

T-fal[®]

NUTRITIOUS & DELICIOUS

A new range of cooking appliances

That combines

Nutrition & Pleasure





T-fal launches NUTRITIOUS & DELICIOUS a new range of cooking appliances that combine Nutrition and Pleasure

Meeting the needs of today's "nutrition-aware" consumers

Modern-day lifestyles often mean less physical activity, rather chaotic eating habits and a less balanced diet. Most of us consume too much fat and oil (representing 40% of our calorie intake), eat too fast and eat too many processed foods. This is because we don't have enough time or knows how to prepare meals ourselves; or, what is worse, prefer food that is unhealthy! For several years now poor nutrition has had a direct and adverse effect on public health, by increasing obesity, heart disease and high cholesterol. Proper nutrition has therefore become a major concern and people should now more than ever profoundly modify their eating habits. "Nutrition-aware" consumers now know that they must pay attention to their diets to stay healthy and avoid nutritional risks. **But although our wellbeing and future depend to a large extent on what we eat, this does not mean we must give up the pleasure of eating.**

For T-fal nutrition is more than just food!

Proper nutrition not only depends on the quality of the food we eat but also on how it is prepared and cooked. In addition to having a direct impact on organoleptic qualities, such as taste and texture, food preparation and cooking also determine nutritional characteristics to a large extent. Whether boiled, simmered, fried or baked, the way a meal is cooked not only affects how it tastes but also how well its vitamins and trace elements are preserved.

Since all cooking appliances are not created equally T-fal has decided to reaffirm the essential role of meal preparation and cooking with its new Nutritious & Delicious range of practical cooking appliances that offer a unique combination of high nutritional performance and culinary pleasure.



To meet the need for more nutritious and better-balanced meals, T-fal has made a considerable investment in R&D to develop new cooking technologies. Well known for its cooking utensils and

Appliances, T-fal Nutritious & Delicious range offer unique cooking solutions that enable nutrition conscious food lovers to meet their health objectives by:

- Preserving the nutritional qualities most essential to health
- Reducing the use of fats and oils
- Enjoying the forgotten tastes and flavors of natural foods.
- Reducing meal preparation time

With **Nutritious & Delicious**, T-fal's objective is to inspire consumers to prepare a variety of better-balanced and more flavorful meals. This new range consists of two completely new products: **ACTIFRY and VITACUISINE**.



ACTIFRY: the revolutionary way of cooking

ActiFry is the world's first appliance capable of making a kilo (2.2 lb) of crunchy golden French fries with just one spoon of cooking oil!

Using a new patented technology that took 10 years to develop, T-fal has come up with **THE solution for making fries that are not only delicious but also much healthier**. ActiFry comes with a **dosing spoon** that adds just enough oil to cook a kilo of fries. The device's **mixing arm** then spreads the oil uniformly over the fries in the Actifry pan. The hot air flow inside the appliance ensures that the fries are perfectly cooked.

This **exclusive heating system** makes fries, with a crispy coating on the outside, soft and tender inside and truly delicious with a good natural potato taste. **Even people on a low-fat diet will be able to rediscover the pleasure of eating fresh French fries**. When you cook fries with ActiFry most of the calories come from the carbohydrates of potatoes but not from the cooking oil, unlike fries cooked in a conventional deep-fryer. Both young and old will be able to satisfy their craving for French fries as often as they like, while protecting their health

The Advantages of ACTIFRY:

- **Nutritious:** French fries cooked with Actifry contain only **3% fat***, a record! This compares with 9% in a conventional oven, 13% in a microwave and 14% in a standard deep-fryer*. You will be able to use a variety of oils that are good for your health, such as Omega 3 or 6 oils, or olive, colza, grape seed, nut and other oils... Enjoy yourself and please your kids too!
- **Delicious:** Actifry users will rediscover the good **natural taste of potatoes**. They will also be able to "customize" their French fries and flavour them as they like, by adding herbs, spices and condiments that provide vitamins and mineral salts. **The recipe book also shows how to make fried fresh vegetables, chicken with pineapple, crunchy shrimp and more...**
- **Practical:** less oil means fewer unpleasant odors and ultra-fast cleaning. You can also leave ActiFry unattended.

