FOOD

Organ Meats' Amazing Nutritional Value (Ancient Tribes Knew This!)

By bestfolkmedicine · 12/10/2022 · 2 min read



Back in the day, organ meats were one of the most prized and cherished foods. Today, it seems their consumption isn't as popular as it once was.

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Actually, today, a lot of individuals have never actually consumed these parts of animals. Others find the thought of eating organ meats disturbing.

However, whichever your stance on organ meat is, one thing is certain: they are highly nutritious.

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Organ meats are organs of animals that humans prepare and eat as food. The most commonly consumed organs came from pigs, cows, goats, lambs, ducks, and chickens.

Nowadays, most animals are born and raised for muscle tissue. Somehow, their organs are overlooked. Most meat is minced or consumed in form of steaks or drumsticks.

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But, if we go back in time to when people hunted their own food, we realize that they didn't consume only muscle meat.

In fact, they ate the organs as well, including intestines, brains, and even testicles! These organs were once highly prized.

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By adding organ meats to your diet, you get amazing nutrients like folate and vitamin B12, as well as protein and iron.

The Various Types of Organ Meats Explained

- **Heart**

Though it may not look edible, the heart is lean and tasty organ meat.

- **Tongue**

Although it's more a muscle than an organ, the tongue is a delicious and tender cut of meat abundant in fat.

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- **Liver**

This organ is rich in nutrients and is often referred to as the multivitamin of nature.

- **Brain**

The brain is a delicacy in numerous cuisines. It provides an abundance of omega-3s.

- **Kidneys**

The kidneys offer a gamey and earthy taste. A popular and loved way of preparing these organs is deviled kidneys.

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- **Sweetbreads**

Don't let the name deceive you: they're neither sweet nor a type of bread. They're made of the pancreas and thymus gland.

What Are the Nutrients You Can Acquire from Organ Meats?

The nutrients you get from organ meats vary. It depends on the type of organ and the animal source.

Generally speaking, you can get the following nutrients by adding them to your diet:

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- ***B vitamins (folate and vitamin B12)***
- ***Minerals (iron, selenium, zinc, magnesium)***
- ***Fat-soluble vitamins (A, D, E, and K)***
- ***Protein***
- ***All 9 essential amino acids***
- ***Choline: an essential nutrient for healthy liver, muscles, and brain***

By consuming organ meats, you will benefit in the following way:

- ***Prolong your satiety and prevent overeating***
- ***Encourage weight loss by boosting the metabolism***
- ***Can help in building and maintaining muscle mass***
- ***They're not as expensive as other more popular meat cuts***

Sources:

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