

Cooking with Confidence:

THE SAFETY OF NON-STICK



Non-stick cookware has been a kitchen staple since the 1950s, making cooking easier, healthier, and more affordable. But in recent years, myths and misinformation about its safety have stirred up confusion, risking consumer confidence and cost savings for cooks at home and in restaurants.

LET'S SEPARATE FACT FROM FICTION WHEN IT COMES TO NON-STICK COOKWARE SAFETY.

Confused about PFAS... You're Not Alone

PFAS is a broad category covering thousands of different substances. They're not all the same in terms of safety.

NOT ALL PFAS ARE CREATED EQUAL

PTFE is the specific PFAS used in non-stick cookware – it's so safe that doctors use it in pacemakers. The problematic PFAS you hear about (like PFOA) were banned from chemical production over a decade ago.

5 Myths & Facts of Your Frying Pan

1



✗ Claim

All PFAS (including PTFE) should be banned.

✓ Fact

PTFE gets unfairly lumped in with the bad guys. If it's used by doctors for life-saving medical devices, it's more than safe enough for your morning eggs.

2



✗ Claim

Non-stick pans have toxic PFAS that can end up in our food and water.

✓ Fact

The PFAS on your non-stick pan is not toxic and has no adverse health effects on humans. It is a stable coating that has been safely helping you flip pancakes for decades backed by 60 years of rigorous studies and FDA approval.

3



✗ Claim

Safer alternatives to non-stick cookware exist, like ceramic, stainless steel, and cast iron.

✓ Fact

Ceramic coatings wear out faster and cost \$2,000+ more on average over the life of the cookware, while PTFE pans last longer and perform consistently at a fraction of the price. Stainless steel and cast iron can be even more expensive.

4



✗ Claim

Overheating non-stick pans release toxic fumes that are dangerous to breathe.

✓ Fact

Your non-stick cookware is safe for everyday use. Overheating only occurs at temperatures people don't cook at (up to 750 degrees!) – your food would burn and your kitchen would fill with smoke, long before your non-stick pan could come anywhere near that point.

5



✗ Claim

Flaking non-stick pans release harmful microplastics that get into your body.

✓ Fact

PTFE can't be absorbed by your body. Any particles pass through your digestive system unchanged, which is why it's been approved safe for decades.

PTFE is safe, proven, and won't break the bank.



The Verdict from Health Experts:

U.S. Food and Drug Administration: For 60 years, PTFE non-stick coatings are safe for food contact.
<https://www.fda.gov/food/process-contaminants-food/authorized-uses-pfas-food-contact-applications>

American Cancer Society: Very little PFAS can end up in food.
<https://www.cancer.org/cancer/risk-prevention/chemicals/teflon-and-perfluorooctanoic-acid-pfoa.html>

European Food Safety Authority: PTFE in cookware poses no adverse health effects.
<https://efsa.onlinelibrary.wiley.com/doi/abs/10.2903/j.efsa.2016.4357>

German Federal Institute for Risk Assessment (BfR): No adverse health effects expected, if cookware is used as intended.
<https://www.bfr.bund.de/en/service/frequently-asked-questions/topic/selected-questions-and-answers-on-cookware-ovenware-and-frying-pans-with-a-non-stick-coating-made-of-ptfe/>



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