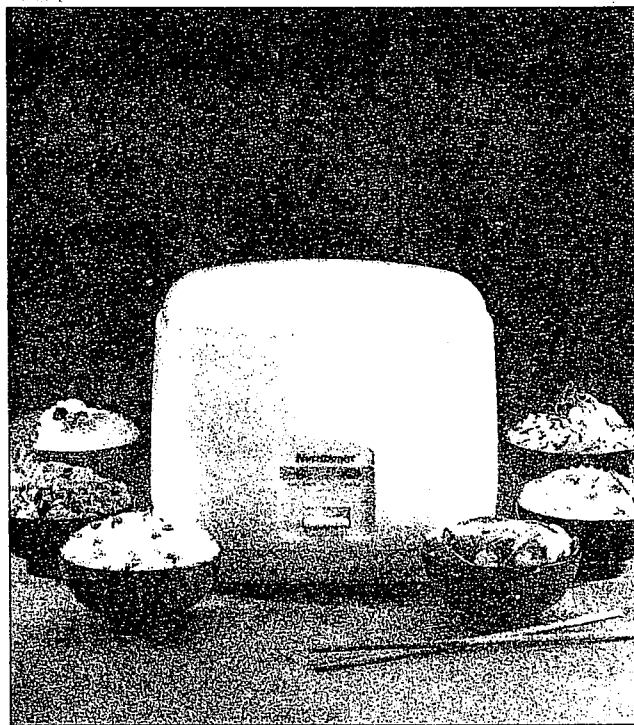


Nutritionist™

INSTRUCTION MANUAL



DELUXE MULTI-GRAIN
& RICE COOKER

RABNR



You'll be delighted to have the Nutritionist™ as the newest addition to your healthful kitchen. We love having it in ours! We're proud to bring you another product that makes delicious healthy eating so easy.

Did you know that worldwide studies show diets high in rice and whole grains are linked with the lowest rates of cancer and heart disease? That rice has long been a treatment for high blood pressure, kidney problems, diabetes and psoriasis? And now the USDA recommends that complex carbohydrates make up 50 percent of our diets?

With the Nutritionist,™ you can prepare scores of side dishes and one pot meals featuring your favorite grains and legumes — and try a wide variety of wonderful new ones! It takes only minutes to prepare ingredients and press a button, then let the Nutritionist™ do the rest.

To your health!



TABLE OF CONTENTS

Important Safeguards	1
Additional Important Safeguards	2
Short Cord Instructions	3
Polarized Plug	3
Before Using for the First Time	3
Getting to Know Your Nutritionist™ Rice Cooker	4
Instructions for Use	5 - 6
Cleaning Instructions	7
Why Rice and Whole Grains?	8
Grain Glossary	9
Rice Cooker Recipes	10 - 11
Trouble Shooting	12 - 13
Warranty	14



IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

1. Read all instructions.
2. Do not touch hot surfaces. Use pot holders when removing cover or handling hot containers.
3. To protect against electrical shock, do not immerse cord, plug or base unit in water or other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Unplug before putting on or taking off parts, and allow to cool before cleaning.
6. Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or has been damaged in any manner. Return appliance to the Salton/MAXIM Service Center for examination, repair or adjustment.
7. The use of accessory attachments not recommended by Salton/MAXIM may cause injuries.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near a hot gas or electric burner, or in a heated oven.
11. *Extreme caution must be used when moving an appliance containing hot food, water, or other hot liquids.*
12. Do not use appliance for other than intended use.
13. To reduce the risk of electrical shock, cook only in removable container. Do not pour liquid into outer pan.

