BBH | BIO AND BRAIN HEALTH INFO

Vitamin B3 (Niacin) Food & Symptom Tracker

A practical 7-day printable worksheet for food patterns, symptoms and healthcare conversations.

Inside this workbook	Purpose
Vitamin B3 basics	Understand food sources and key safety notes
7-day food and symptom log	Observe patterns without self-diagnosis
Daily symptom check	Record changes and timing
Food variety review	Reflect on nutritional adequacy
Medical appointment planner	Prepare questions and relevant history
Weekly reflection	Identify useful next steps

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Important: This resource cannot diagnose vitamin deficiency or replace medical care. Sudden confusion, severe neurological changes or rapid deterioration require urgent medical attention.

1 | Vitamin B3: What to Know

Niacin (vitamin B3) is needed to make NAD and NADP, coenzymes involved in cellular energy metabolism. Severe deficiency can cause pellagra, with skin, digestive and neurological manifestations.

Common food sources

Animal sources	Plant / fortified sources
Chicken, turkey, tuna, salmon	Peanuts, mushrooms, whole grains
Other protein-rich foods provide tryptophan, which can contribute to niacin equivalents	Legumes and fortified/enriched cereals can contribute to varied nutrition

US adult daily reference intakes

Adult men	Adult women	Pregnancy	Breastfeeding
16 mg NE	14 mg NE	18 mg NE	17 mg NE

NE = niacin equivalents. Needs vary by age and situation. These are reference values, not a prescription.

Safety first

High-dose niacin may cause flushing, changes in blood glucose, or liver injury. Do not start high-dose supplements or injections to treat suspected deficiency without medical supervision.

Reliable reference: NIH Office of Dietary Supplements - ods.od.nih.gov/factsheets/Niacin-HealthProfessional/

2 | Seven-Day Food & Symptom Log

Write meals in everyday language. Note symptoms only if they occur; no symptom on this sheet proves niacin deficiency.

Day	Meals / niacin-containing foods	Symptoms and timing	Notes / questions
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

Examples to record: chicken, fish, peanuts, mushrooms, fortified grains, legumes, or other meals. Also note sleep changes, illness, or medicines if relevant.

3 | Symptom Observation Worksheet

Symptoms overlap with many conditions. Record what happened and when, rather than assigning a cause.

Symptom / observation	Date / time	Duration / context
Fatigue or weakness		
Poor appetite		
Digestive discomfort / diarrhea		
Mouth or tongue inflammation		
Sun-sensitive or unusual rash		
Concentration / memory change		
Other observation		

If there is an unusual sun-sensitive rash with ongoing diarrhea or confusion, seek prompt medical evaluation. Sudden confusion or serious neurological changes require urgent care.

4 | Food Variety & Daily Habits Review

Use this page to consider dietary variety, not to score yourself or diagnose a deficiency.

Daily review	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Ate varied meals	☐	☐	☐	☐	☐	☐	☐
Included protein-rich foods	☐	☐	☐	☐	☐	☐	☐
Included fruits / vegetables	☐	☐	☐	☐	☐	☐	☐
Had adequate food access	☐	☐	☐	☐	☐	☐	☐
Noted any digestive issues	☐	☐	☐	☐	☐	☐	☐
Recorded questions / concerns	☐	☐	☐	☐	☐	☐	☐

Which foods were easy to include?

_____

_____

What barriers affected eating (cost, appetite, symptoms, schedule, access)?

_____

_____

_____

5 | Prepare for a Healthcare Appointment

Bring a medication/supplement list and describe symptoms in your own words. A clinician may consider diet, medical history, examination and tests where appropriate.

When did my symptoms begin, and how have they changed?

_____

_____

What do I eat on a typical day?

_____

_____

What medications and supplements am I taking (including doses)?

_____

_____

Do I have digestive or other medical conditions affecting nutrition?

_____

_____

What questions do I want to ask about testing, food, or treatment?

_____

_____

Do not stop prescribed medicines or begin high-dose niacin based on this worksheet.

6 | Weekly Reflection & Next Steps

Review patterns with curiosity. A tracker cannot determine whether symptoms are caused by a vitamin deficiency.

What foods did I eat regularly this week?

_____

_____

_____

Did any symptoms persist or worsen?

_____

_____

_____

What changes could improve food variety within my circumstances?

_____

_____

_____

What concerns should I discuss with a healthcare professional?

_____

_____

_____

Continue learning

Read the companion article: Niacin Deficiency Symptoms: Signs and Causes at bioandbrainhealthinfo.com/?s=Niacin+Deficiency+Symptoms

Explore BBH Support Resources: https://bioandbrainhealthinfo.com/support-resources/

Educational disclaimer: This worksheet does not diagnose, prevent or treat disease. Seek professional care for persistent symptoms and urgent care for sudden confusion or severe neurological changes.