



Healthy/ Unhealthy Poop

BABY POOP

FEEDING METHOD

 Formula fed baby

 Breastfed baby

 All babies (breast & formula)

GREENISH TAN

- ☺ Normal poop can be greenish tan.
- ☹ Can also signal teething or that baby is getting over a stomach bug.
- 📄 Fussy at feedings, gassy and uncomfortable? It could be a sign of a cow's milk allergy reaction in the formula.

BRIGHT GREEN

- ☹ If stool is frothy, it could mean that baby is getting too much foremilk, and not enough fatty hindmilk.

BRIGHT YELLOW

- ☹ Could be a result of medications or food eaten by Mom.

DARK GREEN

- 📄 Sometimes the iron in baby formula can cause darkening of baby poop — this isn't a reason for concern.

MUSTARD YELLOW

- ☺ Normal for infants.

COLOR WHEEL

CHART

BY: the **BUMP**

ORANGE

- ☹ Solid foods can result in orange-colored baby poop.

WHITE

- ☹ Chalky, whitish or gray baby poop can be a sign the liver isn't functioning correctly. Call the pediatrician.

- ☹ If Mom has been on medication or eats artificially colored foods (dyes may make their way into breast milk).

- ☹ Doesn't generally indicate problems, but if worried, call your pediatrician.

GRAY

- ☹ Eating solids? Poop may be gray depending on what your child eats.
- ☹ If baby hasn't started table food, assess, as it could indicate a liver or gallbladder problem.

RED

- ☹ Flecks of red are generally not a big deal. Red flecks might also appear if baby is constipated and straining too hard to poop.
- ☹ Red may be tiny amounts of blood baby swallowed from cracks in your nipple.
- ☹ If baby is eating table foods, you may have to play diet detective to suss out any food culprits.
- ☹ Bloody or bright red stools may indicate an infection, allergy, GI injury or other medical concern — address immediately.

BLACK

- ☹ Newborns: If stool is still black by day three, it may be a sign baby is not getting adequate nutrition or digesting milk properly.
- ☹ Older baby: Could be caused by iron in diet, which is no big deal.
- ☹ If baby is not taking an iron supplement, it could be a sign of GI tract bleeding. See a doctor.

LB

JUST BROUGHT HOME A NEWBORN?

Healthy stools should be:

-   Yellow, seedy and runny
-   Darker and thicker