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[Side Effects of pickles \(Achaar\) :-](#) They are fat-free and low in calories, however, they may interfere with your daily salt intake. [Increases Blood Pressure:](#) After eating a high-salt meal with pickles and pickle juice, some people may have a transient increase in blood pressure.

[Is Pickle Good or Bad? Benefits, Side Effects of Achaar You Must Check:](#)

India : [food : pickle-benefits-side-effects-of-achaar-you-must-c...](#)

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Foods like Kimchi, Achar, Kombucha, and Natto are some examples of traditional fermented dishes from different countries.

[Are fermented food and pickle good for health? - The Times of India](#)

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