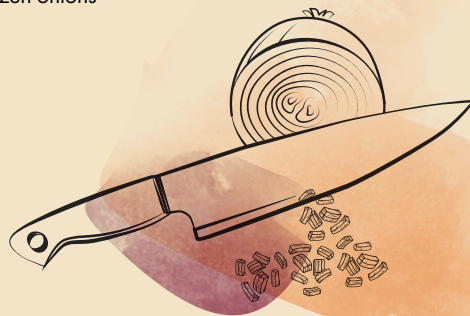
Tear-free chopping

Try these simple tips to make using onions easy and tear-free

- Pop onions in the fridge or freezer for a short time before cutting them
- Add vinegar to the chopping board
- Cut under the kitchen exhaust fan
- Buy a bag of pre-sliced or diced frozen onions for ready-to-go ease

Find more nutritional information and delicious recipes at:
www.australianonions.com.au

Roasted red onion, pumpkin & beta salad with crispy caramelised nuts
click here for the recipe



References

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*As part of a healthy varied diet. Nutritional composition varies by onion and cooking method.

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