

Low in calories, and a good source of protein (which makes you fuller after eating), oysters are something of a superfood for me. They're delicious too. Ever since I was a kid, growing up in Alabama, where oysters are often available, I've eaten them more or less every day. A source of vitamins and iron, one of their most significant benefits is that they give you lots of energy to help you through the day. And I guess that, since they are easily farmed, and grow in large numbers, they are better for the environment. They're one of the few foods from the ocean we can eat without worrying about reducing the number of creatures in the sea.