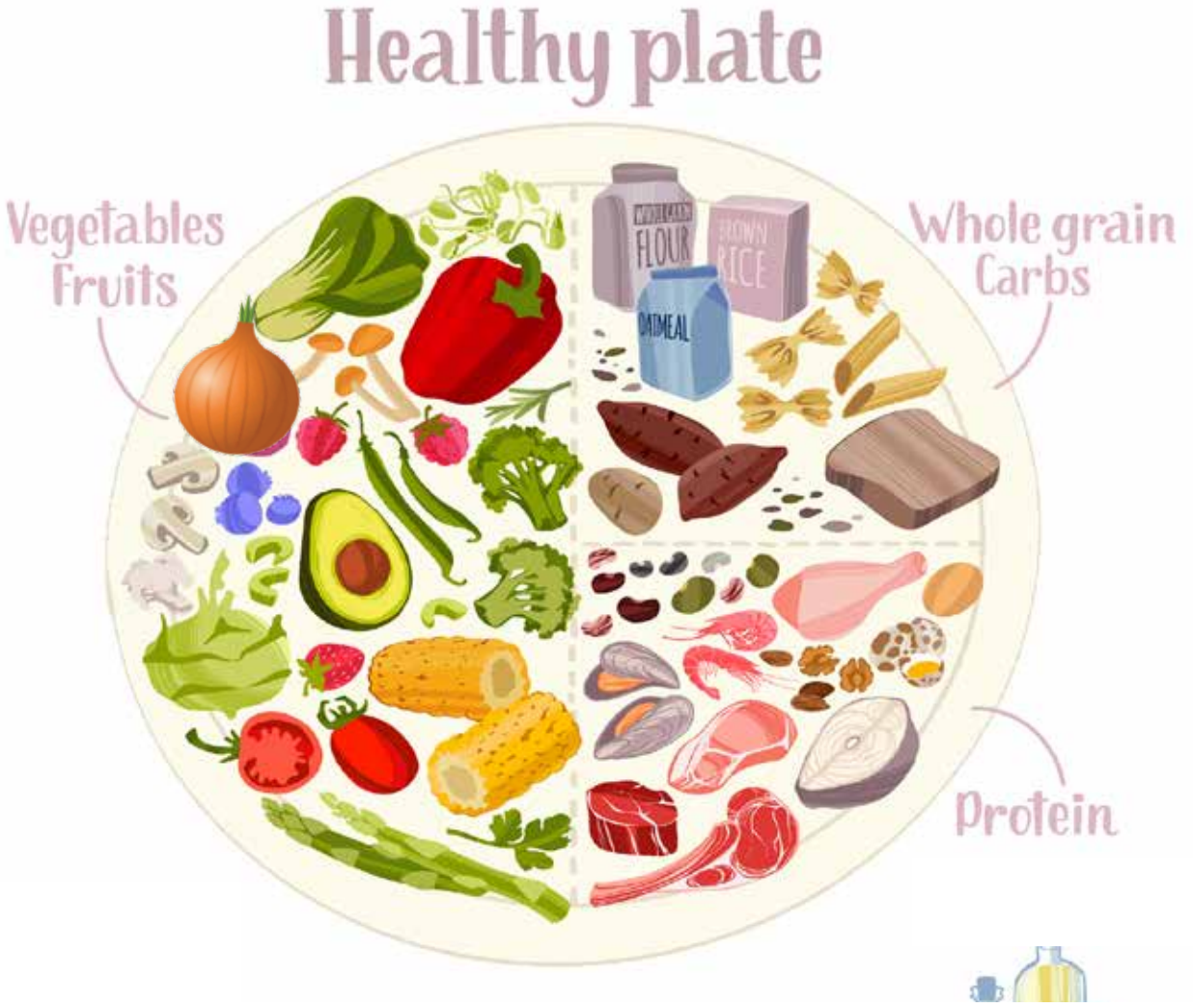
Educational resources provided by

NOA
NATIONAL ONION ASSOCIATION
Since 1918

Eat your onions



1 medium onion contains:

11% of your daily fiber needs
20% of daily Vitamin C needs
Naturally fat-free
Tastes great!

ONION NUTRITION FACTS

	Serving Size (1 medium onion (148g))	Percent Daily Values*
Calories	45	
Total Fat	0	0%
Cholesterol	0	0%
Sodium	5 mg	0%
Total Carbohydrate	11 g	4%
Dietary Fiber	3 g	11%
Sugars	9 g	–
Protein	1 g	–
Vitamin A	3 IU	0%
Vitamin C	11.8 mg	20%
Vitamin B6	0.2 mg	9%
Folate	28.5 mcg	7%
Calcium	34 mg	2%
Iron	0.31 mg	2%
Magnesium	15 mg	–
Phosphorus	43.5 mg	4%
Potassium	190 mg	4%
Zinc	0.3 mg	2%
Copper	0.1 mg	3%
Manganese	0.2 mcg	10%
Selenium	0.7 mcg	1%

*Percent (%) Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.
Source: Food and Drug Administration (FDA)

Onions are Nature's Ninja®

This fun character is here to remind us that onions are nature's perfect vegetable.

The onion has skills — Ninja skills.

• It is packed with **nutrients** to keep you healthy.

• Its inner juices **slay bacteria** and pests, staying safe for your table.

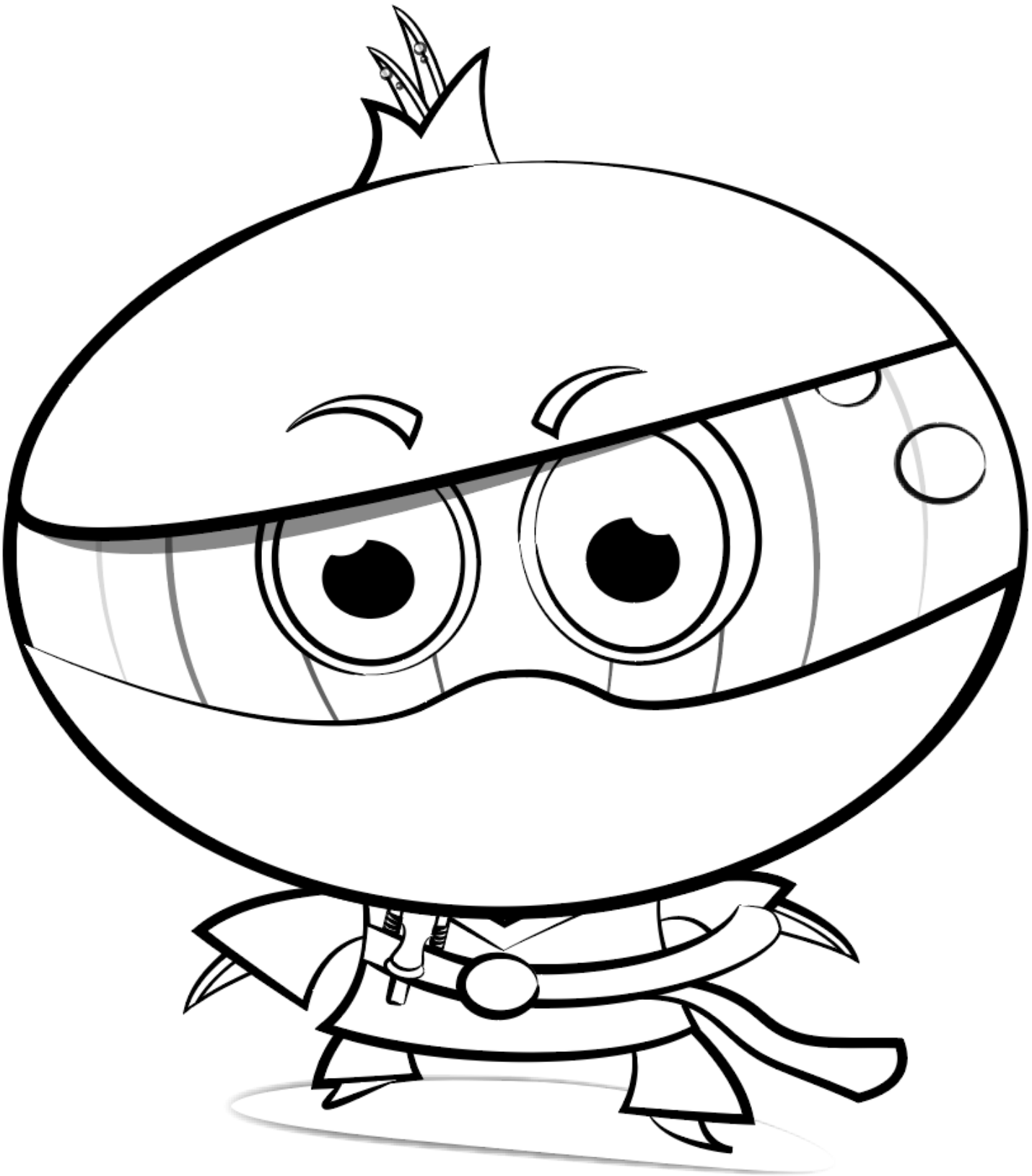
• It **tastes great** in many forms: raw, sautéed, caramelized, roasted, and grilled.