**SAVE THESE INSTRUCTIONS
FOR HOUSEHOLD USE ONLY**



ADDITIONAL IMPORTANT SAFEGUARDS

1. **CAUTION:** This appliance generates heat and escaping steam during use. Proper precautions must be taken to prevent the risk of burns, fires or other damage to persons or property.
2. All users of this appliance must read and understand this Owner's Manual before operating or cleaning this appliance.
3. The cord to this appliance should be plugged into a 120V AC electrical outlet only.
4. When using this appliance, provide adequate air space above and on all sides for air circulation. Do not allow this appliance to touch curtains, wall coverings, clothing, dish towels or other flammable materials during use.
5. Do not leave this appliance unattended during use.
6. If this appliance begins to malfunction during use, immediately unplug the cord. Do not use or attempt to repair the malfunctioning appliance! Do not use the Inner Pot if cracked or chipped.
7. **THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY.**
8. Unplug the Nutritionist™ when not in use.
9. Do not use the "WARM" function to reheat cold rice or other foods.
10. Use the Nutritionist™ on a hard, flat surface. Don't place it near a flame or heat or on a soft surface (such as carpet). Avoid placing it where it may tip over during use. Dropping the Nutritionist™ could cause it to malfunction.
11. Avoid electric shock by unplugging the Nutritionist™ before washing or adding water.
12. To avoid burns, stay clear of the steam vent during cooking. Also, wait for the Nutritionist™ to cool down completely before touching or cleaning the pan, inner lid or Heating Plate.
13. Avoid using metal utensils with the Nutritionist™. These can scratch the non-stick surface of the Inner Pot.
14. Never use the Inner Pot on a gas or electric cooktop or on an open flame.
15. Avoid covering the steam vent during cooking and warming. This could cause the Nutritionist™ to warp or discolor.
16. Do not leave the plastic Paddle or Measuring Cup in the Inner Pot while on and in use.



SHORT CORD INSTRUCTIONS

A short power-supply cord (or detachable power-supply cord) is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord.

Longer detachable power-supply cords or extension cords are available and may be used if care is exercised in their use.

If a longer detachable power-supply cord or extension cord is used, (1) the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and (2) the longer cord should be arranged so that it will not drape over the counter top or table top where it can be pulled on by children or tripped over unintentionally.

POLARIZED PLUG

This appliance has a polarized plug (one blade is wider than the other): To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

