BBH | 7-Day Folate Food & Symptom Tracker

A free educational worksheet from Bio and Brain Health Info. Use it to organize your food pattern, symptoms, and questions for a healthcare appointment. It does not diagnose folate deficiency.

1 | Seven-day food and symptom record

Record meals and observations without judging or scoring your health. Example folate foods: spinach, lentils, chickpeas, peas, asparagus, avocado, oranges and fortified grains.

Day	Folate-containing foods eaten	Energy / focus notes	Other symptoms / context
1			
2			
3			
4			
5			
6			
7			

2 | Things that may affect interpretation

Tick or describe any factors relevant to you: irregular meals, sleep changes, stress, alcohol use, dietary restriction, digestive conditions, pregnancy planning, or medicines. Do not stop any prescribed medicine based on this worksheet.

_____

_____

_____

BBH | Prepare for a Healthcare Conversation

3 | Questions and concerns

Which symptoms have continued or worsened?

_____

_____

When did they start, and are they affecting daily life?

_____

_____

Which supplements, medicines, or fortified foods am I using?

_____

_____

Would a CBC, folate level, vitamin B12 test, or other assessment be appropriate?

_____

_____

What follow-up is needed after the results?

_____

_____

4 | Useful lab information (completed with your clinician)

Test / date	Result / units	Reference interval / clinician note

5 | Next agreed step

_____

_____

_____

Safety: Folate and vitamin B12 deficiencies can overlap. Do not begin high-dose folic acid to treat unexplained symptoms without appropriate clinical advice. Seek urgent care for sudden confusion, facial drooping, trouble speaking, or one-sided weakness.

Learn more: bioandbrainhealthinfo.com | General educational resource; not individualized medical advice.