The onion's many Ninja Super Powers also will **boost immunity** to stay healthy during cold and flu season.

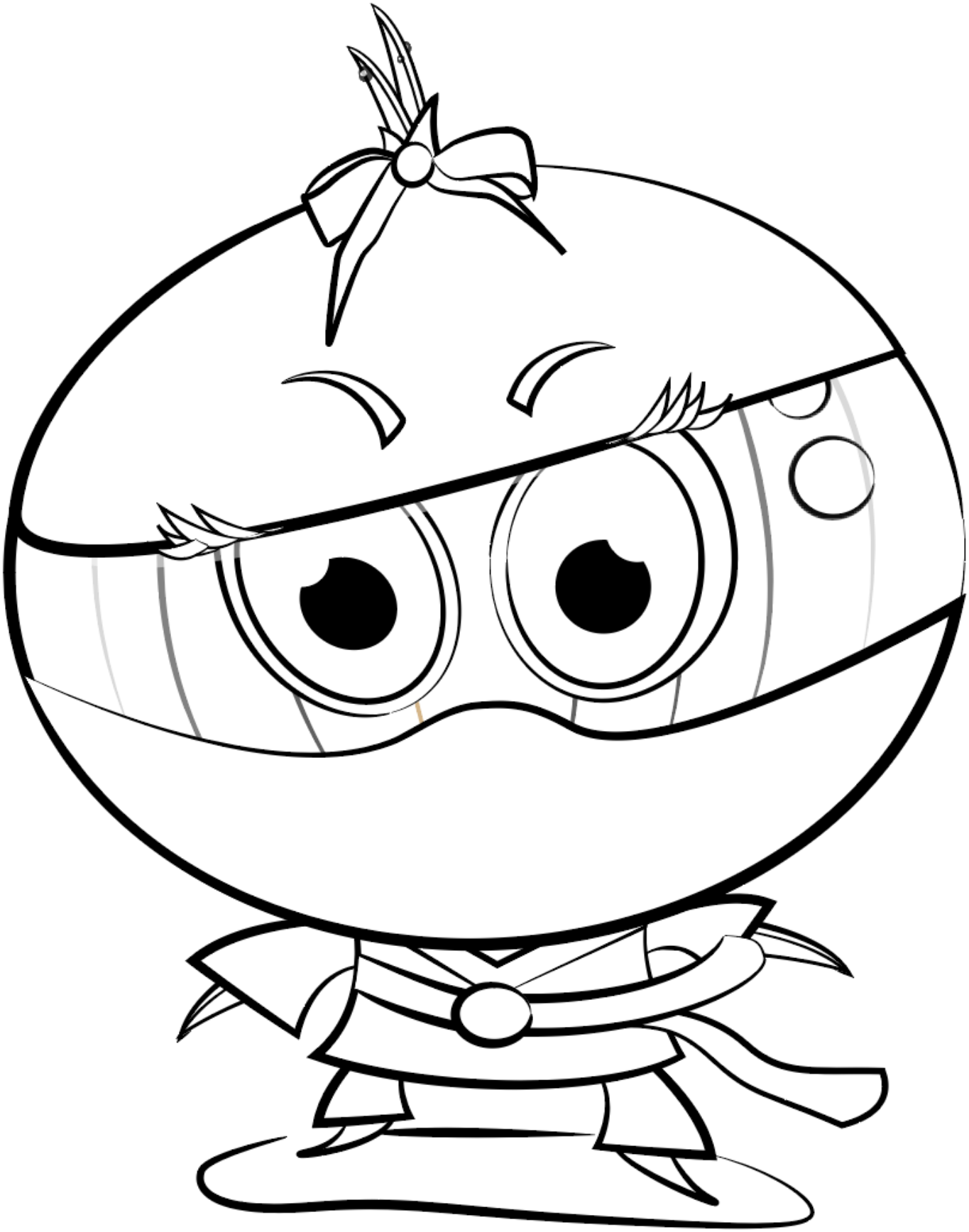
Survivor— From its hard, papery skin keeping bacteria out to its smelly juices inside, the onion was built to survive and to stay safe from pests and bacteria. That's why it is one of the **safest vegetables** coming out of the ground.