BEFORE USING FOR THE FIRST TIME

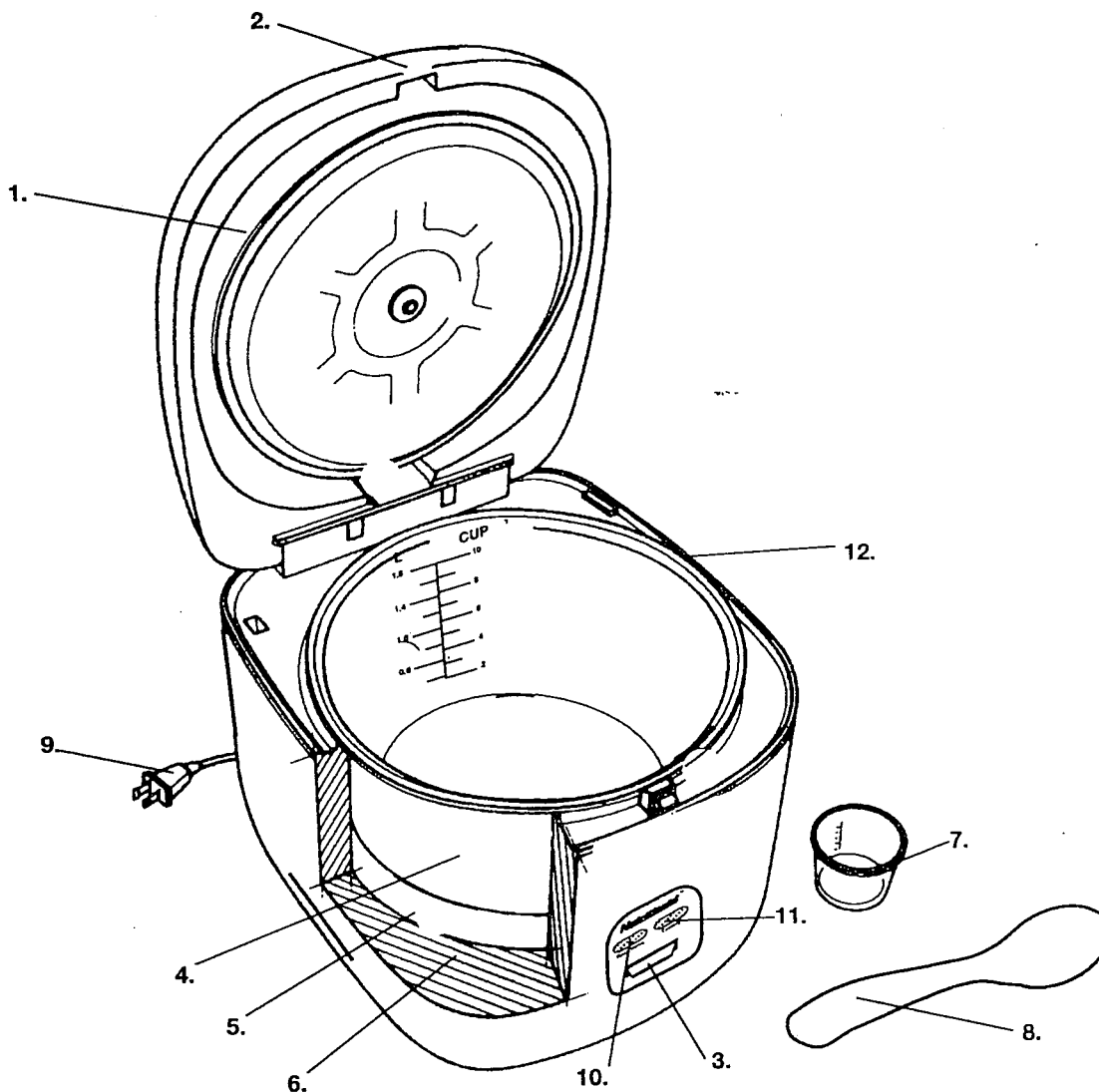
Clean the lid, Inner Pot, and Measuring Cup with Paddle following the Cleaning Instructions on page 7.

DO NOT IMMERSE THE HEATING BODY OF THE RICE COOKER IN WATER OR ANY OTHER LIQUID!



GETTING TO KNOW YOUR NUTRITIONIST™ AUTOMATIC RICE COOKER

Before using your Nutritionist™ for the first time, you must become familiar with all of the parts. Read all instructions and safeguards carefully.



- 1. Vacuum Sealed Lid
- 2. Lid Release
- 3. Power Switch
- 4. Inner Pot (Non-stick)
- 5. Heating Plate
- 6. Heating Element

- 7. Measuring Cup
- 8. Paddle
- 9. Cord
- 10. "WARM" Light
- 11. "COOK" Light
- 12. Heating Body



INSTRUCTIONS FOR USE

Cooking Rice

With the Nutritionist™ you can cook any kind of rice.

1. Measure the amount of rice that you would like to cook. A 180 ml (3/4 cup) Measuring Cup is included with your cooker. Filling the cup with rice makes approximately 2¼ cups of cooked rice.

Note: Make sure that the rice is leveled when the cup is filled.

The RA6NR Rice Cooker has the capacity for 6 measuring cups of dry rice.

For Best Results

2. Pour desired amount of rice into a separate container. Wash and rinse the rice until the rinse water is clear.
3. Take the Inner Pot out of the Rice Cooker. Place the washed rice into the Inner Pot and add appropriate amount of water. (If you are making 6 cups of dry rice, add water to the "6" mark in the inside of the Inner Pot.)
4. Replace the Inner Pot back into the Nutritionist™. Rotate it slightly to make sure that it is well seated on the Heating Plate.

Note: Make sure to always wipe down the outer surface of the Inner Pot. If the Inner Pot is wet when placed into the Cooker, this may cause a cracking noise while the unit heats up. Keep the outer surface dry to prevent damage to the inner workings of the appliance.

