

POOP COLOR CHART

1

GREY/ PALE/ WHITE POOP

Decreased bile production, may be an indication of liver or gall bladder problems.

2

BLACK POOP

Ingestion of supplemental iron or other medication. May also be an indication of bleeding from the upper gastrointestinal tract.

3

GREEN POOP

May indicate a high consumption of green vegetables.

4

RED POOP

Mostly related with bloody stools. Less frequently, it can be caused by eating too many red-colored foods.

5

ORANGE POOP

Eating fruits that contain an orange pigment called beta-carotene. Can also be caused by medications like antacids and Rifampicin (an antibiotic).

6

YELLOW POOP

Can Indicate a high fat content in poop, associated with malabsorption or a decreased bile production.

7

BROWN POOP

Normal poop color.