

Stool Analysis and Poo Chart

TYPE 1 Separate hard lumps, like nuts. Harder to pass



This indicates that you have a lack of fibre, insufficient fluid intake and a slow transit time. Increase your intake of water, herbal teas, raw fruit and vegetables, cooked grains such as brown rice, quinoa and millet, sprouted pulses, flax seeds and olive oil. Avoid meat, dairy, wheat, eggs, refined carbohydrates and sugar.

TYPE 2 Sausage shape but lumpy



This indicates the stool has spent too long in the colon. More water and fibre are needed. Increase your intake of water, herbal teas, fruit and vegetables, cooked grains such as brown rice, quinoa and millet, sprouted pulses, flax seeds and olive oil. Avoid meat, dairy, wheat, eggs, refined carbohydrates and sugar.

TYPE 3 Like a sausage but with cracks on the surface



The cracks on the surface indicate that the stool maybe a bit dry. Increase water intake.

TYPE 4 Like a sausage or snake, smooth and soft



This is a healthy bowel movement that is easy to pass – well done!

Type 5 Soft blobs with clear cut edges which pass easily



This may indicate that your bowels are moving a bit too fast. This can lead to nutrient deficiencies and dehydration. Increase your fibre especially from cooked whole grains such as brown rice, millet and quinoa. Supplementing with probiotics may well improve digestion and absorption. Psyllium husks can also improve bowel movements.

TYPE 6 Fluffy pieces with ragged edges, a mushy stool



Again, the mushiness indicates that insufficient water has been re-absorbed from the stool, indicating a rapid transit time and poor absorption of nutrients. This may be caused by poor diet, food intolerances and/or an imbalance in gut bacteria. Eat whole grains as indicated above. Avoid having too much fruit, raw vegetables and juices for a while. Supplement with probiotic capsules or powder to repopulate the gut with good bacteria.

TYPE 7 Watery, no solid pieces. Entirely liquid



This is not good and probably indicates an infection of some kind. Get checked out by your doctor. Eat well cooked brown rice and homemade vegetable soups to replace lost electrolytes. Make sure you replace lost fluids with water or herbal teas. Probiotics can help to repopulate the gut with good bacteria.