



**Saladmaster's vision is to lead the movement back to healthy home cooking.**

*"Let food be thy medicine!"  
- Hippocrates*



# **Today's Menu**

**Enjoy your meal!**

**Health & Nutrition Facts**

**Cookware Test**

**Packages & Specials**



# SALADMASTER®

## Our Namesake

It all began with the original and world famous Saladmaster Food Processor. To this day, no kitchen is complete without it!





**SALADMASTER®**

**What two things are most important to you when you cook or decide what to eat?**

- A. FLAVOR**
- B. HEALTH**
- C. TIME**
- D. MONEY**

**How important is maximizing nutrients and eliminating bad fats from your diet?**

- A. VERY IMPORTANT**
- B. IMPORTANT**
- C. NOT REALLY**

**What kind of cookware are you currently using?**



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**How do we throw  
away valuable  
nutrients?**



**Peeling**

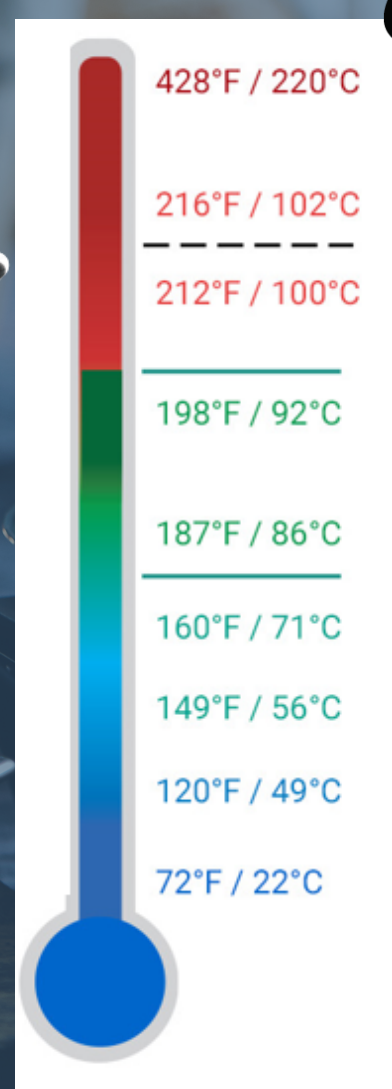
**Oxidation**

**Water**



**High Heat**

**Chemical Reaction**





**SALADMASTER®**

**Let's Get Cooking!**

**Let me show you the  
Saladmaster way of**

**HEY  
Home Cooking**



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**Enemies of  
Nutrition**

SALADMASTER®



## **Peeling**

Majority of the  
nutrients are located  
in or near the skin.





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## **Oxidation**

Light & air can destroy the nutrients in our foods. We have stainless lids to keep out light and air.



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Nutrition**



## **Water**

Many vital nutrients are water soluble and dissolve when fruits and vegetables are boiled or steamed.



1. Grate the carrot then taste a little.
2. Without using the word “carrot” can you describe the taste?
3. Fill a clear glass with tap water to  $\frac{3}{4}$  full. Add remaining shredded carrot to it.
4. Stir for a few seconds.
5. Drain water into a clear glass and take a little taste of the “cooked” carrot.
6. Notice a difference?

What's water got to do with it?

