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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](#)
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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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Subway Surfers is a classic endless runner game. You play as Jake, who surfs the subways and tries to escape 6, £ from the grumpy Inspector and his dog.

You'll need to dodge trains, trams, obstacles, and more to go as far as you can in this endless running game. Collect coins to unlock power-ups and special gear to help you go further every time in Subway Surfers. Furthermore, coins can be used to unlock

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