For your health

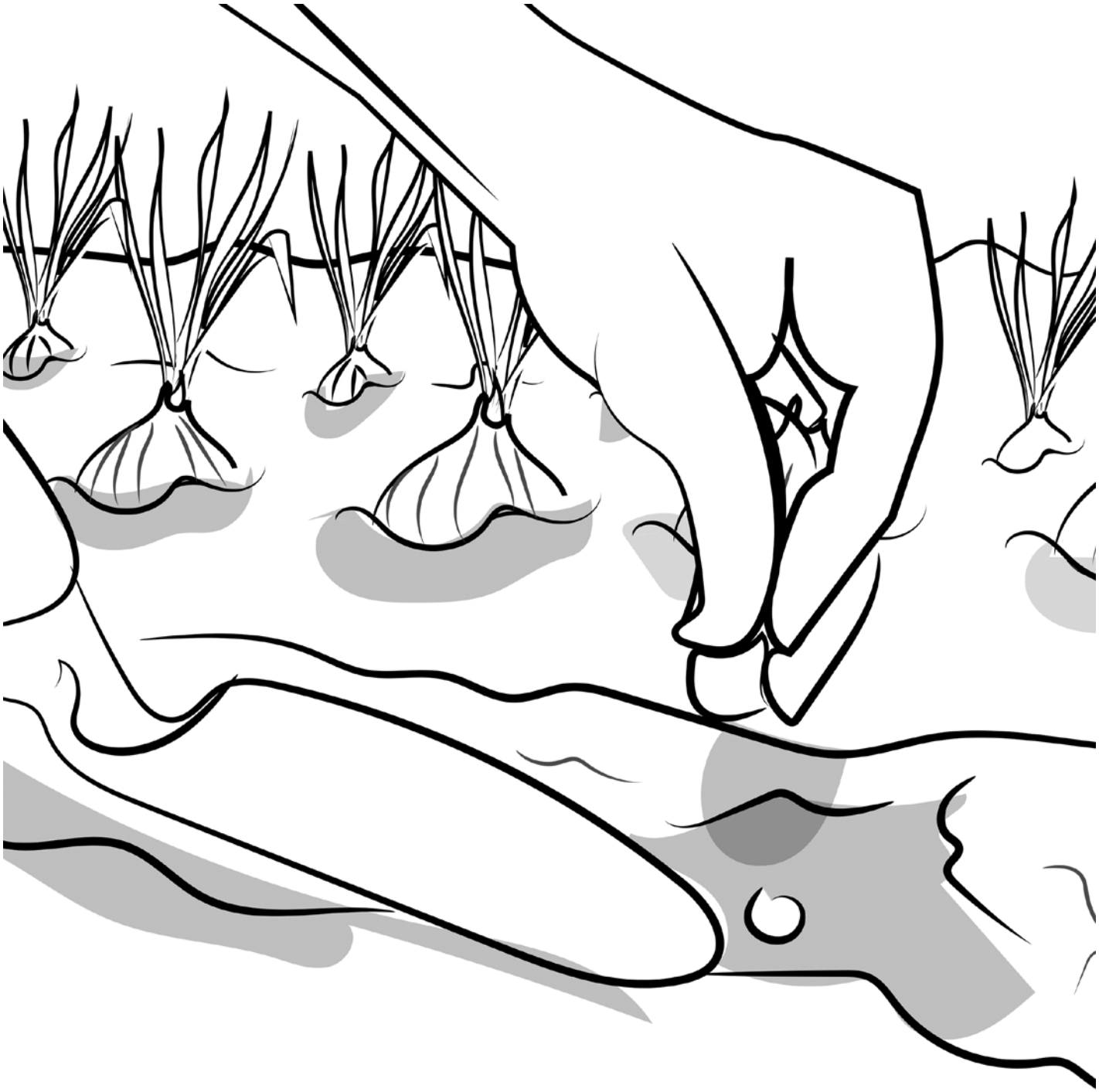
Ollie Onion Ninja



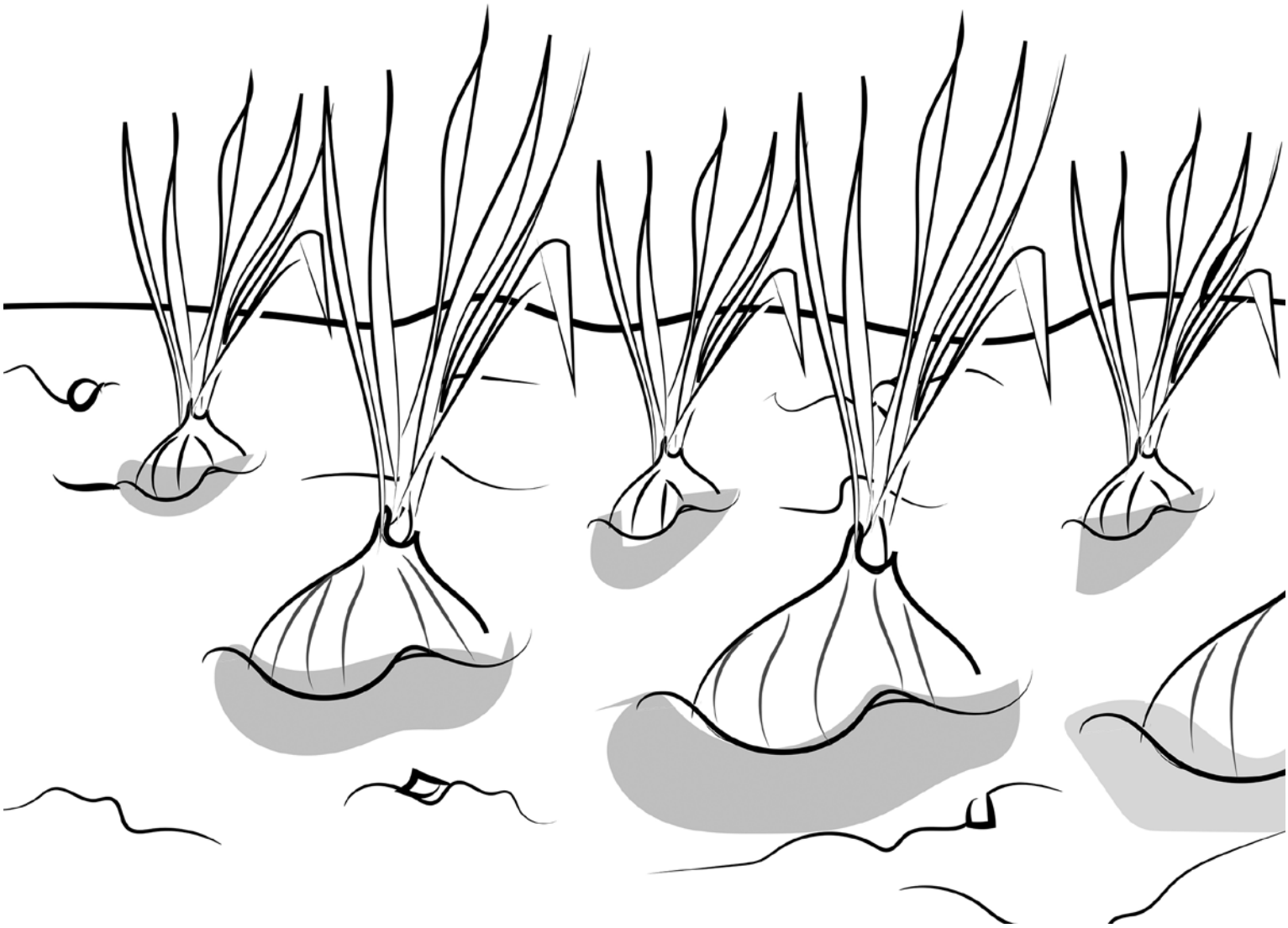
Olivia Onion Ninja

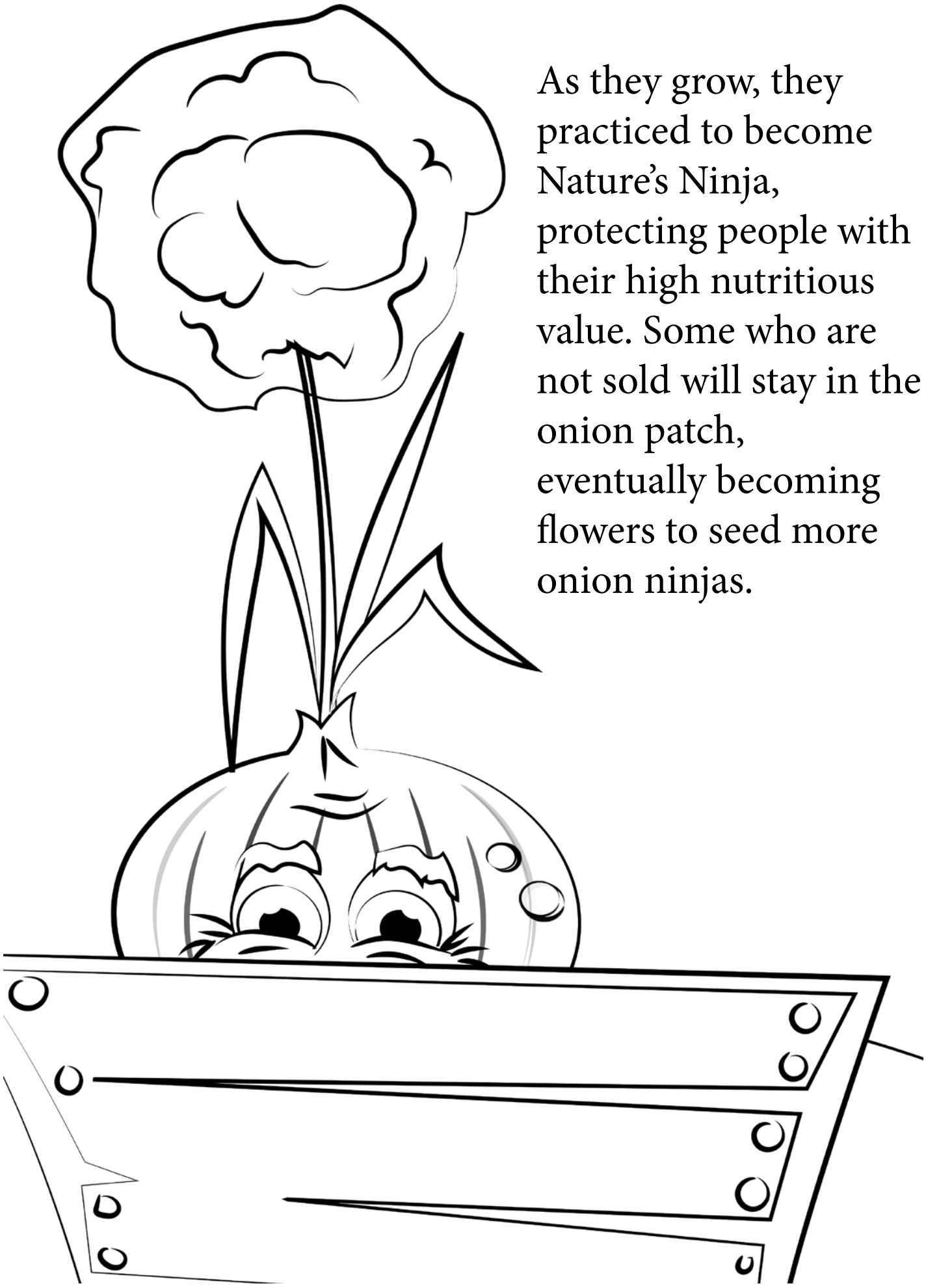


On a warm day in the onion patch, Farmer Lou planted tiny seeds to begin Ollie and Olivia's journey to become onion ninjas.