## THE CARROT TEST

Flavor = Minerals

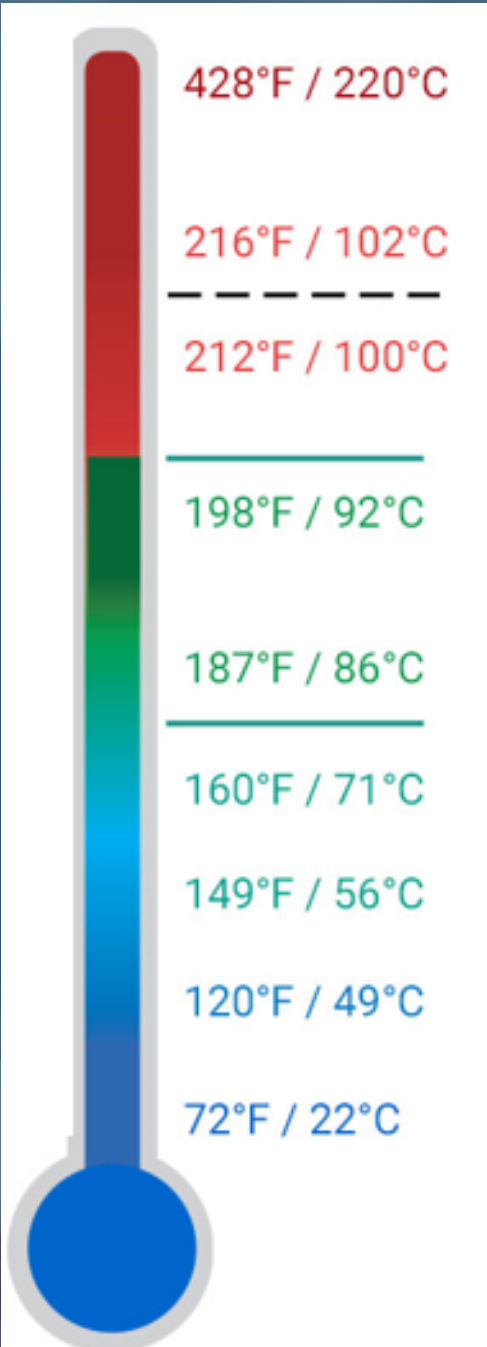
Color = Vitamins



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Nutrition**

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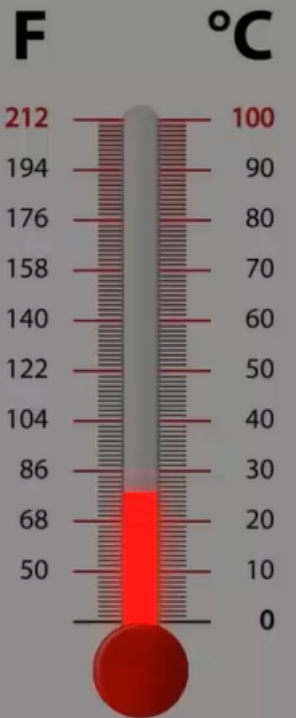
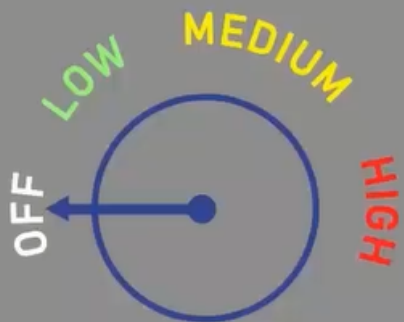
## **HIGH HEAT**

Some vitamins & minerals are heat sensitive. The higher the heat the more nutrients lost.



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The Vapo-Valve™



MEDIUM

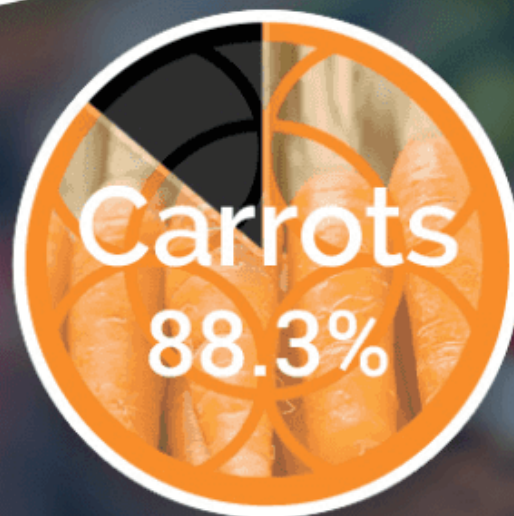
CLICK

LOW



**SALADMASTER®**

**Maximizes  
Nutrients & Flavor**



Saladmaster's average  
nutritional retention is 93%

### **The SALADMASTER Semi-Vacuum Cooking Solution**

When turned to low, the pan cools and air shrinks, creating a semi-vacuum.

