

The Difference Between Aluminum Foil and Aluminum Sheet

A Complete Guide for Buyers & Engineers

Quick Overview: Foil vs. Sheet

Feature	Aluminum Foil	Aluminum Sheet
Thickness	0.006 - 0.2 mm	0.2 - 6.0 mm
Form	Rolls or coils	Flat sheets or coils
Flexibility	Highly flexible	Rigid to semi-rigid
Strength	Low tensile strength	Moderate to high strength
Surface Finish	Bright/matte	Mill finish, anodized
Recyclability	100% recyclable	100% recyclable

Summary: Which One Should You Choose?

- Choose Aluminum Foil for ultralight barrier, flexibility, or heat conduction.
- Choose Aluminum Sheet for strength, rigidity, or structural use.
- Foil suits packaging, EMI shielding, and insulation.
- Sheet suits automotive parts, roofing, and signage.
- Both are 100% recyclable and support sustainability.

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Request a free consultation, datasheet, or material recommendation today!

