WHAT IS POOP?
• What is left in your digestive system after nutrients are absorbed from the foods you eat
• 75 percent water
• 25 percent bacteria, food waste, undigested food
• Diet, medications, supplements, GI disease/infection affects the balance of stool.
• Diarrhea happens when stool passes through large intestine too fast
  Constipation is when stool passes through large intestine too slowly
• Digestion process produces Sulphur-containing compounds. Feces can smell more if diet is rich in meat or spicy food.

FREQUENCY
• Normal bowel movements are between 3 times per day to 3 times per week
• The time from eating a meal to eliminating it is 1–3 days.

COLOR
(Occasional changes are normal and usually linked to what you ate)
Brown: Healthy
Red/Maroon: Foods with red dye or coloring including breakfast cereals, beets, tomato sauce. Also, certain conditions such as inflammatory bowel disease; diverticulosis, hemorrhoids; polyps; colorectal cancer
Orange: Excess amount of beta-carotene from supplements or produce such as carrots, sweet potato and squash
Grey/Yellowish: Liver or gallbladder problems
(see physician if continues)
Green: Ingesting large quantities of leafy greens or items with food coloring such as popsicles or candy. Could also be a sign of infection.
Black: Iron supplements, black liquorice, blueberries. Possible intestinal bleeding in higher part of intestinal tract (see physician if continues)

SEE A DOCTOR IF...
Feces appear like this for more than 1–2 weeks:
• Bloody
• Black in color
• Pencil thin shape
• Diarrhea with weight loss or fever
• Accompanied by severe abdominal pain

KEEP YOUR DIGESTION ON TRACK:
• 30 grams of fiber/day
• Drink 8-10 glasses of water per day
• Eat meals at regular times—don’t skip breakfast
• Be active every day

REFERENCES:
Canadian Society of Intestinal Research
Medline Plus
National Institute of Diabetes and Kidney Diseases
Irish Nutrition and Dietetic Institute
www.tuftsmedicalcenter.org/newsroom