Saladmaster offers **SAVINGS** on **ENERGY**, **TIME**, and **FOOD** while maximizing **NUTRIENTS** and **FLAVOR**.

Reference: University of Wisconsin Department of Food Science and Hazleton Laboratory, Madison, Wisconsin. Nutrient analysis performed by Hazleton Laboratory, Wisconsin.



**SALADMASTER®**

**Easy & Convenient**

## **How much is your time worth?**

**Saladmaster Owners save a lot of TIME!**

### **Preparation**

- **Saladmaster Food Processor**

### **Cooking**

- **Freezer to tabletop in 20 minutes**
- **No "pot watching" or constant stirring**

### **Clean-up & Storage**

- **Dishwasher safe**
- **Quick and easy Clean-up**
- **Cooking, serving, and storing**  
– **all in one system**
- **Compact storage**



# SALADMASTER®

## Proud Sponsor of the American Diabetes Association®

### The Saladmaster Cooking System encourages:

Cooking without  
oil or fat

Low-fat meals to cut calories  
& lose weight, lowering risk  
of type 2 diabetes

Cooking at home to  
effectively reduce  
portion size



High-fiber meals to  
better regulate blood  
sugar



**NO OIL • LOW-FAT • HIGH-FIBER DESSERT**

An estimated 7.2 million people with diabetes are undiagnosed, & 1 in 3 American adults are at risk for developing type 2 diabetes

**90% of  
them don't  
know it**

If you have prediabetes, the long-term damage to your heart, blood vessels, and kidneys may already be starting. Diabetes remains the 7th leading cause of death in the United States.

Some contributors of Type 2 Diabetes:

- Overweight or Obese
- High Blood Pressure
- Unhealthy Cholesterol Levels

Many other factors can make someone "high risk." What you do have to control is what you eat, the portions, and how you prepare your meals.

American Diabetes Association does not endorse any product or service.



Connected **for Life**





**SALADMASTER®**

**Enemies of  
Nutrition**



## **CHEMICAL REACTION**

Saladmaster 316Ti Stainless Steel helps protect the quality, purity, and flavor of food.



# SALADMASTER®

## What difference does it make?

### SALADMASTER 316Ti Stainless Steel with Titanium

SALADMASTER®



#### 316Ti Stainless Steel Interior

- Provides high resistance to chemical reaction with the acids and enzymes in food
- Protects quality, purity and flavor of food
- Food can be stored safely in the refrigerator inside a Saladmaster pan
- Resists pitting better than common stainless steel pans
- Resists corrosion and oxidation



#### Lower Grade Stainless Steel

- Poor heat distribution
- Difficult to clean when food burns on due to "hot spots"
- Greater need for water & oil



#### Non-Stick Coatings

- Non-stick can chip and scratch off
- May want to discard once scratched
- Non-stick properties decline over time



#### Aluminum & Anodized

- Soft metal that may react with some foods
- Ingestion of aluminum may be harmful



#### Glass, Porcelain, Enamel

- Breakable
- Poor heat distribution
- Foods can stick and burn
- May contain lead



#### Cast Iron

- Characteristic rough surface, can have open pores
- Grease can turn rancid in pores
- Rusts when washed



**SALADMASTER®**

**Confidence  
in the Kitchen**



**Inverting Lids**



**Construction**



**Dripless Pouring Edge**



**The Vapo-Valve™**



**Versa-Loc™ Handles**



**Smooth Interior**



**SALADMASTER®**

**Look at What  
You Can Earn**



**12" Deep Dish Griddle**



**Bakeware Set**



**Tool Set**



**Electric Kettle**



**Saladmaster Machine**



**Double Walled  
Bowl Set**



**Whistling Kettle**



**SALADMASTER®**

**Kitchen  
Investment**

Most people don't view their cookware as a major kitchen appliance.