Rediscover the pleasure of making and eating chips, without the guilt, with easy-to-use ActiFry.

* Sources: T-fal Laboratory certified test reports (March 2006) and manufacturer data from Sept. 2005 to January 2006

ACTIFRY features and benefits:

- Model No.: FZ7000
- Capacity: 1 kg of fresh French fries
- Ideal for preparing many delicious meals, including vegetables, meats, fish, fruit, etc.
- Dosing spoon adds just enough oil
- 100% transparent steam-free lid
- Removable aluminum pan with ceramic coating
- No preheating required
- Maximum safety
- Safe to clean: removable pan, mixing arm and lid are dishwasher safe
- Direct serving platter
- Power: 1450 watts
- Removable stirring paddle
- Opens automatically
- Timer
- Available in the province of Quebec
- Ontario: Fall 2009
- - Department Stores and Specialty Stores
- Suggested retail price: \$349.99
- www.nutritious-delicious.ca



VITACUISINE: a complete steam cooking system at last

T-fal incredible new "3 in 1" VITACUISINE steamer can simultaneously cook three healthy and tasty dishes. Its exclusive Turbo Boost function and unique design, with three separate steaming chambers, make VitaCuisine the only steamer that can cook a nutritious, delicious and complete meal in one step. Three dishes can be steamed simultaneously while preserving the distinctive flavours of each.

Since the three chambers are fully isolated from each other, a first course, main course and dessert can all be cooked together, with no risk of flavour transfer.

To steam large items such as crabs, cauliflower or artichokes, the stainless steel baskets can be replaced with a large plastic bowl.

Dishes cooked with VitaCuisine offer all of the advantages of steaming, which cooks foods gently and preserves their nutritive qualities, flavours and organoleptic characteristics (tenderness, crunchiness, creaminess, color, etc.). Since steam temperature never exceeds 100°C more vitamins are preserved. For food lovers, VitaCuisine has provided a special reversible non-stick tray at the top of the steamer, which can be used to cook with marinades or to add sauces, or flipped over for conventional steam cooking.

The advantages of VITACUISINE:

- **Nutritious:** the exclusive **"Turbo Boost"** function reduces cooking time while preserving more vitamins and antioxidants (for example broccoli retains 86% of its vitamin C after "Turbo Boost" steaming, 58% after boiling and 70% after conventional steaming*).
- **Delicious:** who said that steamed meals have to be bland? **VitaCuisine's reversible upper tray can allow food lovers to be as creative as they like** and make such dishes as chicken strips with sauce provençale, gambas shrimp with curry sauce, marinades, etc.
- **Practical: a single appliance** is used to cook a complete and well-balanced meal easily and rapidly. VitaCuisine requires no surveillance, stops automatically and keeps dishes hot until they are ready for serving.

* Studies conducted by or in collaboration with l'Institut National Agronomique de Paris-Grignon (INA-PG) in February 2006

VITACUISINE features and benefits:

- Model No.: VS4001
- Two 2.5 L stainless steel baskets
- Special 1.5 L rice bowl
- 0.6 L reversible, non-stick cooking tray
- Large capacity compartment for larger items
- Turbo Boost function speeds up steaming
- Transparent cover makes it easy to check foods
- Keeps food hot automatically
- Can be filled during operation
- 60-minute timer stops cooking automatically
- Flat heating element can be easily cleaned
- Water level gauge
- "Safe to touch" handle
- All components are removable and dishwasher safe * except for base
- Colour: silver
- Available at most retailers
- Suggested retail price: \$149.99
- www.nutritious-delicious.ca



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