Onions are low in calories yet high in nutrients, including vitamin C, B vitamins and potassium.

Research shows that eating onions may help reduce heart disease risk factors, such as high blood pressure, elevated triglyceride levels and inflammation.

Red onions are rich in anthocyanins, which are powerful plant pigments that may protect against heart disease, certain cancers and diabetes

A diet rich in allium vegetables like onions may have a protective effect against certain cancers.

Due to the many beneficial compounds found in onions, consuming them may help reduce high blood sugar.

Studies show that onion consumption is associated with improved bone mineral density.

Onions have been shown to inhibit the growth of potentially harmful bacteria like E. coli and S. aureus.

Onions are a rich source of prebiotics, which help boost digestive health, improve bacterial balance in your gut and benefit your immune system.