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The amazing onion provides layers of flavor, color, and texture to a wide variety of dishes and cuisines. But, their appeal goes beyond flavor when you consider their role in history and our health. Mar 30, 2026 · When given alongside the antidiabetic drug metformin, onion extract lowered fasting blood sugar levels by 35% to 50%, depending on the dose. 8 This is a promising finding, especially ... Dec 5, 2025 · Exploring the chemical composition, the antioxidant, and the antiangiogenic potential of ancient onion (*Allium cepa* L.) varieties through molecular networks and chemometric tools. Apr 14, 2026 · The onion is likely native to southwestern Asia but is now grown throughout the world, chiefly in the temperate zones. Onions are low in nutrients but are valued for their

flavour and are ... Onion Health Research
Onions are powerhouses of nutrition. That's one reason why they are Nature's Ninja. They have the power to keep you healthy and help you keep diseases at bay. Researchers all ... Feb 21, 2026 · But there's no research to back up that idea. Onion water--made by chopping up peeled, clean onions and letting them sit in water for a while--probably won't hurt you. The Onion brings you all of the latest news, stories, photos, videos and more from America's finest news source. The onion (*Allium cepa* L., from Latin *cepa*), also known as the bulb onion or common onion, is a vegetable that is the most widely cultivated species of the genus *Allium*. May 20, 2025 · Read on to discover the possible health benefits of onions and ways to add onion to your diet. May 11, 2025 · There's more than one kind of onion

in the world. Learn the differences between white and yellow onions, shallots, spring onions, scallions, and more.

Onion Benefits: Nutrients, Antioxidants, and Cooking Ideas

Onions: Health Benefits and Nutrition - WebMD

Home - The Onion

Onion - Wikipedia

Front Page - National Onion Association

[What Happens to Your Body When You Eat Onions Every Day](#)

15 Types of Onions and How to Use Each One | Epicurious

Onions 101: Nutrition Facts and Health Effects

Onion | Description, History, Uses, Products, Types, & Facts - Britannica

All About Onions - National Onion Association

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