The Nonstick Coatings Brand with No Gimmicks and No Stick.

Tests show Teflon™ nonstick coatings for cookware outperform and outlast “ceramic” coatings 7 to 1.

It takes 7 ceramic pans to deliver the same level of nonstick performance of 1 pan with Teflon® Platinum nonstick coating systems*.

That’s 7 times more waste in a landfill, more energy used, more CO₂ emissions, and 7 times more packaging. It’s no wonder new, so-called “nonsticks” work so hard to convince you they’re green—because they’re not.

Teflon™ nonstick coatings have been unmatched for more than 50 years. And, Teflon™ nonstick coatings are made without the use of PFOA.

For more information, please visit: teflon.com

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Get the Facts.

*Based on Chemours lifecycle assessment.
**Myth 1** Nonstick coatings wear off easily.

**Fact** Nonstick coatings, especially those branded Teflon™, are far more durable than they used to be. Teflon™ nonstick coatings are engineered to resist chipping, peeling, and flaking, and most will last the life of the pan.

**Myth 2** Ceramic coatings or so-called "green" or "eco" coatings are better than Teflon™ nonstick coatings.

**Fact** Tests show cookware coated with Teflon™ Platinum nonstick three-layer coating lasted 7 times longer than ceramic coatings, and even our two-layer Teflon™ Classic lasted 5 times longer than ceramic coatings.

**Myth 3** Ceramic coatings or so-called "green" or "eco" coatings are healthier than Teflon™ nonstick coatings.

**Fact** Ceramic coatings are not really ceramic. They are made from sol-gel chemistry, which is not the same as ceramic bakeware and dinnerware that are made from fired clay and sand.

**Myth 4** Chemicals will migrate from my nonstick cookware into my food.

**Fact** Teflon™ nonstick coatings are safe for their intended uses. Regulatory agencies, such as the European Food Safety Authority, French Food Safety Agency (ANSES), and the U.S. Food and Drug Administration (FDA), have established requirements for materials in contact with food, including cookware and nonstick coatings. Teflon™ nonstick coatings have been developed to meet these regulatory requirements.

**Myth 5** You can’t use a nonstick pan at high temperatures or to boil water.

**Fact** Pans with Teflon™ nonstick coatings can be used at temperatures up to 500 °F (260 °C), as temperatures above this may reduce the nonstick qualities and useful lifetime of the pan. These temperatures are more than sufficient for normal cooking operations. For example, water boils at 212 °F (100 °C), butter begins to smoke at 350 °F (176 °C), and peanut oil begins to smoke at 450 °F (232 °C).

**Myth 6** All fluoropolymer containing nonstick coatings are the same.

**Fact** Nonstick coatings using fluoropolymer technology are not all the same. They share common ingredients, but coating manufacturers have their own recipes. In addition to our own recipes designed to provide excellent performance, Chemours also uses only materials from suppliers who consistently meet our company’s needs for quality material. We also manufacture the backbone ingredient, polytetrafluoroethylene (PTFE), unlike most other manufacturers; so, we know exactly what is going into our coating.

**Myth 7** Teflon™ is the same as PFOA.

**Fact** Actually Teflon™ is a brand used for a number of products. PFOA used to be used in the manufacture of all fluoropolymers used in nonstick coatings, including Teflon™ nonstick coatings. While it was used in the process, it was never in the final coating on the frypan or pot. As of January 1, 2012, DuPont stopped using PFOA to manufacture fluoropolymers used in nonstick coatings for cookware and consumer bakeware. Chemours does not use PFOA.

**Myth 8** You cannot use metal utensils on nonstick.

**Fact** Many Teflon™ nonstick coatings are designed to be durable and metal-utensil safe—check the manufacturer’s label for use and care instructions.

**Myth 9** If a nonstick surface is scratched, it should be thrown away.

**Fact** Scratches do not affect performance. They may be unsightly, but the nonstick coating will still work.

**Myth 10** Nonstick-coated pans cannot be put in the dishwasher.

**Fact** Dishwashers don’t bother Teflon™ nonstick coatings, but you need to follow the manufacturer’s instructions for washing to ensure the entire pan is okay for the dishwasher.

**Myth 11** Some cooking techniques, such as deglazing, searing, and browning, don’t work with a nonstick pan.

**Fact** You can deglaze, brown, and sear foods in nonstick pans. In fact, browning food in one may impart a richer color and flavor, because the resulting liquid won’t stick to the pan.

**Myth 12** Nonstick pans are not for serious cooks or chefs.

**Fact** Many of the premium Teflon™ nonstick coatings are designed to withstand intense use and have been used by professional chefs for more than 50 years.

**Myth 13** PTFE is the same as PFOA.

**Fact** Teflon™ nonstick coatings for cookware are based on PTFE, which is a high performance fluoropolymer. PFOA was used as a processing aid in the manufacture of PTFE. As of January 1, 2012, DuPont stopped using PFOA to manufacture PTFE, and Chemours does not use PFOA. Regulatory authorities around the world have affirmed that cookware made with PTFE-based coatings is safe for its intended use.