5. Close the lid. When the lid is closed, the vacuum seal takes affect.

Caution: Do not operate the Nutritionist™ without closing the lid. Steam is generated during use!



For Best Results

6. Plug the Nutritionist™ into a 120V AC electrical outlet. Lift the power switch and the “COOK” light will illuminate. The cooking process begins as soon as the light illuminates.

7. When the Nutritionist™ is done cooking, the “WARM” light will illuminate. For best results, let the cooked rice sit for 15 minutes before stirring or removing. This allows the steam to finish the cooking process.

8. Mix the rice.
After rice has steamed for 15 minutes, carefully open the lid as steam will escape. Use the Paddle provided or any other non-metal long-handle utensil to scoop and mix the rice well. Allow all steam to escape.

9. Keep Warm.
When the cooking is completed, the Nutritionist™ will automatically go into the “WARM” mode. At this time, the “WARM” light will illuminate.

**Note: Do not warm rice for more than 12 hours.
It is recommended to consume the rice within a twelve hour period.**

If the “WARM” mode is not desired, simply unplug the Nutritionist™ from the wall. Do not touch the Heating Body or Inner Pot until they have cooled completely.

10. Allow the Nutritionist™ to cool completely before cleaning.
11. When the Nutritionist™ is not being used, please keep it unplugged.



CLEANING INSTRUCTIONS

This appliance should be cleaned after every use.

1. Unplug the Nutritionist™ when not in use or before cleaning. **Never immerse Heating Body in water or any other liquid!** Allow the Nutritionist™ to cool completely before cleaning.
2. Do not use abrasive cleaners or scouring pads or steel wool to clean the Nutritionist™.
3. To clean the Heating Body, lightly wipe the exterior with a damp cloth or sponge. **Do not immerse Heating Body into water or any other liquid!** Dry thoroughly with a soft cloth.
4. To clean the Inner Pot, remove from the rice cooker and fill with hot water from the tap. Let it sit for a while and then wash with hot, soapy water. Rinse thoroughly and dry.
5. The Measuring Cup and Paddle can be washed in warm, soapy water. **They are not dishwasher safe.**
6. Wipe down the inside of the lid if necessary with a clean damp cloth or sponge.
7. Make sure that grains of rice do not stick to the Heating Element in the bottom of the Heating Body. If this occurs, remove immediately. If grains of rice are cooking onto the Heating Plate, a non-abrasive pad can be used to remove it. Polish the area for good contact between the Heating Plate and the bottom of the Inner Pot.
8. User serviceable parts are not available inside the Nutritionist™. Do not attempt to repair this appliance yourself as you could cause damage to yourself and to the appliance. Return to Salton/Maxim Housewares, Inc. for repair.
9. **This appliance is for household use only.**
10. Do not use bleach, vinegar, or other harsh chemicals to clean the Nutritionist™.



WHY RICE & WHOLE GRAINS?

Grains (including rice) are finally getting the attention they deserve as they move into the nutritional spotlight. The new USDA dietary recommendations highlight grains and legumes as an essential part of a healthy, whole foods diet. With their impressive fiber, complex carbohydrates and protein profiles, they are, without a doubt, some of Mother Nature's most perfect foods.

Grains are the edible portion of cereal plants. The grain or kernel is technically a complete fruit and houses most of its nutritional value. In addition to their high fiber content, grains are an excellent source of B vitamins and many minerals, including magnesium, iron, zinc, potassium and selenium. The germ oils found in the germ layers of whole grains contain vitamin E, an important antioxidant.

Whole grains that are best served alone or as complements to main dishes include: wheat, rice, rye, quinoa, barley and oats just to name a few. Breads, crackers, pastas and cereals are products made from grains that have been ground into flours. Only flours labeled as whole grain contain the bran and germ portion of the grain. If the label just lists flour even if the flour is labeled as enriched or wheat flour, the nutrient-rich bran and germ portion of the grain have usually been removed.