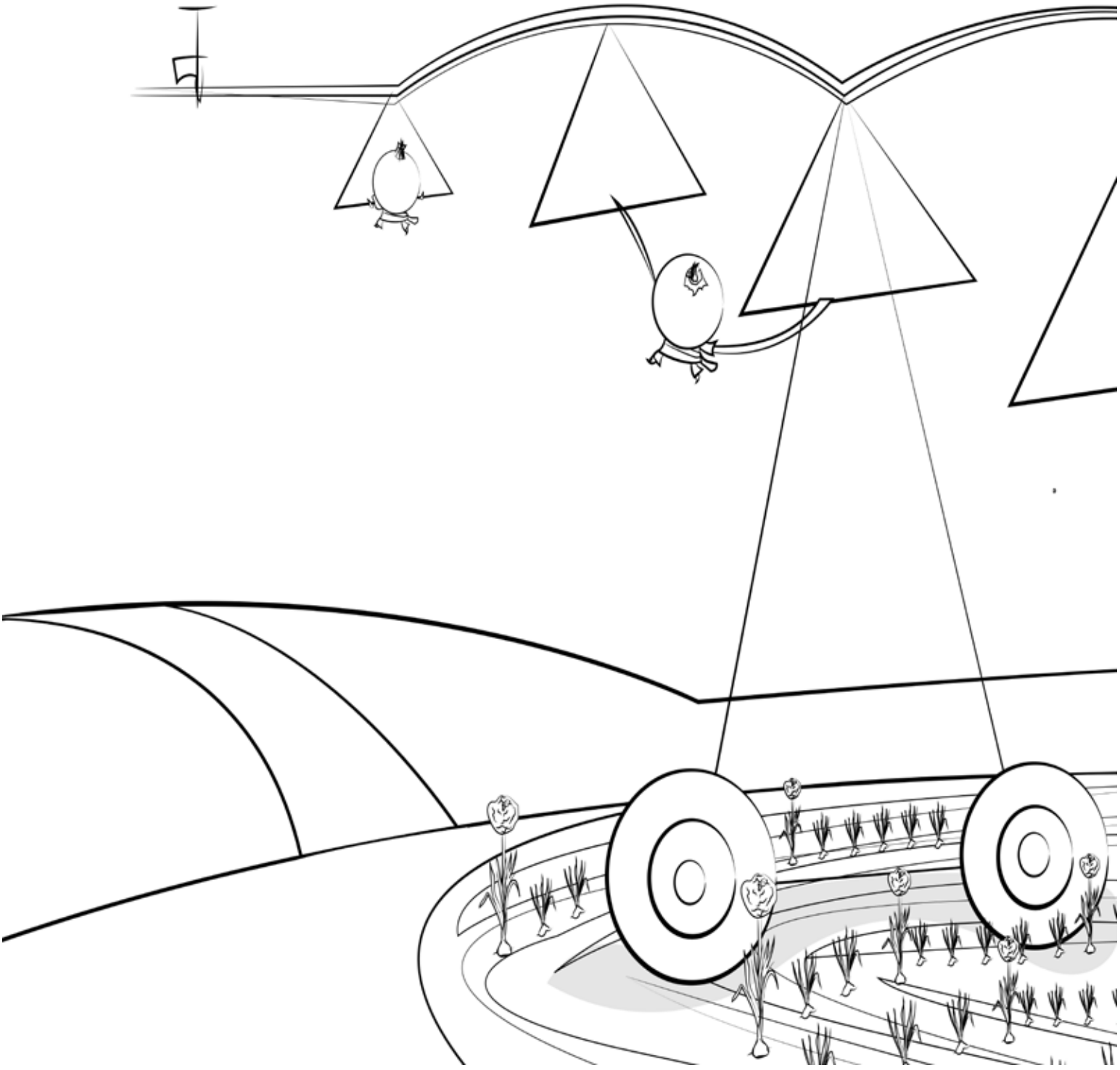


The ninja onions began to grow, pushing through the soil, to begin their training. Farmer Lou watered and fed the ninjas in training so they could grow strong and healthy.





As they grow, they practiced to become Nature's Ninja, protecting people with their high nutritious value. Some who are not sold will stay in the onion patch, eventually becoming flowers to seed more onion ninjas.

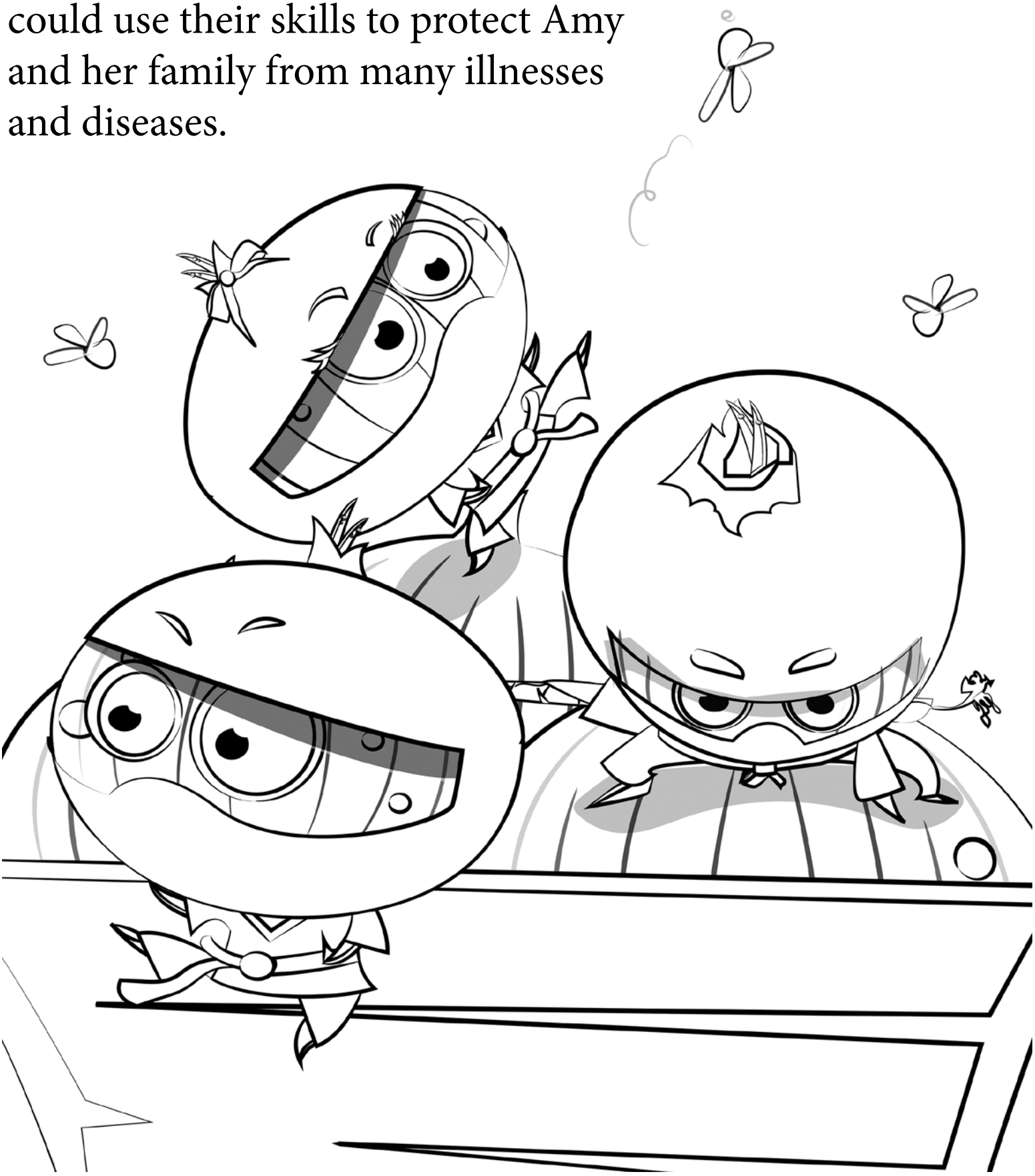


Training is important. As they swing across the pivot sprinklers, they dream of becoming Nature's Ninjas, bringing nutrition to the world.

After 150 days, they are finally done with training!

