


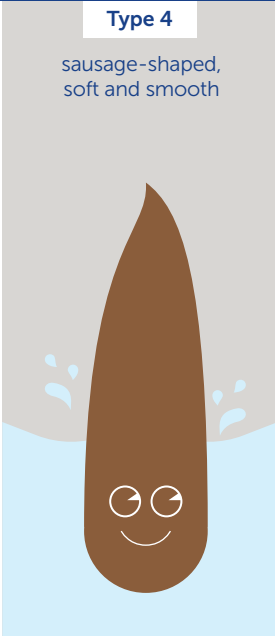

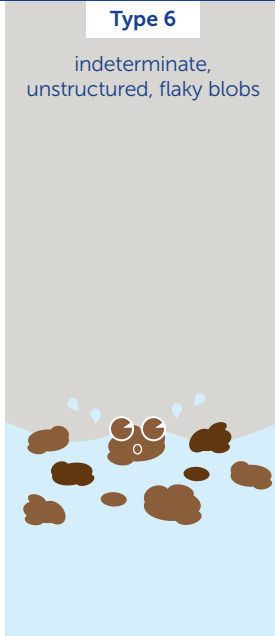



# Healthy stools

Constipation		Healthy stools		Diarrhoea		
<p><b>Type 1</b></p> <p>small, hard lumps that are difficult to pass</p>  <p><b>Tip:</b> increase your intake of fibre and fluid</p>	<p><b>Type 2</b></p> <p>sausage-shaped, lumpy, difficult to pass</p>  <p><b>Tip:</b> increase your intake of fibre and fluid</p>	<p><b>Type 3</b></p> <p>sausage-shaped with cracks</p>  <p><b>Tip:</b> drink a little more fluid</p>	<p><b>Type 4</b></p> <p>sausage-shaped, soft and smooth</p>  <p><b>Ideal case</b></p>	<p><b>Type 5</b></p> <p>soft lumps that are easy to pass</p>  <p><b>Tip:</b> digestive disorder or too much fluid</p>	<p><b>Type 6</b></p> <p>indeterminate, unstructured, flaky blobs</p>  <p><b>Tip:</b> digestive disorder or too little fibre</p>	<p><b>Type 7</b></p> <p>watery, no solid pieces</p>  <p><b>Tip:</b> infection, inflammation or intolerance</p>

 <p><b>Black stools:</b> black foods, medication or sign of bleeding</p>	 <p><b>Greyish stools:</b> sign of functional disorder of the liver or gall bladder</p>	 <p><b>Green stools:</b> from green vegetables or sign of a digestive problem</p>	 <p><b>Yellow stools:</b> sign of intolerance or a digestive problem</p>	 <p><b>Red stools:</b> from red foods or sign of bleeding or haemorrhoids</p>	 <p><b>Brown stools:</b> healthy stools</p>
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