

## So, is Tripe good for you?



The lining of a pig's stomach, tripe has a chewy texture that can take some getting used to, but it has a mild flavour that works well in soups and stews. Tripe serves as a source of minerals as well as protein and vitamins your body relies on for good health. But tripe and other organ meats should be consumed infrequently -- and in small portions -- due to their cholesterol content, leerld17d

## Essential Minerals

Including tripe in your diet helps you consume more selenium. Your cells rely on selenium to control enzyme activity, and a diet rich in selenium fights cell damage associated with aging and disease while also supporting thyroid gland function. Tripe also offers beneficial zinc, a mineral important for blood clot formation and immune function. Like selenium, zinc promotes thyroid