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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.

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

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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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