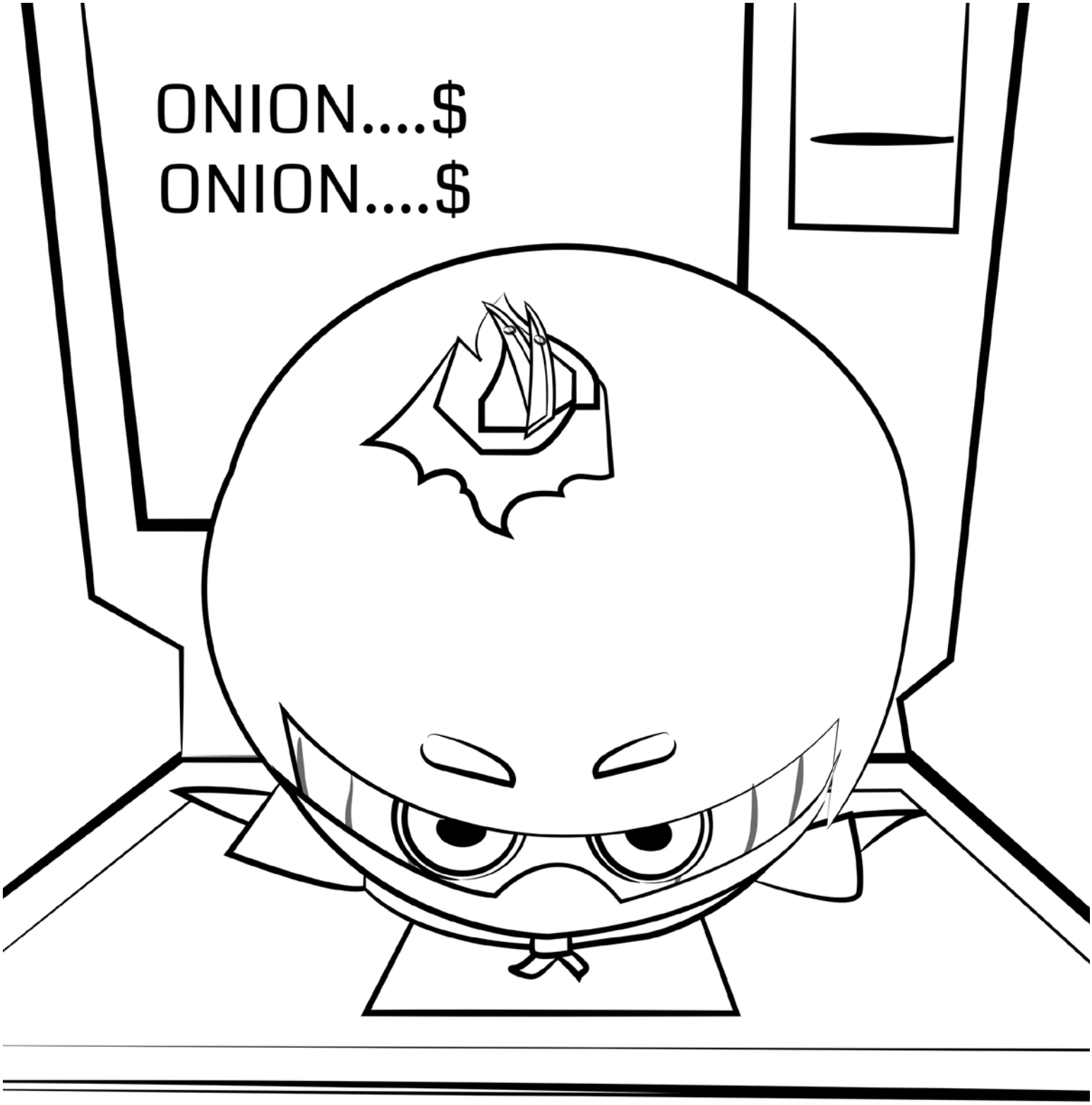
He loaded them into a truck.
Ollie and Olivia were proud they had completed their training.

They knew they were important and could use their skills to protect Amy and her family from many illnesses and diseases.

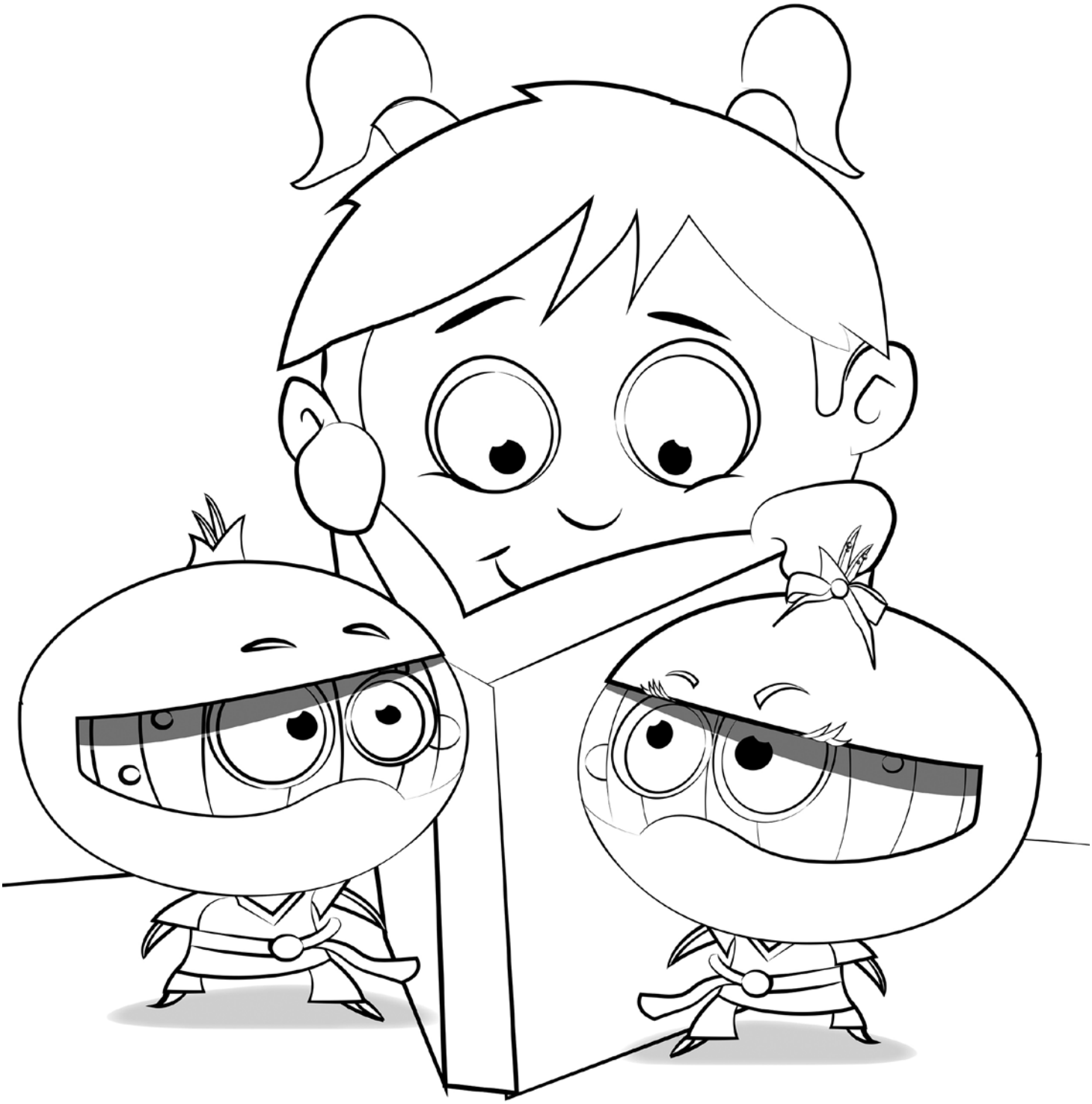


Then they met Amy, who was shopping with her mom. Ollie and Olivia were excited to help Amy train in her mom's kitchen to cook with nutritious foods.

Amy asked her mom to take the little ninjas home. Her mom knew how the little ninjas could protect Amy and said, “Yes.”

