

SUPERFOOD: THE onion

Life Connections



DID YOU KNOW?

- **Low in calories and fat but high in fiber**
- **During WWII: Vapors of onion paste were used to reduce the pain and accelerate the healing of soldiers' wounds?**

INTERESTING FACTS:

In Vidalia, GA, where the vidalia onion originates, the death rate of stomach cancer is 50% lower than the national mortality rate from stomach cancer

WHAT IS IN AN ONION?

- Calcium
- Potassium
- Vitamin C
- Folate



WHAT MAKES AN ONION A SUPERFOOD?

- Helps boost your immune system
- Fights stomach cancer
- Lowers risk of prostate cancer
- Helps build strong bones
- Lowers risk of heart disease
- Most strongly associated with lower rate of lung cancer

REQUIREMENTS:

- 5-6 Slides
- 2-3 Interesting Facts
- What is in the food?
 - Use things we discuss
- What makes your food a superfood?
- 3-4 Pictures