

PFAS & Cookware

What you should know

What are PFAS?

Per- and polyfluoroalkyl substances (PFAS) are a group of harmful chemicals.

They are used to make waterproof, non-stick, and stain-resistant materials. They do not break down naturally over time and build up in the environment and body.

PFAS can be found in everyday products like:



Cleaning products.



Nonstick cookware.



Furniture and upholstery.



Food packaging materials.



Waterproof clothing and gear.

Exposure to PFAS may lead to:

- Lower birth weights.
- Elevated cholesterol levels.
- Increased risk of thyroid disease.
- Reduced immune response to vaccines.
- Higher risk of testicular and kidney cancers.
- Increased high blood pressure during pregnancy.
- Changes in liver enzymes that indicate liver damage.

PFAS are common in nonstick cookware coating.

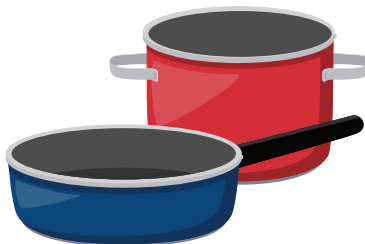
PFAS in nonstick cookware may release into food if you scratch it or use high temperatures.

Your cookware may contain PFAS if it:

- Has a nonstick surface.
- Is scratched, peeling, or flaking.



Even if your cookware is labeled PTFE- or PFOA-free, it may still contain PFAS.



Keep PFAS out of your food.

Maintain your cookware:



Inspect cookware regularly.

Replace scratched or damaged nonstick pans.



Cook below 400°F.

High heat can release harmful fumes from PFAS-coated pans.

When you buy or replace cookware:



Switch to safer cookware.

Stainless steel, cast iron, or ceramic are great options.



Hand wash pots and pans.

Prolong the life of your cookware.