



KETO PICKLED VEGETABLES

KETO PICKLED VEGETABLES by Songheng

Thai pickles, a new choice for health lovers



IG: dish.is.dietfood

KETO PICKLED VEGETABLES SONGHENG BRAND

“

Thai pickles, a new
choice for **health lovers**”

The Songheng premium pickles under Latto Food and Drink Co.,Ltd.
are made with passion and expertise in fermentation. Inherited more than
40 years of delicacy and exported to more than 10 countries around the world.
We aim to deliver the pleasure, in global standards, with an understanding of
your gastronomic trajectory.



**YOUR TASTE
AT YOUR
HOME**



HALAL



GMP



HACCP



CERTIFICATE OF MANUFACTURER



US FDA REGISTRATION

Standardization and Certification of factory

Materials

- Fresh from the farm, delivered directly to the factory within 24 hours
- Select only good quality vegetables from perfect sources of raw materials

Technologies

- Semi-automatic vacuum packing machine
- 50 tons washing machine

Cleanliness and good hygiene

- The Latto plant is GMP and HACCP certified.
- Use a 50 tons washing machine to clean all raw materials
- Pickled in a closed container
- Choose food-grade packaging that is suitable for pickles only

What is Ketogenic Diet?

A food consumption principle that is becoming popular among health-conscious people. Reducing carbohydrate food to reduce body shape.

"Ketogenic Diet" is to eat foods that are high in fat. Followed by protein By reducing the carbohydrate to a scanty amount to keep the body in a state of ketosis, which is when your body doesn't have enough carbohydrates to burn for energy. Instead, it burns fat.





Benefits of Ketogenic Diet

Help to reduce weight

Eating keto is one of the most effective weight loss methods. That's because the body will burn fat until the weight is reduced and has a better shape.

Help to control blood sugar levels

Reduce the risk of diabetes. Good for people with diabetes at early stages and patients with type 2 diabetes.

Uplift mental health

When we eat fewer carbohydrates, we can avoid having high blood sugar levels. Helps to concentrate, focus well and have a clear mind. It has a positive effect on brain function.

Reduce cholesterol

Current research has found that the Keto diet improves cholesterol levels. When compared to weight loss by other methods. It makes the heart also in good health by increasing the good body's fat content and reduce the bad one.

KETO Sour Pickled Green Mustard

- ✓ No sugar added
- ✓ Use an extract from stevia
- ✓ No preservative
- ✓ No MSG

Produced from whole greens cabbage, both heart, and leaf. Low calories and high fiber are very good for the digestive system.

Mellow sour taste with natural aroma, clean smell like crispy fresh pickled cabbage in convenient packaging design, easy to eat.

Package size: 230 g. x 48 packs

Drained Weight (D.W.): 180 g.

Net weight (N.W.): 230 g.

Shelf life: 6 months



“

Taste that brings you back to
your childhood,

like grandma's recipes ”



KETO Salted Plum

- ✓ No sugar added
- ✓ No preservative
- ✓ No MSG

Natural brine resulting in **a mellow salty and sour, not too salty. The outstanding inherent plum scent from the top of the mountain. No pungent smell.**

The matter is not mushy but not too hard.

No dull color salted plum, clear brine water, good taste. Relieve a mouth ulcer, thirsty, feel nauseated, and dizzy. Stimulate food digestion.

Package size: 200 g. x 24 bottles

Drained Weight (D.W.): 80 g.

Net weight (N.W.): 200 g.

Shelf life: 2 years

Package size: 454 g. x 24 bottles

Drained Weight (D.W.): 227 g.

Net weight (N.W.): 454 g.

Shelf life: 2 years





“
No pungent smell,
not mushy matter
Refreshing, yummy, easy
to cook, and awesome
packaging!”

KETO Pickled Lime

- ✓ No sugar added
- ✓ No preservative
- ✓ No MSG

Natural brine for a reasonable time resulting in a cool color and a natural scent. The longer it is preserved, the more fragrant. The taste is salty and sour, not bitter.

Help to reduce greasy from a ketogenic diet. It contains vitamin C to help reduce fat, normalize triglyceride levels.

Relieve sore throat, thirst and help with the excretory system.

Package size: 200 g. x 24 bottles

Drained Weight (D.W.): 80 g.

Net weight (N.W.): 200 g.

Shelf life: 2 years

Package size: 454 g. x 24 bottles

Drained Weight (D.W.): 227 g.

Net weight (N.W.): 454 g.

Shelf life: 2 years





“ Pickled Lime with a 7-Up soft drink menu is so popular in Hong Kong. It helps to **refresh your throat and reducing sore throat** ”

“ Winter melon soup with pickled lime is fragrant, salty and sour but **not bitter** ”



KETO Sushi Ginger

- ✓ No color added
- ✓ No sugar added
- ✓ Use an extract from stevia
- ✓ No preservative
- ✓ Add Himalayan pink salt

Use young ginger for a mild sweet and sour, slightly spicy taste as a side dish to eat with greasy food.

Speed up the metabolism process, reduce fat and cholesterol, prevent ischemic heart disease.

Curing flatulence, uplift youthful skin and help alleviate cold symptoms.

Package size: 200 g. x 24 packs

Drained Weight (D.W.): 80 g.

Net weight (N.W.): 200 g.

Shelf life: 1 year





“
Sushi ginger, a unique recipe,
easy to eat. Recommended
for beginner ginger eater.”



KETO Pickled Garlic

- ✓ No sugar added
- ✓ Use an extract from stevia
- ✓ No preservative
- ✓ Add Himalayan pink salt

Pickled with a secret recipe resulting in a salty, sweet, and sour taste. Thai garlic can highlight the flavor of the food to be more delicious.

Reduce cholesterol, prevent heart disease, control lipids in the blood, prevent blood clotting, treatment of blood pressure, enhance immunity, kills bacteria, mold and viruses.

Help the digestive system to prevent cold symptoms and also contains antioxidants.

Package size: 200 g. x 24 packs

Drained Weight (D.W.): 80 g.

Net weight (N.W.): 200 g.

Shelf life: 1 year



“

Delightful enhances the taste of food.

Reduce cholesterol, prevent heart disease,
control lipids in the blood, and
treatment of blood pressure.”



Distribution Channels in Thailand



KETO FAM



VILLA MARKET



KETOHOUSE



SUGAR FREE



@songhengthailand



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