



Bristol Stool Chart for Kids

choose your POO!		
Types 1		<p>Scalier than rabbit droppings</p> <p>Separate hard lumps, like little beads or peas</p>
Types 2		<p>Scalier than bunch of grapes</p> <p>Some are flat but some are lumpy</p>
Types 3		<p>Scalier than corn on cob</p> <p>Like a sausage but with cracks on its surface</p>
Types 4		<p>Scalier than sausage</p> <p>Like a sausage or snake, smooth and firm</p>
Types 5		<p>Scalier than chicken nuggets</p> <p>Soft lumps with flaked edges (sausage world)</p>
Types 6		<p>Scalier than porridge</p> <p>Fluffy pieces with ragged edges, a waxy mold</p>
Types 7		<p>Scalier than gravy</p> <p>Waters, no solid pieces (BIBBLY LUGGS)</p>

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The Bristol stool chart below can help you recognize how healthy your poop is! The ideal is number 4; it is smooth, formed and easy to pass. Number 3 is also considered healthy, drinking extra water will help make this stool smoother.

Number 1 and 2 are dehydrated and have spent too long in the bowel, leading to toxins being reabsorbed back into the body. Drinking more water and increasing fibre intake, in the form of vegetables, salads and fruit will help to speed up the transit time of these stools.

Numbers 5, 6 and 7 are unformed and often frequent. They can indicate food intolerances, gastrointestinal infections and an imbalance in good and bad bacteria in the digestive system.