



FREE WELLNESS GUIDE

Endocrine Disruptors

& Smarter Label Reading

Simple choices for everyday wellness



www.CallySeymour.com

01 / FOOD-LABEL ESSENTIALS

Read labels with confidence

An ingredient list helps you compare products. Its presence alone does not establish that an ingredient will cause illness.

01 MSG (monosodium glutamate)

A flavor enhancer in soups, snacks, sauces, and prepared meals. FDA considers MSG generally recognized as safe; some people report sensitivity. [2]

02 Artificial food colors

Look for names such as Red 40, Yellow 5, Yellow 6, and Blue 1. If you prefer fewer added colors, compare ingredient lists and choose uncolored options.

03 Sodium nitrite and sodium nitrate

Used in some cured meats. Choose processed meats less often and vary your protein sources; a single ingredient is not a diagnosis of cancer risk.

04 High-fructose corn syrup

An added sweetener in soft drinks, sweets, and some packaged foods. Compare Added Sugars per serving and choose less-sweet options.

05 Artificial sweeteners

Examples include aspartame, sucralose, saccharin, and acesulfame potassium. FDA-approved uses have safety limits; people with PKU should avoid or restrict aspartame. [3]

Look beyond the ingredient list

Compare serving size, Added Sugars, sodium, and saturated fat. Whole foods and balanced meals are a helpful foundation.

01 / FOOD-LABEL ESSENTIALS, CONTINUED

Know what you are reading

Use ingredient names to make informed comparisons, not to assume every additive is harmful.

06 Carrageenan

A seaweed-derived thickener in some dairy and dairy-free products. If a product repeatedly causes digestive symptoms, discuss them with your clinician.

07 Sodium benzoate

A preservative in some drinks and acidic foods. It is not another name for benzene. Certain beverage conditions can produce trace benzene; FDA monitors this issue. [4]

08 Partially hydrogenated oils

Historically a major source of artificial trans fat. Partially hydrogenated and fully hydrogenated oils are different; check the actual ingredient name.

09 Artificial flavors

Used to create or enhance flavor. The term alone does not show that a product is toxic; consider the overall nutrition profile and any personal sensitivities.

10 Yeast extract

Adds savory flavor and may contain naturally occurring glutamate. It is not identical to added MSG and is not inherently harmful to everyone. [2]

Personal needs matter

Food allergies, PKU, and other diagnosed conditions may require specific guidance.

02 / UNDERSTAND EVERYDAY EXPOSURES

Endocrine disruptors

Certain natural or synthetic substances can alter hormone signaling. Exposure, timing, and individual circumstances affect risk. [1]

01 PCBs

Persistent industrial pollutants that may remain in the environment and enter the food supply. PCBs are not simply a category of pesticides.

02 Dioxins

Unwanted byproducts of some industrial and combustion processes; exposure often occurs through food. They are distinct from PCBs.

03 Certain flame retardants

May be present in older furnishings, electronics, and household dust. Damp dusting, handwashing, and repairing deteriorating foam are practical habits.

04 Phytoestrogens

Naturally occurring plant compounds, including those in soy. They are not plastics, and ordinary soy foods do not belong on a universal avoidance list.

05 Certain pesticides

Some pesticides can affect hormone systems. Wash produce under running water and follow pesticide labels; keep eating fruits and vegetables.

06 PFAS

A large chemical family used in some stain-resistant materials and food packaging. Check product information and local drinking-water guidance.

07 Phthalates

Used in some plastics and personal-care products. Consider fragrance-free options and glass or stainless steel for food storage.

A practical perspective

You cannot eliminate every exposure. Focus on manageable habits rather than fear, expensive cleanses, or promises to “balance hormones.”

03 / PERSONAL CARE, PACKAGING & WATER

More topics to recognize

Product formulations vary. These categories do not mean every item containing them is unsafe or has the same hormonal effects.

08 Bisphenol A (BPA)

Used in some plastics and can linings. Avoid heating food in containers not intended for that use. "BPA-free" does not guarantee that every substitute has been fully studied.

09 Certain UV filters

Some sunscreen ingredients are being studied for hormonal effects. Continue sun protection; mineral sunscreens with zinc oxide or titanium dioxide are options.

10 Triclosan

An antimicrobial ingredient historically used in some personal-care products. Plain soap and water are appropriate for routine handwashing.

11 Perchlorate

Can contaminate water and food and interfere with thyroid iodine uptake. Check your local water report; choose treatment based on a documented contaminant.

12 Parabens

Preservatives used in some cosmetics and personal-care products. Read ingredient lists if you wish to select paraben-free alternatives.

13 BHA and BHT

Preservatives found in some packaged foods. Their evidence profiles differ; listing them together does not establish identical endocrine or health effects.

When to get individual advice

Ask a licensed clinician about persistent symptoms, thyroid concerns, pregnancy, or a suspected exposure. Do not stop prescribed medication or necessary sun protection because of this guide.



04 / YOUR NEXT STEPS

Start with three small changes

Use this checklist to select habits that fit your budget and daily routine.

- ☐ Compare serving sizes, Added Sugars, sodium, and saturated fat.
- ☐ Use glass or stainless steel for hot food when practical.
- ☐ Wash produce under running water before preparing it.
- ☐ Choose fragrance-free personal-care products if you prefer.
- ☐ Damp dust, wash hands, and keep household surfaces clean.
- ☐ Review your water-quality report before buying a filter.

My first change: _____

Keep building your wellness habits

Explore Dr. Cally's coaching programs and wellness resources at www.CallySeymour.com.

TRUSTED RESOURCES

- [1] NIEHS: Endocrine Disruptors
- [2] FDA: Questions and Answers on MSG
- [3] FDA: Aspartame and Other Sweeteners in Food
- [4] FDA: Benzene in Soft Drinks and Other Beverages

Educational information only; not medical advice, diagnosis, or treatment. This guide adapts the supplied label-reading handout and updates terminology and health statements. Sources reviewed September 2026. The listed agencies do not endorse Dr. Cally Seymour or this guide.