

5 Ugly Foods You Should Be Eating

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These superfoods may look ugly on the outside, but really they're chock-full of nutrients, vitamins and goodness on the inside. Here are five ugly foods that you should start eating right now. And don't let their appearances fool you--these five foods taste great (we promise)!

Black garlic: Although black garlic might look like pieces of coal, it's absolutely divine and practically a delicacy. "It boasts double the antioxidants of raw garlic," Jackie Newgent, culinary nutritionist and author of *Big Green Cookbook*, says. "It also provides S-Allylcysteine, a natural compound that may play a role in cancer prevention."

Durian: Native to Asian countries like Brunei, Malaysia, and Indonesia, durian is not easy to find. The fruit, which has been dubbed the "King of Fruits," tastes divine. Its smell, on the other hand, leaves little to be desired. "It has a very distinct odor—much like a skunk or sewage," says Beth Aldrich, certified nutritionist, healthy lifestyle counselor, and author of *Real Moms Love to Eat: How to Conduct a Love Affair with Food and Still Look Fabulous*. "In fact, the fruit is prohibited in hotels and public transportations in Southeast Asia." But it's a great source of vitamin C, dietary fiber, and B-complex groups of vitamins.