GRAIN GLOSSARY

Rice is a staple food in many countries. Although long-grain rice is consumed more than any other rice around the world, it is inferior to brown rice in both taste and nutrition. Brown rice is not only more complete nutritionally, it has a wonderful nutty aroma and flavor.

Polished rice (white) has been bleached, cleaned, pearled (polished with talc), then often oiled and coated. This refining process causes the loss of its hull, bran and germ, which are removed from the grain (along with most of its nutrients) leaving only the starchy endosperm. As white rice is rather bland when eaten by itself, it is usually served under steamed or sauteed vegetables and topped with a flavorful sauce, such as curry or peanut.

Long grain brown rice contains fiber and the nutrient-rich bran and germ, as well as the starchy endosperm. In addition to being more flavorful, brown rice digests more slowly, which provides energy over a longer period of time. Brown rice is a satisfying meal companion and can even serve as the main focus for a meal. While not as high in protein as wheat and some other grains (10 percent), the high quality protein in brown rice is easily utilized by the body. Brown rice is also a good source of the B vitamins and several minerals, including magnesium, potassium, zinc, iron, and selenium.

Wheat berries are simply the wheat kernel with the hull removed. They can be prepared as you would brown rice, though soaking overnight will speed up cooking time. Their mild and pleasant flavor lends itself well to warm dishes as well as cold salads.

Barley has a chewy, hearty texture and is delicious combined with long or short grain brown rice. A versatile grain with a pasta-like consistency, barley is frequently used in soups. Barley contains 10 to 15 percent protein, is a good source of many B vitamins and contains healthy amounts of magnesium, calcium, iron and potassium.

Oats, in the old-fashioned rolled style, make a stick-to-your-ribs meal any time of the day. Add cinnamon and apple pieces or dried fruit before cooking for ready-to-eat convenience. Oats are about 10 to 15 percent protein and provide cholesterol-lowering fiber along with B vitamins. Because quick oats have been partially processed, resulting in a loss of nutrients, try to use old-fashioned rolled or steel-cut oats whenever possible.

Quinoa, one of the ancient "super grains," is petite in size and delicate in texture. Quinoa has one of the highest protein contents of any grain, and is also high in iron and calcium. Quinoa is a great companion grain in combination dishes and its quick cooking time makes it a convenient substitute for rice in your meals.

Millet is another grain that complements a group of grains used together. Its flavor is light and the color is sunny yellow. Millet contains 15 percent protein and is high in fiber, iron, magnesium and potassium. For those with gluten sensitivity, millet is considered to be one of the most digestible grains.



RICE COOKER RECIPES

Spicy Thai Rice and Lentils

Serves 6-8

3 measuring scoops (2¼ cups)
Wehani or mixed blend rice
1 measuring scoop (¾ cup)
green lentils
1¼ cups Water
3 cloves garlic, pressed
1 onion, chopped
2-inch knob ginger root, grated
1/3 cup fresh cilantro, chopped

1 teaspoon turmeric
1 teaspoon salt

Reserve:

Hot chili oil
Red pepper flakes
Lettuce or spinach greens

Place rice and lentils into the Automatic Rice Cooker, then add water. Mix in remaining ingredients (except chili oil, pepper flakes and greens). After rice has been fully cooked, add a few drops of hot chili oil and red pepper flakes to each serving, if desired. Serve on chilled lettuce or spinach greens.

Marinated Vegetable Salad

Serves 8

2 cups (about 8 ounces) sliced
fresh mushrooms
1¼ cup halved cherry tomatoes
1 cup avocado chunks
1 cup sliced olives
1/2 cup chopped red onion
6 tablespoons red wine vinegar

4 tablespoons olive oil
2 tablespoon fresh parsley
1/2 teaspoon salt
1/2 teaspoon dried basil leaves
6 cups cooked jasmine rice, cooled
(3 measuring cups of dry rice)
Red onion rings, for garnish

Combine mushrooms, tomatoes, avocado, olives and onion in shallow dish. Combine vinegar, oil, parsley, salt and basil in separate bowl and pour over vegetables. Cover and chill 2 to 3 hours. Add rice: toss lightly. Garnish with red onion rings.