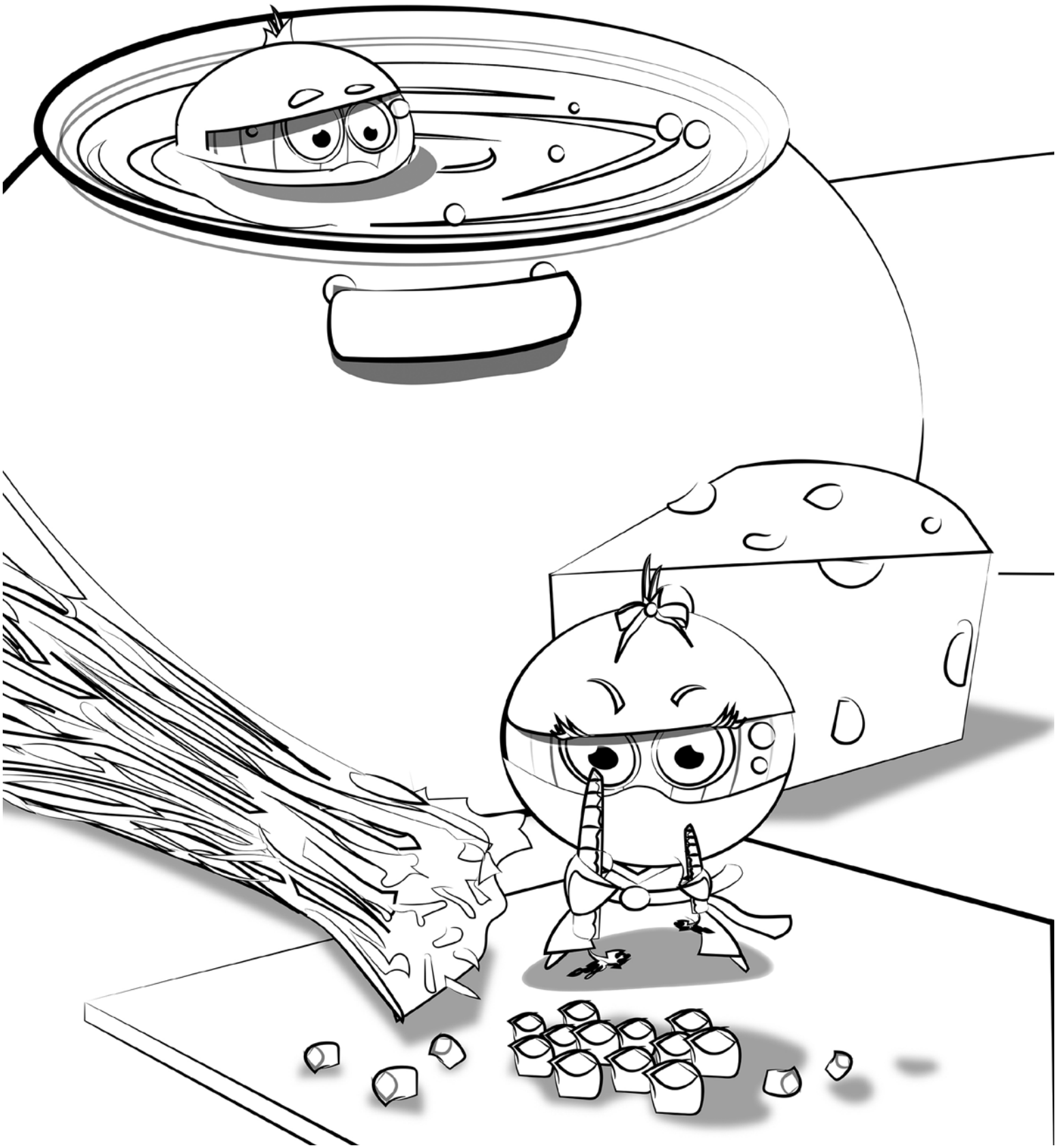


Amy put the onion ninjas in her mom's shopping cart. They paid for them and took Ollie and Olivia home with them. Amy was excited.

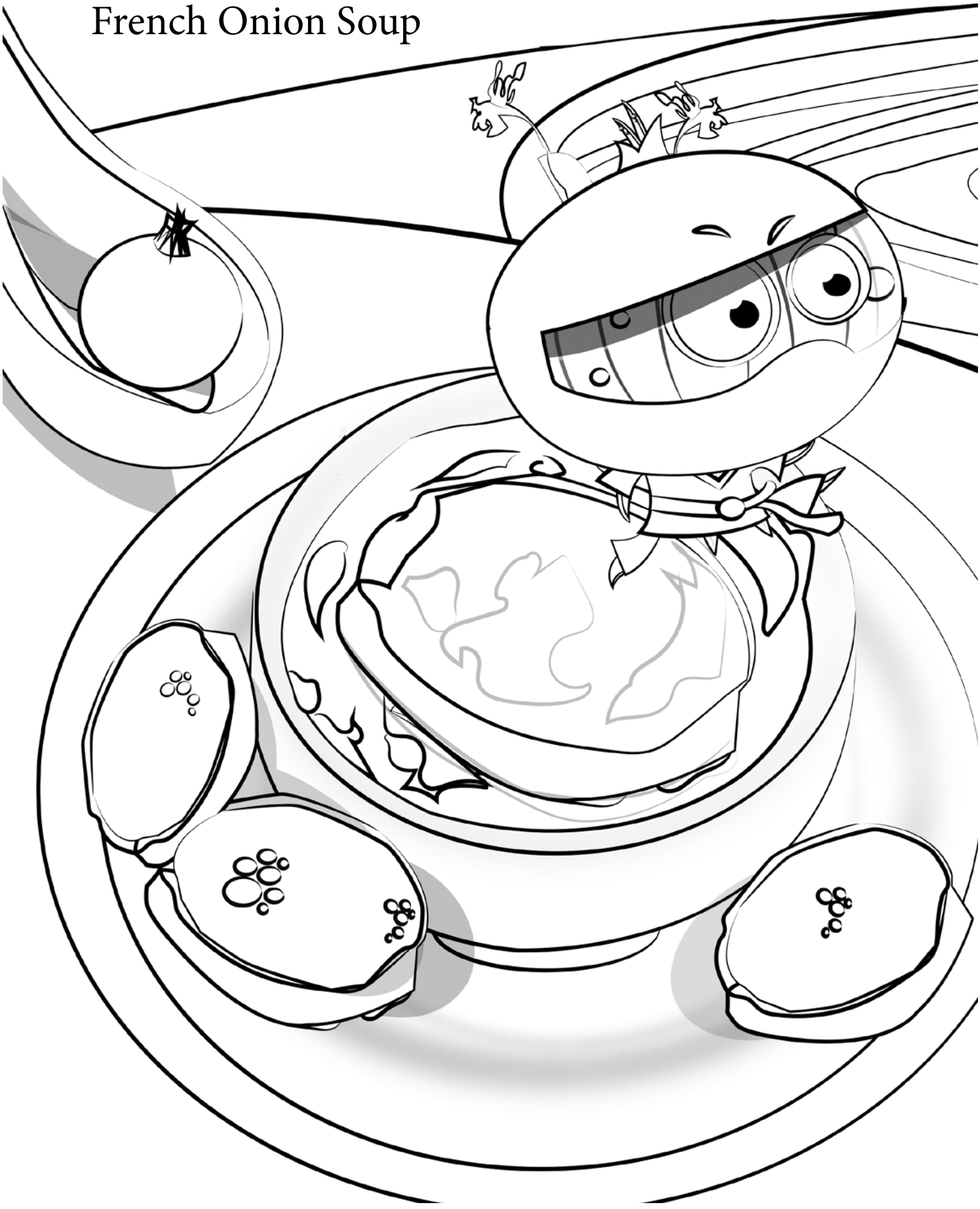


She couldn't wait to find recipes with onions. Ollie and Olivia, she learned, contained many vitamins and minerals. So she put the onion ninjas to work to protect her and her family.

How about chili?