What major appliance is used more than your cookware?



Since you eat everyday and your cookware is the last item your food touches, why not view it as the most important appliance?



# SALADMASTER®

## Executive Chef Set



1 Qt. (0.9L) Sauce Pan with Cover



1.5 Qt. (1.4L) Sauce Pan with Cover



2 Qt. (1.8L) Sauce Pan with Cover



3 Qt. (2.8L) Sauce Pan with Cover



3 Qt. (1.8L) Perforated Basket



4 Qt. (3.8L) Roaster with Cover



5 Qt. (4.7L) Roaster with Cover



7 Qt. (6.6L) Roaster with Cover



10 Qt. (9.5L) Roaster with Cover



16 Qt. (15.1L) Roaster with Cover



9 in. (22.9cm) Skillet with Cover



11 in. (27.9cm) Skillet with Cover



8 in. (20.3cm) Chef's Gourmet Skillet



10 in. (25.4cm) Chef's Gourmet Skillet



12 in. (30.5 cm) Chef's Gourmet Skillet



12 in. (30.5cm) Electric Oil Core Skillet with Cover



5 Qt. (4.7L) Multi-Purpose Oil Core Roaster with Cover

MP5 Inset



Double Walled Salad Bowl



3 Piece Mixing Bowl Set



Bake and Roast Pan



6 Piece Bakeware Set



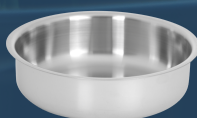
Utility Rack with 6 Egg Cups



7 Piece Kitchen Tool Set



Whistling Tea Kettle



Pudding Pan



Oval Baking Dish



Kitchen Shears



# SALADMASTER®

# Chef Set



**1 Qt. (.9L)  
Sauce Pan with Cover**



**3 Qt. (2.8L)  
Sauce Pan with Cover**



**3 Qt. (1.8L)  
Perforated Basket**



**7 Qt. (6.6L)  
Roaster with Cover**



**9 in. (22.9cm) Skillet  
with Cover**



**10 Qt. (9.5L)  
Roaster with Cover**



**12 in. (30.5cm)  
Electric Oil Core Skillet**



**Smokeless Grill**



**5 Qt  
Electric Multi-Purpose**



**11 in. (27.9cm) Skillet  
with Cover**



# SALADMASTER®

# Master Set



**1 Qt. (.9L)  
Sauce Pan with Cover**



**3 Qt. (1.8L)  
Perforated Basket**



**3 Qt. (2.8L)  
Sauce Pan with Cover**



**7 Qt. (6.6L)  
Roaster with Cover**



**9 in. (22.9cm) Skillet  
with Cover**



**10 Qt. (9.5L)  
Roaster with Cover**



**11 in. (27.9cm) Skillet  
with Cover**



**12 in. (30.5cm)  
Electric Oil Core Skillet**





# SALADMASTER®

# Professional Set



**1 Qt. (.9L)  
Sauce Pan with Cover**



**3 Qt. (2.8L)  
Sauce Pan with Cover**



**9 in. (22.9cm) Skillet  
with Cover**



**3 Qt. (1.8L)  
Perforated Basket**



**7 Qt. (6.6L)  
Roaster with Cover**



**11 in. (27.9cm)  
Skillet with Cover**



**SALADMASTER®**

**Classic Set**



**2 Qt. (1.8L)  
Sauce Pan with Cover**



**4 Qt. (3.8L)  
Roaster with Cover**



**5 Qt. (4.7L)  
Roaster with Cover**



**11 in. (27.9cm)  
Skillet with Cover**



# SALADMASTER®

# Personal Set



**1 Qt. (.9L)  
Sauce Pan w/ Cover**



**3 Qt. (1.8L)  
Perforated Basket**



**3 Qt. (2.8L)  
Sauce Pan w/ Cover**



**9 in. (22.9cm)  
Skillet with Cover**



SALADMASTER®

*Why  
Am I doing  
This?*