Spanish Rice Au Gratin

Serves 4

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|---------------------------------|-----------------------------------|
| 1 tablespoon olive oil | 1 teaspoon chili powder |
| 1/2 cup chopped onion | 1/2 teaspoon Worcestershire sauce |
| 1/2 cup chopped celery | 2 cups cooked brown rice |
| 1/3 cup chopped green pepper | 1/2 cup (2 ounces) shredded |
| 1 pound fresh tomatoes, chopped | cheddar or soy cheese |

Heat oil in large skillet over medium-high heat. Saute onion, celery and pepper until tender-crisp. Add tomatoes, chili powder and Worcestershire sauce. Stir in rice. Reduce heat; simmer about 5 minutes to blend flavors. Remove from heat. Top with cheese; cover and allow cheese to melt, about 3 minutes.

Mexican Rice Pitats

Serves 4

- | | |
|---|----------------------------|
| 1 small red onion, sliced into thin rings | 1/2 teaspoon ground cumin |
| 1 teaspoon olive oil | 1/2 teaspoon garlic salt |
| 3 cups cooked brown rice | 4 whole wheat pita rounds, |
| 1/2 cup whole kernel corn | halved and warmed |
| 1/2 cup sliced ripe olives (optional) | 8 lettuce leaves |
| 1/2 cup barbecue sauce | 1 large tomato, |
| 2 tablespoons lime juice | seeded and chopped |

Cook onion in oil in large skillet over medium-high heat until tender. Add rice, corn, olives, barbecue sauce, lime juice, cumin and garlic salt; toss until heated. Line each pita half with lettuce leaf, fill with 1/2 cup hot rice mixture and top with tomato.



TROUBLE SHOOTING

Symptom	Possible Solutions
No Indicator Lights are illuminated.	<p>Make sure the Nutritionist™ is plugged in.</p> <p>Check between the Cooking Pan and Heating Pan for any foreign substances. Be sure the area is clean.</p> <p>Make sure the Cooking Pan is in the Body.</p>
Water overflows during cooking	<p>Before cooking, make sure you don't fill above top water level.</p> <p>Make sure Lid is sealed before cooking.</p>
Cooked rice, other grains are too dry or not completely cooked.	<p>Before cooking, make sure you put enough water in for the total amount of rice/grain included.</p> <p>After cooking, add 1/4 cup water and set on Warm cooking cycle for 10 minutes. Stir.</p> <p>Check between the Cooking Pan and Heating Plate for any foreign substances. Be sure the area is clean.</p> <p>Be sure to stir the cooked rice/grain as soon as cooking is done. Otherwise, they will clump and become hard on top.</p>
Cooked rice and other grains are too watery.	<p>Before cooking, make sure you don't add too much water for the amount of rice/grain included.</p> <p>Check between the Cooking Pan and Heating Plate for any foreign substances. Be sure the area is clean.</p> <p>Make sure the cooking cycle is not interrupted. If the Power Supply Cord is unplugged, rice may be cooked unevenly.</p>



Symptom	Possible Solutions
Rice or other grains are scorched.	<p>Check between the Cooking Pan and Heating Plate for any foreign substances. Be sure the area is clean.</p> <p>Be sure to wash the Cooking Pan after each use.</p> <p>Be careful not to add easily-scorched ingredients such as sugar, to the recipe before cooking.</p>
Steam escapes between Cover and Body during cooking.	<p>Check between the Cover and Body for foreign substances, including rice or grain kernels that may prevent the Cover from closing all the way. Be sure the area is clean.</p>
Warmed rice or grain smells bad or discolored.	<p>For best results, don't use the "WARM" option with brown rice or other unrefined grains. The bran in unrefined grains can "break down" when kept at low heat for extended periods of time, causing an unpleasant smell and taste.</p> <p>Don't warm rice for more than 12 hours.</p> <p>Make sure the Cover is closed completely when using the "WARM" option.</p> <p>Be sure to wash the Cooking Pan after each use.</p> <p>Make sure you don't leave the Serving Paddle or other plastics in the Nutritionist™ while it is cooking or warming.</p>

