

Ugly Foods You Should Be Eating



Oysters

Oysters are an excellent low-calorie protein source. “They are also said to be one of the best food sources of zinc available,” says Randy Rabney, chef, board-certified health counselor and author of *Delicious for Life*. “I love the briny flavor that varies depending upon the type of oyster. I love fresh oysters alone, or for a real treat, they’re especially delicious as ‘Russian oysters,’ which have a small dollop of sour cream and caviar.”



Figs

“People have told me that they don't eat figs because they don't like the way that they look,” says Rabney. Those people are missing out! “Figs are high in fiber and full of vitamins and minerals. They are sweet, juicy, and delicious alone or in a salad with arugula and cheese.”



Liver

It doesn't look as delicious as a steak, but liver's health benefits have landed it on our list of ugly foods you should be eating. “If you choose to eat meat, liver can be a great addition to your diet because it's packed with vitamins and minerals, including B vitamins and iron,” Rabney says “Ideally, you should choose liver from grass-fed and/or organically-raised animals.”