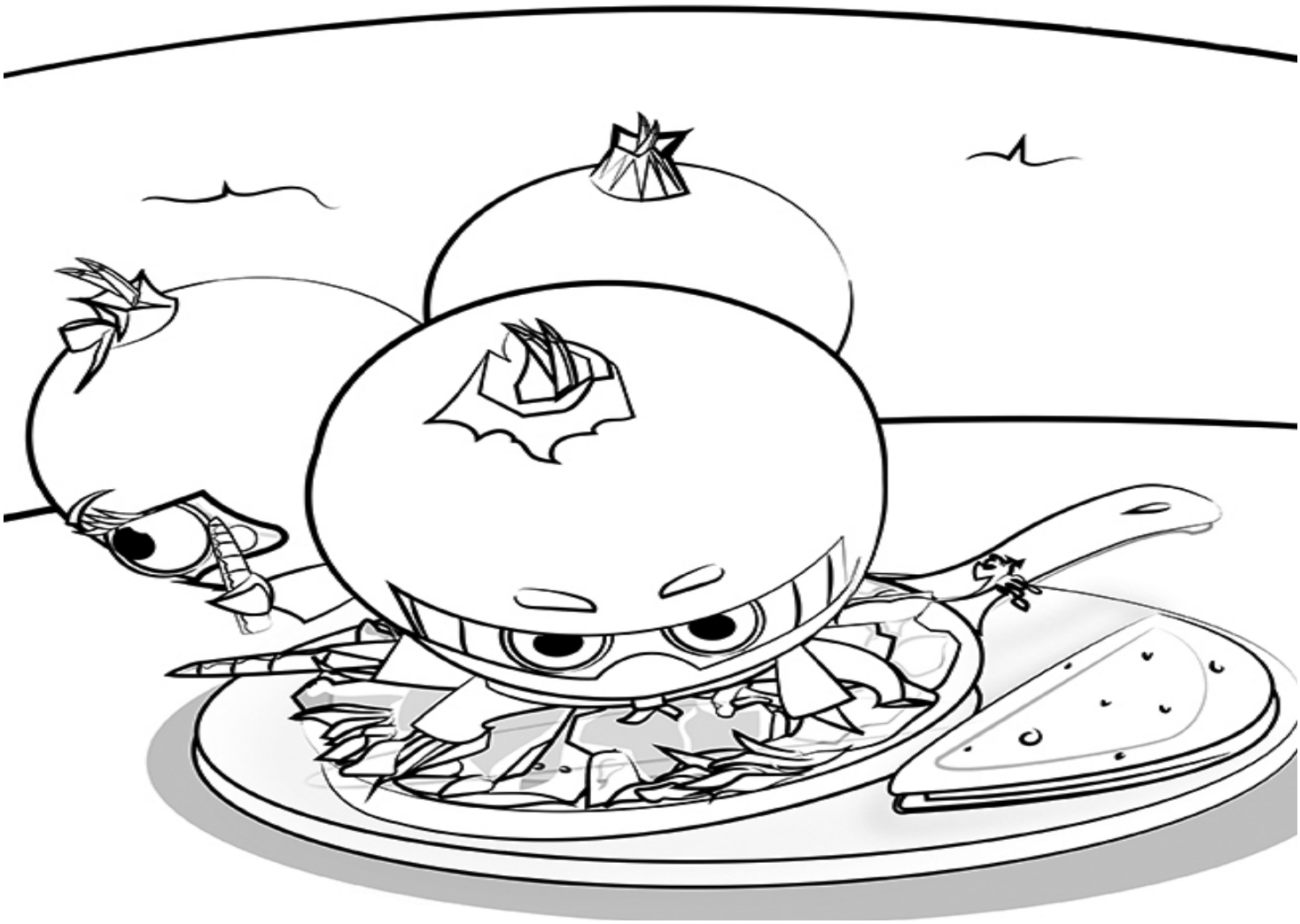


Onions taste great in
French Onion Soup



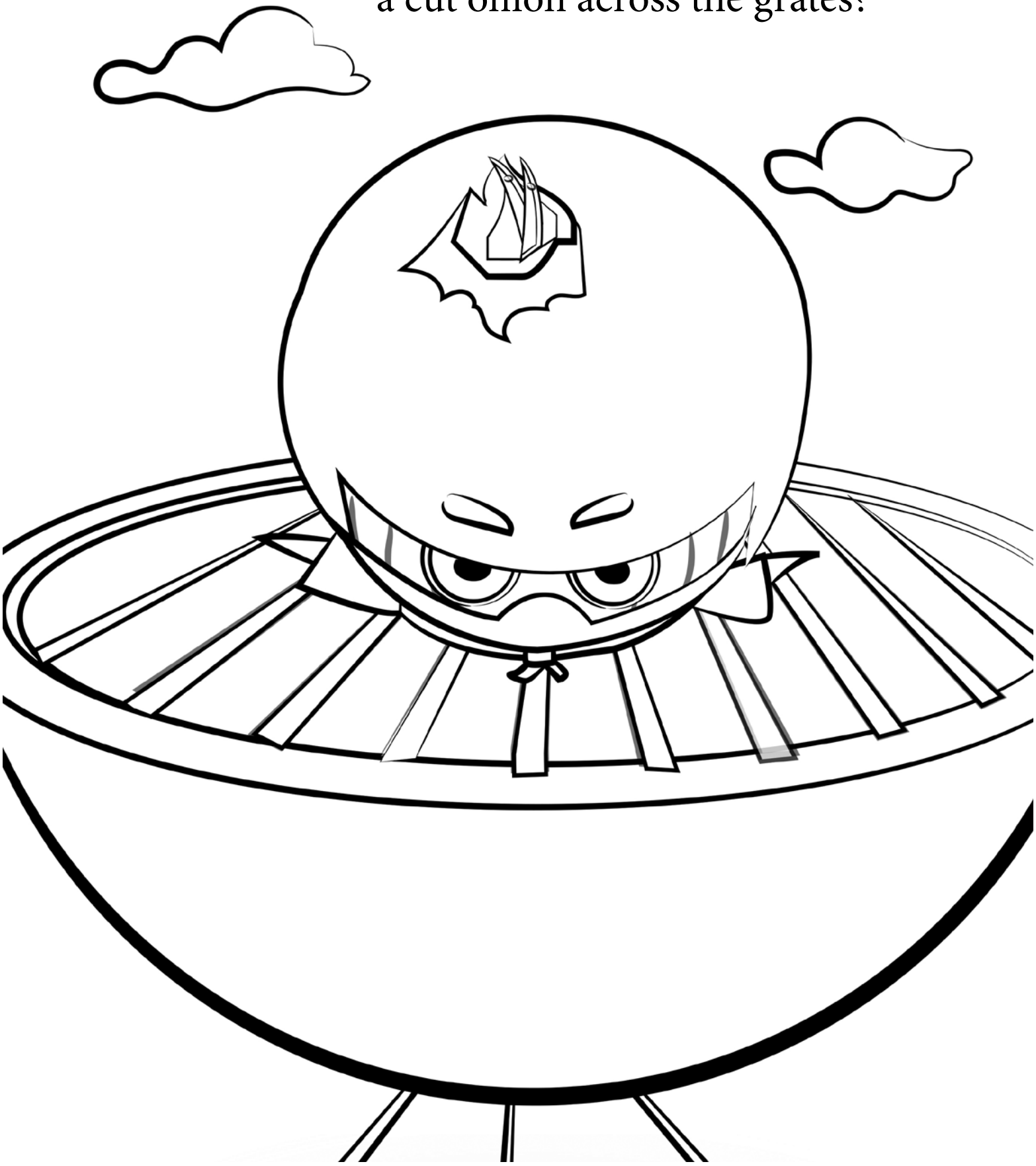
Or Philly Cheese steak?

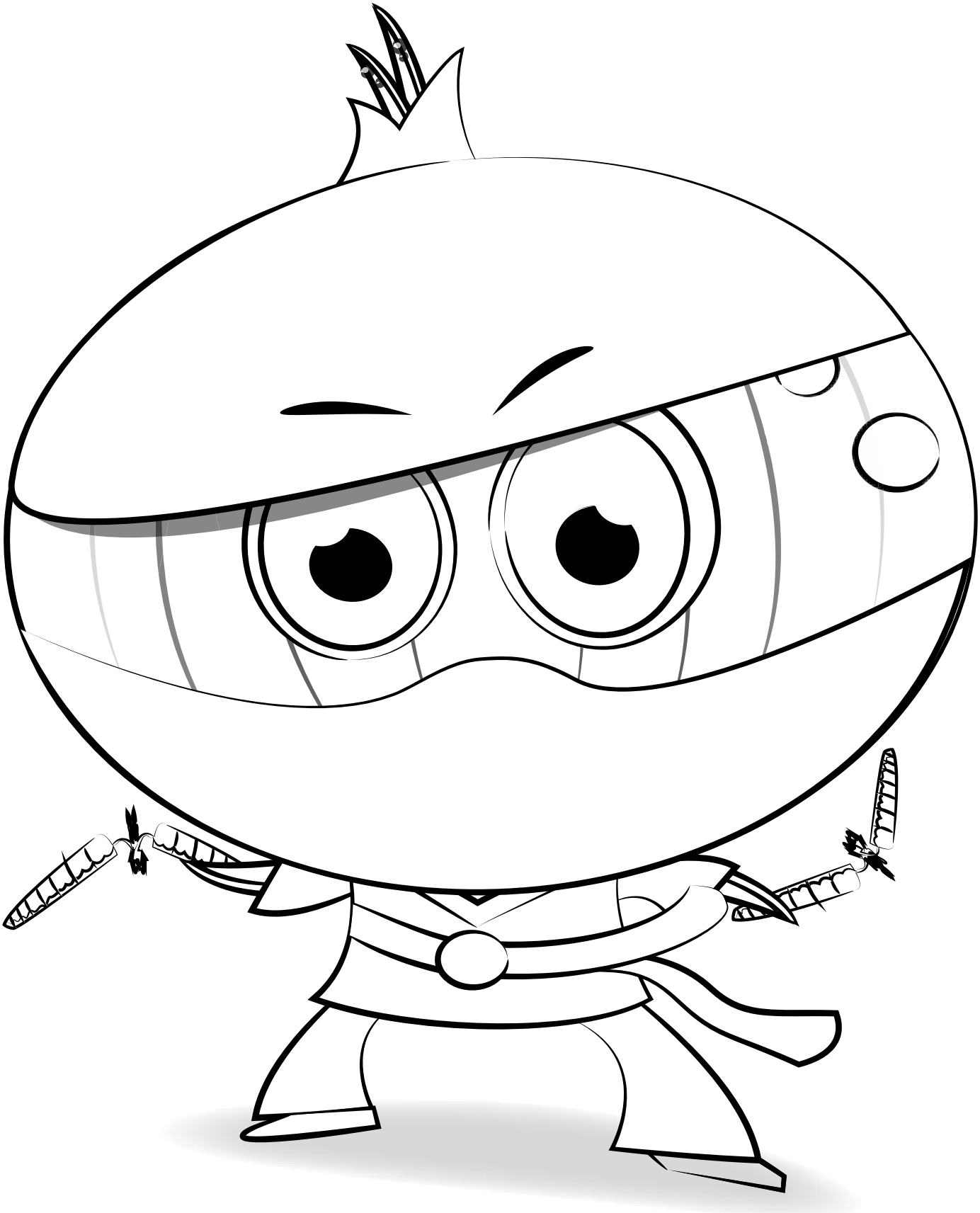
How about Fajitas?

