

## 5 Ugly Foods You Should Be Eating

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by SHAPE magazine, 1 hour 50 minutes ago

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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.

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**Tempeh:** Tempeh, a fermented soy food that looks like a bunch of beans with white stuff on them, is a great protein. "This type of soy is more digestible because it has been fermented," says Jill Nussinow, a registered dietician and cooking teacher.

**Green smoothies:** We promise green smoothies taste better than they look. Plus, they're full of nutrients. "We all know we need to eat our greens," Alyssa Phillips, a physician assistant with a

degree in nutrition, says. “This is an easy way to get a whopping dose of all the super-alkalizing, skin-clearing, energy-boosting, fiber-filled, nutrient-packed greens that you should otherwise be eating.”

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**Octopus:** Next time you see octopus on a menu, consider giving it a try. It’s delicious (when cooked properly) and is a great protein. “Octopus is low in saturated fat and contains omega-3 fatty acids, which are good for cardiovascular health,” says registered dietitian Rachel Begun. “It is a good source of iron and contains many other vitamins and minerals, including A, C, B, calcium, potassium, phosphorus, and selenium.”

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