

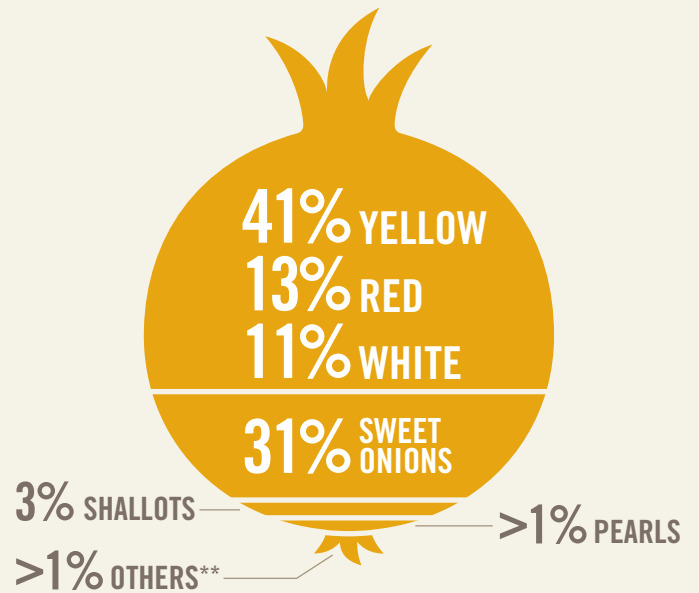
ONION TRENDS AT RETAIL – PEELING BACK THE LAYERS

Onions are the third most consumed vegetable, found in the produce sections of grocery stores around the country. This info peels back the layers to reveal current trends for onions at retail.

Onions for Sale



ONION SALES AT RETAIL (BY POUND)*



*Year over year supply (farm production volume) fluctuations are not reflected in this data set.
**Others include bags of mixed colored onions.

↑ 3% INCREASE IN ONION SALES (VOLUME) IN 2016 VERSUS 2015

↑ 9% INCREASE IN SWEET ONION SALES (VOLUME) DURING LAST YEAR

↑ 12.8% INCREASE IN DOLLAR SALES FOR RED ONIONS DURING LAST YEAR



20 POUNDS

PER CAPITA CONSUMPTION OF ONIONS IN THE UNITED STATES, UP 70 PERCENT IN THE LAST TWO DECADES



January

TOP MONTH FOR RETAIL ONION SALES.

November & December

TOP SALES MONTHS FOR PEARL ONIONS, OFTEN ASSOCIATED WITH THANKSGIVING AND CHRISTMAS.



NATIONAL ONION ASSOCIATION

For more information, visit onions-usa.org

ONIONS FOR YOUR HEALTH

Layers of health benefits found in onions



FIBER – 3 g / 11% DV PER SERVING

Keeps food moving efficiently through the body.

VITAMIN C – 11.8 g / 20% DV PER SERVING

Necessary for normal growth and development and is required for the repair of tissues in the body.

VITAMIN B6 – 0.2 g / 9% DV PER SERVING

Helps the immune system produce antibodies to fight disease.

FOLATE – 28.5 mcg / 7% DV PER SERVING

Promotes healthy cell and tissue development. It is especially important during periods of rapid cell division and growth such as pregnancy and infancy.

POTASSIUM – 190 mg / 4% DV PER SERVING

Has various roles in metabolism and essential for the proper function of all cells, tissues and organs. Potassium can benefit hypertension by diminishing the adverse effects of sodium on blood pressure.

CALCIUM – 34 mg / 2% DV PER SERVING

Helps form and maintain healthy teeth and bones.

MANGANESE – 0.2 mcg / 10% DV PER SERVING

Helps the body form connective tissue, bones, blood clotting factors, and sex hormones. Also plays a role in fat and carbohydrate metabolism, calcium absorption, and blood sugar regulation.

QUERCETIN

A flavonoid (one category of antioxidants) that helps delay or slow the oxidative damage to cells and tissues in the body.

INULIN

Inulin belongs to a class of dietary fibers known as fructans. This prebiotic fiber promotes gastrointestinal health by sustaining beneficial bacteria.

Families of compounds in onions believed to have valuable effects on human health:

1. FRUCTANS
2. FLAVONOIDS
3. ORGANOSULFUR COMPOUNDS



AVERAGE CALORIES IN
ONE CUP
SERVING OF ONIONS.
ONIONS ARE SODIUM, FAT AND
CHOLESTEROL FREE.



NATIONAL ONION
ASSOCIATION

For more information, visit
onions-usa.org