



★★ SAFE COOKWARE ★★

GUIDE

Is Your Cookware Making You Sick?

A Safer Cookware Guide for Health-Conscious Home Cooks

By Hannah Romanowsky

Culinary Wellness Educator • Host of Dancing in the Kitchen •
Healthy Cooking Coach

Welcome

If you care about what you put on your plate, it's time to also care about what you cook it in. We read nutrition labels, shop organic, and seek out clean ingredients — but the materials used in everyday cookware are often overlooked. What you may not know is that many conventional pots, pans, and cooking utensils can release metals, chemicals, or nanoparticles into your meals.

In this informational guide, I'll walk you through the science, debunk common myths, and give you a clear path to safer cookware that supports your long-term health and well-being.

What's Really in Your Cookware?

When exposed to heat, acidic foods, or scratches, some cookware can leach:

- Nickel & chromium (from stainless steel)
- Aluminum (from foil or anodized pans)
- PTFE/PFOA (from nonstick coatings like Teflon)
- Lead & cadmium (from enamelware or ceramic glazes)
- Nanoparticles (from ceramic coatings)

Even so-called “healthy” or “eco” cookware may contain materials that contribute to bioaccumulation — the gradual build-up of toxins in the body.

Just because something is advertised as “safe” doesn't mean it is good for long-term health.

Cookware Materials to Be Cautious About

Type	Concerns
Non-stick (PTFE/Teflon)	Linked to thyroid issues, hormone disruption, fume reactions
Aluminum	Associated with cognitive issues, hormone disruption
Stainless Steel	Can leach nickel/chromium when new or when used with acidic foods
Ceramic-Coated	Often aluminum-based, <i>prone to wear</i> , may contain nanoparticles
Cast Iron	Leaches ferric iron, <i>which is not efficiently</i> assimilated by the body
Copper	Linked to heavy metal buildup and potential Alzheimer's risk
Enamel / Glazed	Can contain lead or cadmium <i>unless tested</i>
Instant Pots / Air Fryers	Often contains aluminum and low-quality stainless steel layers

The Problem with Nonstick Claims

Many pans today are labeled:

- "PFOA-Free"
- "Green"
- "Healthy"
- "Titanium" or "Granite" coated

But these terms are often just marketing. Most modern nonstick cookware still contains PTFE, a synthetic compound that breaks down under high heat and contributes to environmental and health concerns.

Tip: If it says “PFOA-free” but doesn’t explicitly say “PTFE-free,” it still likely contains Teflon-like chemicals.

Look for cookware that:

- Uses non-reactive materials
- Contains no coatings, glazes, or aluminum
- Allows for waterless, oil-free cooking
- Heats evenly and preserves nutrients
- Is durable and long-lasting

A Safer Cookware Alternative — That You Can See for Yourself

After years of trying just about every pot and pan on the market, I’ve found a cooking system that checks all the boxes for safety, performance, and nutrient protection. It’s the one I use in my own kitchen every day and share in my cooking classes.

Here's what makes it different:

- Crafted from implant-grade stainless steel (316Ti)
- No coatings, glazes, aluminum, or synthetic linings
- Allows for waterless, oil-free cooking
- Heats evenly and cooks at lower temperatures to save energy
- Helps retain up to 93% of your food's nutrients
- Built to last a lifetime
- Cuts cooking time in half

Try the Baking Soda Test

Here's a simple way to test for metal leaching at home:

You'll need:

- 1 cup water
- 1 teaspoon baking soda
- Your pot or pan

Instructions:

1. Simmer the mixture in your cookware for 15 minutes
2. Let it cool and taste the water
3. If it tastes metallic, that's leaching

Book Your Free Virtual Cooking Demo

Curious about what safer cookware really looks like in action?

Join me for a free, no-pressure virtual cooking demo where you'll learn:

- How to prepare meals that nourish, not pollute
- How to test your current cookware for leaching
- What to look for in your next cookware investment
- A peek at the system I trust most in my own kitchen



<https://meetings.hubspot.com/hannah-romanowsky>

Final Thoughts

Your kitchen is the heart of your home — and your cookware is the foundation of every meal you make. Choosing safer tools for cooking is one of the most powerful steps you can take toward a healthier, more radiant life.

Clean food deserves clean cookware.

With joy and nourishment,

Hannah Romanowsky

@danceanddish

References & Further Reading

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Toxic truth? The cookware craze redefining 'ceramic' and 'nontoxic'

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