







WHAT'S NORMAL, WHAT'S NOT

This guide is based on the Bristol Stool Chart. These foods represent the shapes and textures of different stools, so you can compare yours.

TYPE OF STOOL	LOOKS LIKE
TYPE 1 constipation	
TYPE 2 constipation	
TYPE 3 normal bowel motions	
TYPE 4 normal bowel motions	
TYPE 5 diarrhoea	
TYPE 6 diarrhoea	
TYPE 7 diarrhoea	