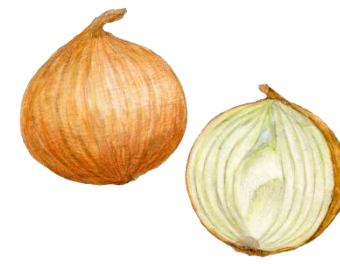


Bulb Onion

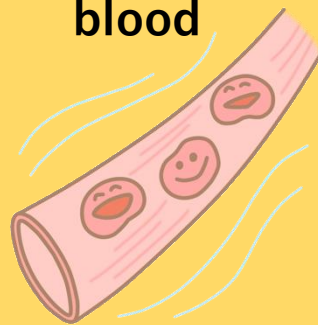


**“Bulb onions:
Not only make you cry, but also help blood circulation”**

**Helps recovery from
fatigue**



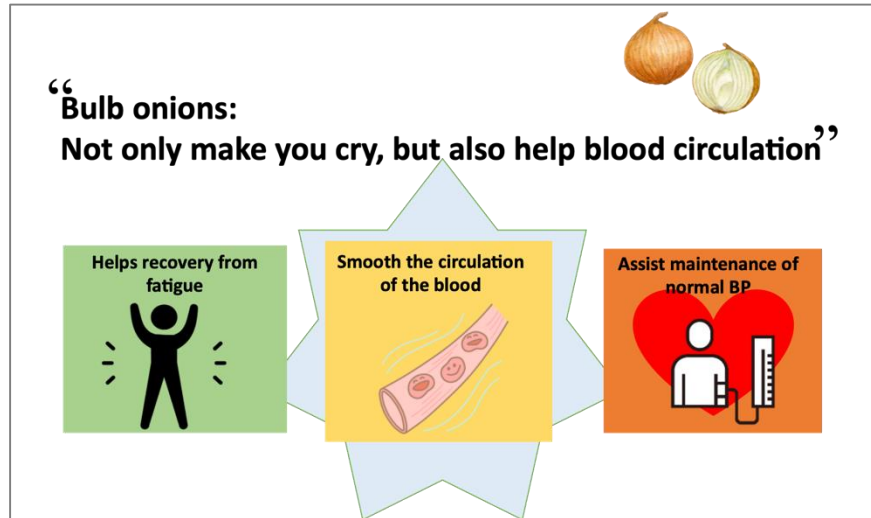
**Smooth the
circulation of the
blood**



**Assist maintenance
of normal BP**



Health effects of bulb onions



Why is it good for blood circulation?



It contains a nutrient (allicin) that helps smooth blood circulation. This nutrient makes you cry when you cut an onion.



Why is it good for recovery from fatigue?



It contains a nutrient (allicin) that promotes the absorption of vitamin B1 and helps to relieve fatigue.



Why does it help to maintain normal blood pressure?



It contains a nutrient (quercetin) that helps to reduce blood pressure elevation (BPE).

Tips for cooking and eating bulb onions

Eat with
Vitamin
B1-rich
foods



Nutritional
values increases
when onions
are exposed to
air after cutting



Avoid
overheating

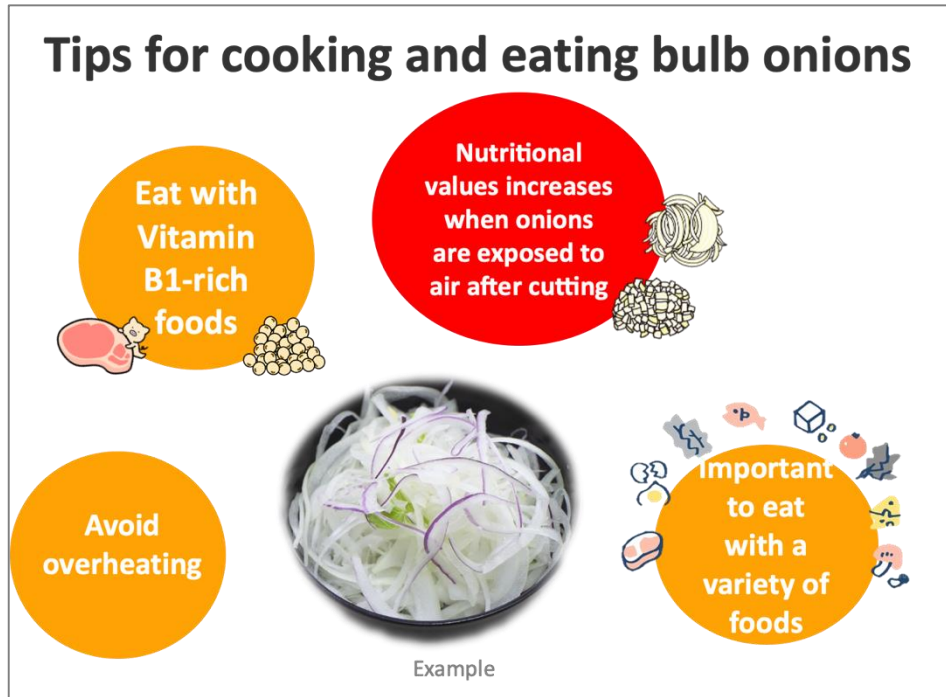


Example

Important
to eat
with a
variety of
foods



Tips for cooking and eating bulb onions



After slicing or chopping a bulb onion, expose it to the air about 10-15 mins. Doing so increases nutrient's(allicin) value.

Avoid overheating.
The longer a food is cooked, the greater the loss of nutrients.
When you cook, fry it quickly or eat with some soup that dissolves the nutrients.

Eat a combination of different foods, including **staple foods** (e.g., cereals such as wheat, barley, rye, maize, or rice), or **starchy tubers or roots** (e.g., potatoes, yams, taro or cassava), **legumes** (e.g., lentils, beans), **vegetables, fruit, and foods from animal sources** (e.g., meat, fish, eggs, and milk).

The nutrient (allicin) helps absorption of vitamin B1. Good to eat with vitamin B1-rich foods(e.g., pork, soy beans, eel, etc.).

Eat a variety of whole (i.e., unprocessed) and fresh foods every day to help obtain the right amounts of essential nutrients.