

Comparison Chart: Cast Iron vs. Other Cookware

Feature	Cast Iron	Stainless Steel	Non-Stick	Aluminum
Heat Retention	Excellent	Good	Poor	Moderate
Durability	High	High	Low	Moderate
Requires Seasoning	Yes	No	No	No
Prone to Residue	Yes	No	No	No
Cleaning Effort	High	Medium	Low	Low