



## **Frequently Asked Questions – Cookware Made with DuPont Teflon® Non-Stick Coatings**

### **Is cookware coated with Teflon® non-stick coating safe?**

Yes. Cookware made with Teflon® non-stick coating is totally safe for everyday use. Teflon® is a trusted brand in non-stick and is used all over the world by millions of people everyday.

Independent U.S. government agencies have studied non-stick coating and approved its use. The U.S. Food and Drug Administration (FDA), the leading U.S. health regulatory agency, has found non-stick coatings acceptable for conventional kitchen use. The U.S. Consumer Product Safety Commission recently rejected a petition to require a label warning for non-stick coatings.

And support for cookware coated with Teflon® non-stick coating does not end in the United States. Health regulatory agencies across the globe have approved the use of Teflon® coatings for non-stick cooking surfaces.

### **Is all non-stick cookware made with Teflon® non-stick coating?**

No. Consumers frequently use the term “Teflon®” to refer to any non-stick coating. However, the Teflon® brand is a DuPont-owned, registered trademark for non-stick coatings and other products. For more than 200 years, DuPont has put science to work, solving problems that make life better and safer. There have been billions of cookware products coated with Teflon® non-stick coating sold around the world over the past 40 years.

### **Can I get sick from eating particles of non-stick coatings?**

No. Teflon® particles from cookware are not harmful; if eaten, they pass through the body and are not absorbed.

### **What are the benefits of using cookware coated with Teflon® non-stick coating?**

Teflon® non-sticking coating provides an easy and convenient way to enhance your cooking experience. Cookware coated with Teflon® non-stick is safe at cooking temperatures up to 260°C/500° F, which is beyond the temperature that foods are normally prepared.



**What basic steps should I follow to make sure I am using non-stick cookware properly?**

Low or medium heat is recommended for cookware with non-stick coatings. It can be used at temperatures up to 260°C/500°F, which is beyond the temperature at which most foods are generally prepared. For example, meat is usually cooked at 204°C/400°F, poultry is generally roasted at 204°C/400°F and cookies and cakes are usually baked at around 190°C/375°F. On the stovetop, water boils at 100°C/212°F, scrambled eggs are cooked at 121°C/250°F while butter and cooking oil will begin to scorch and smoke at about 204°C/400°F. As is the case with most cookware products, non-stick cookware should not be left unattended or allowed to reach extreme temperatures. Additionally, cooking should not be conducted in poorly ventilated areas. Reading manufacturers' instructions for proper usage before using any cookware is recommended.

**What happens if non-stick coated cookware is overheated?**

Cooked foods will most likely burn beyond an edible state before non-stick cookware surfaces are damaged and decomposed by extreme heating. For example, fats, butter, or cooking oil will begin to scorch and smoke at about 204°C/400°F. Tests confirm that Teflon® non-stick coatings only begin to deteriorate when consumers use the product improperly at higher temperatures.

**Are fumes from overheated non-stick coated cookware harmful?**

Excessive exposure to any form of household fumes should be avoided. With this in mind, cooking should not be conducted in poorly ventilated areas.

Birds have particularly sensitive respiratory systems, and can be injured by many kinds of household fumes, including those from aerosol sprays, burning butter or cooking oils, cleaning solvents, and overheated non-stick cookware.

Bird owners can take several precautions to protect pet birds from cooking fumes:

(1) keep birds out of the kitchen; (2) observe good cooking practices and never allow cookware to overheat; and (3) keep the cooking area well ventilated.