ONE-YEAR LIMITED WARRANTY

This Salton/MAXIM product warranty extends to the original consumer purchaser of the product.

Warranty Duration: This product is warranted to the original consumer purchaser for a period of one (1) year from the original purchase date, except for non-stick inner pot which is warranted for 90 days.

Warranty Coverage: This product is warranted against defective materials or workmanship. This warranty is void if the product has been damaged by accident, in shipment, unreasonable use, misuse, neglect, improper service, commercial use, repairs by unauthorized personnel or other causes not arising out of defects in materials or workmanship. This warranty is effective only if the product is purchased and operated in the USA, and does not extend to any units which have been used in violation of written instructions furnished by Salton/MAXIM Housewares, Inc., or to units which have been altered or modified or to damage to products or parts thereof which have had the serial number removed, altered, defaced or rendered illegible.

Warranty Disclaimers: This warranty is in lieu of all warranties expressed or implied and no representative or person is authorized to assume for Salton/MAXIM Housewares, Inc. any other liability in connection with the sale of our products. There shall be no claims for defects or failure of performance or product failure under any theory of tort, contract or commercial law including, but not limited to, negligence, gross negligence, strict liability, breach of warranty and breach of contract.

Warranty Performance: During the above one-year warranty period, a product with a defect will be either repaired or replaced with a reconditioned comparable model (at Salton/MAXIM's option) when the product is returned to the Salton/MAXIM facility. The repaired or replacement product will be in warranty for the balance of the one-year warranty period and an additional one-month period. No charge will be made for such repair or replacement.

Service and Repair

Should the appliance malfunction, you should first call toll-free 1-800-233-9054 between the hours of 9:00 am and 5:00 pm Central Standard Time and ask for CONSUMER CUSTOMER SERVICE stating that you are a consumer with a problem.

In-Warranty Service: For an appliance covered under the warranty period, no charge is made for service or postage. Call for pre-paid return mailing label. (U.S. Customers Only)

Out-of-Warranty Service: A flat rate charge by model is made for out-of-warranty service. Include \$8.00 for return shipping and handling.

Salton/MAXIM cannot assume responsibility for loss or damage during incoming shipment. For your protection, carefully package the product for shipment and insure it with the carrier. Be sure to enclose the following items with your appliance: any accessories related to your problem; your full return address and daytime phone number; a note describing the problem you experienced; a copy of your sales receipt or other proof of purchase to determine warranty status. C.O.D. shipments cannot be accepted.

Return the appliance to:

ATTN: Repair Department
Salton/Maxim Housewares, Inc.
550 Business Center Drive
Mt. Prospect, Illinois 60056

For more information on Salton/MAXIM products:

visit our website: <http://www.SALTON-MAXIM.com> or
E-mail us at SALTON 550 @ aol.com

IMPORTANT NOTICE

If any parts are missing or defective,

DO NOT return this product.

Please call our Customer Service Department for assistance.

800-233-9054 Monday - Friday 9am - 5pm CST

Thank You

If after reading this instruction
booklet you still have questions about using the
Nutritionist™ Automatic Rice Cooker,
please write or call:
Salton/MAXIM Housewares, Inc.
550 Business Center Drive
Mt. Prospect, IL 60056
1-800-233-9054
Monday - Friday 9am - 5pm CST

For more information on Salton/MAXIM products, E mail us at:

SALTON 550 @ aol.com

OR, visit our website:
<http://www.SALTON-MAXIM.com>