Vitamin A Food & Supplement Safety Tracker

A seven-day printable worksheet to organize meals, supplement labels and questions for a healthcare appointment.

Name (optional): _____ Week starting: _____

What this worksheet can do

Help you notice food variety, record the supplements you already use and describe concerns clearly. It does not calculate your vitamin A status or diagnose a deficiency.

Three steps for the week

1. Record your usual foods without trying to reach a supplement dose.
2. Copy label information from existing supplements.
3. Take your notes to a qualified healthcare professional if you have concerns.

Understand the two dietary forms

Form	Examples	Important distinction
Preformed vitamin A	Eggs, dairy and fish	Includes retinol and retinyl esters. Excess can be harmful.
Provitamin A carotenoids	Carrots, sweet potatoes and spinach	Certain carotenoids can be converted into vitamin A.

Safety reminder: Do not start or increase a vitamin A supplement based on this worksheet. Pregnancy, medicines and medical conditions can change which products are appropriate.

1. Seven-day food diary

Record meals and vitamin A-containing foods when present. Blank days are useful information too. Do not interpret food-group ticks as proof of adequate intake.

Day / date	Meals and food sources	Other notes
Day 1 _____		
Day 2 _____		
Day 3 _____		
Day 4 _____		
Day 5 _____		
Day 6 _____		
Day 7 _____		

One small food habit I would like to continue:

_____

_____

2. Supplement label review

Record products you already use, including multivitamins, prenatal supplements and cod liver oil. Copy the unit exactly; do not convert IU or mcg yourself.

Product / frequency	Vitamin A form listed	Amount / unit per serving	Serving size

Review checklist

[ ] I checked every product for vitamin A.
[ ] I recorded retinol, retinyl esters or beta-carotene if listed.
[ ] I copied the amount and serving size exactly.
[ ] I noted products that may overlap.
[ ] I will ask a pharmacist or clinician about suitability.

Situations to mention when seeking advice

Pregnancy or planning pregnancy; smoking history; prescription retinoid medicines; liver disease; conditions affecting fat absorption; or other ongoing health concerns.

Important: Dietary carotenoids and high-dose beta-carotene supplements are different exposures. This worksheet does not establish a safe personalized supplement dose.

3. Observations & appointment notes

Record what you noticed, when it began and its effect on everyday life. Symptoms alone cannot identify vitamin A deficiency.

Observation / concern	When it started / frequency	Effect on daily life

Questions for a healthcare professional

[ ] Could my concerns have causes other than a nutrient deficiency?
[ ] Would any assessment or testing be appropriate?
[ ] Do any of my products overlap or interact with medicines?
[ ] Is a supplement necessary for me at all?

My question and agreed next step:

_____

_____

Safety and evidence

Seek prompt assessment for new vision problems or suspected supplement toxicity. Sudden confusion, speech difficulty or one-sided weakness requires urgent medical care. This worksheet provides general education and does not replace diagnosis or individualized advice.

Sources: NIH Office of Dietary Supplements, Vitamin A and Carotenoids:
ods.od.nih.gov/factsheets/VitaminA-HealthProfessional/
NHS, Vitamins and supplements in pregnancy:
nhs.uk/pregnancy/keeping-well/pregnancy-vitamins-and-supplements/

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No independent clinical review is claimed.