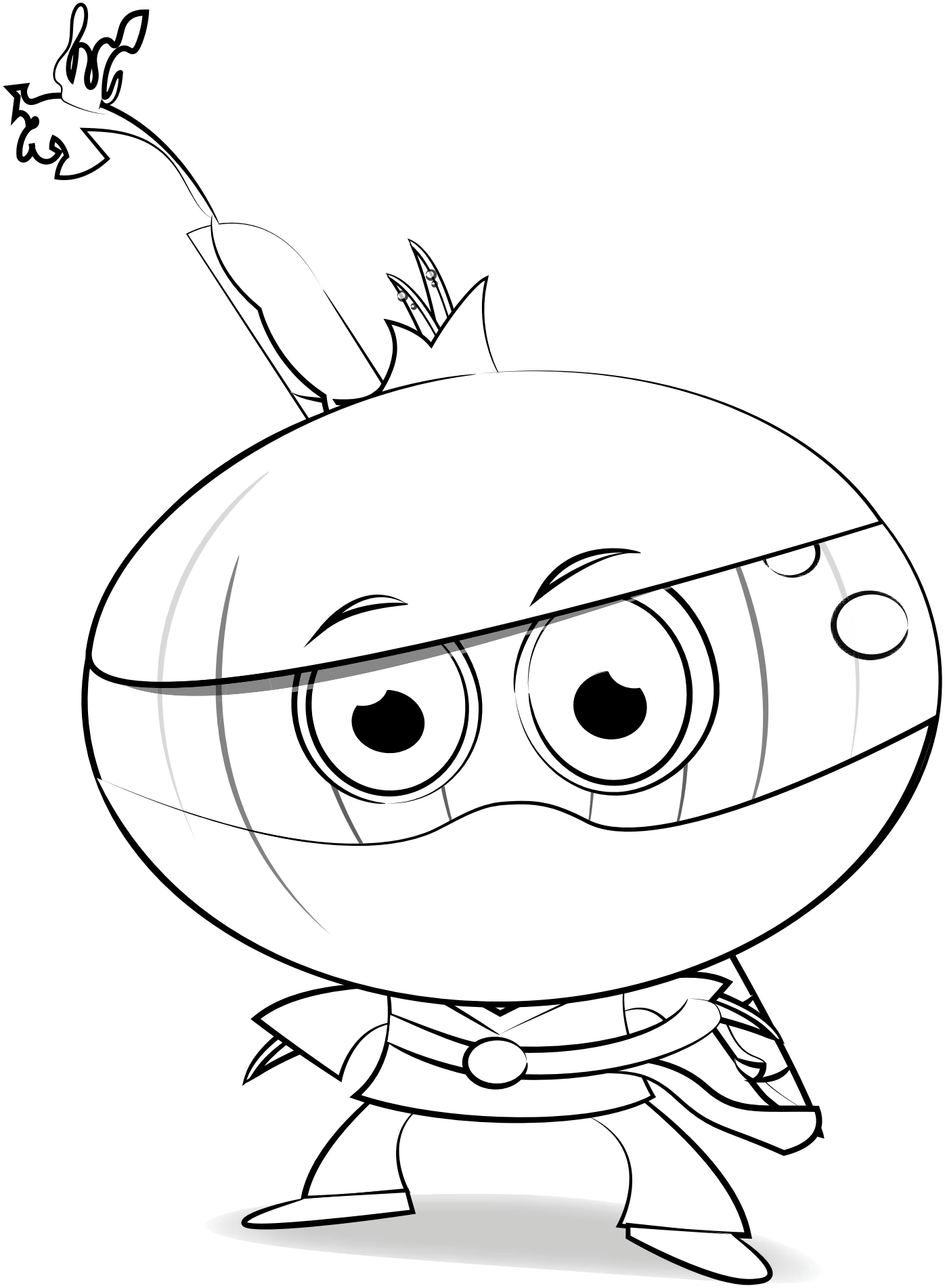


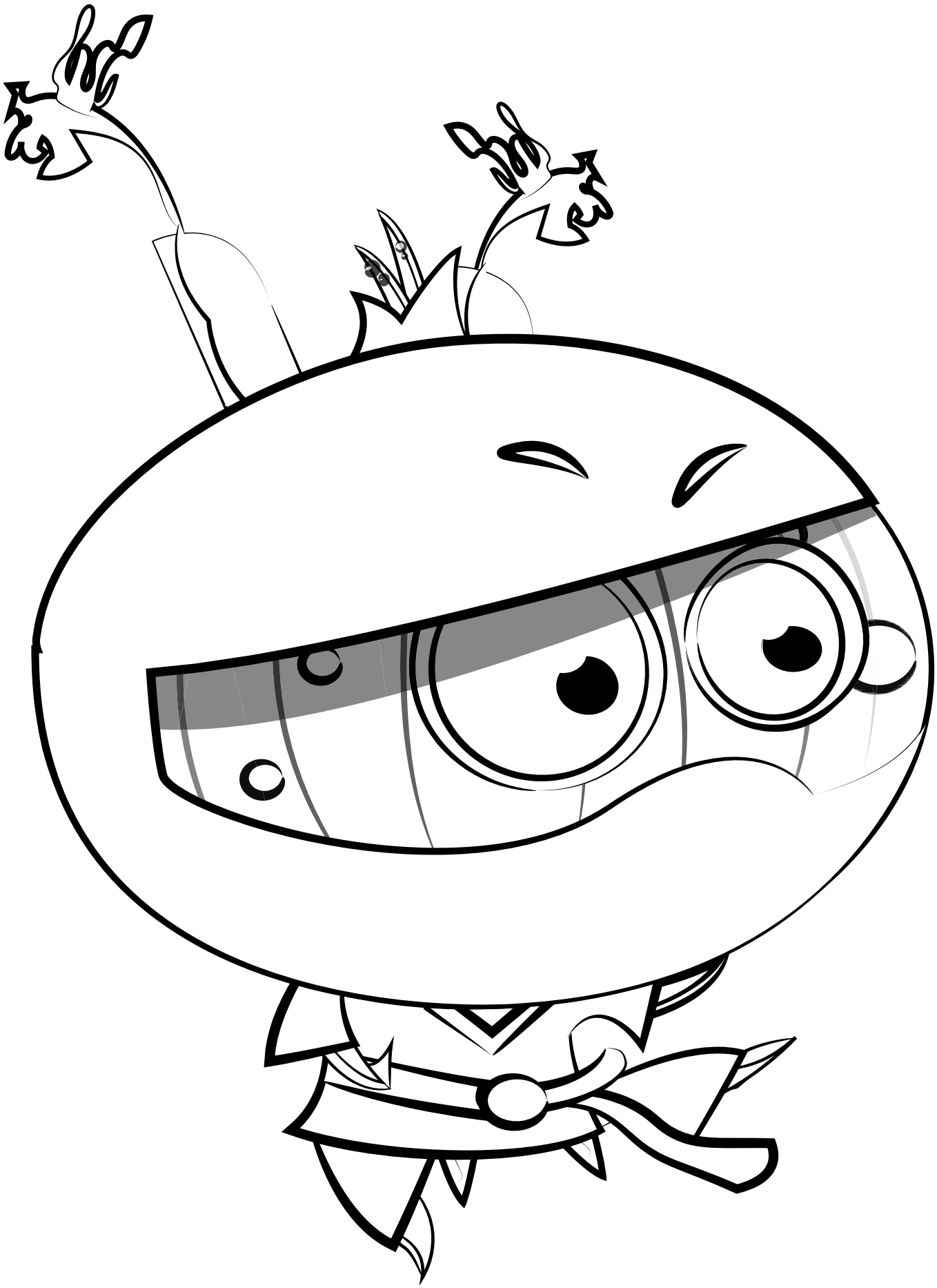
Together, Ollie and Olivia had become Nature's Ninjas, adding flavor and nutrition to people's meals in the fight to keep people healthy.

Did you know that you an even clean your barbecue grill naturally by wiping a cut onion across the grates?









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Nature's

NINJA®

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Since 1918