

Courtesy of  
**Missouri Bootheel Regional Consortium, Inc.**

Missouri Bootheel Regional Consortium, Inc. (MBRC) is an innovative, diverse non-profit organization that promotes data-driven, evidence-based and high-performance programs. MBRC's mission is to promote and empower healthy families through quality-focused programs.

The Missouri Bootheel Healthy Start (MBHS), a program of MBRC, is an infant mortality reduction program designed to improve the quality of life for women, infants, and families. MBHS has been providing services for women, men, children and families in the five county (Dunklin, Mississippi, New Madrid, Pemiscot, and Scott) Bootheel region since 1997.

For more educational information please contact our Health Education Coordinator.

If you are interested in any of our classes or programs please visit our website, Facebook, or call us at 573.471.9400 or toll- free 1.888.317.4949.

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**[mbrinc.org](http://mbrinc.org) or [facebook.com/mbrcorg](https://www.facebook.com/mbrcorg)**

COMPARE THE DIAPER  
CONTENTS WITH THIS CHART.  
**Healthy Colors**



Greenish-black and sticky in the first three days after birth.



**Yellow, seedy, like Dijon mustard from a breastfed baby.**



Tan, mushy, like hummus from a bottle fed baby.



**Greenish-brown, thick like peanut butter, stinky from a baby who is starting solid food.**



Dark green to black from a baby getting iron supplements.



**Frothy and lime green from a breastfed baby - means the baby isn't getting enough high calorie hind-milk. Try starting each feeding on the breast from the previous feeding then switch to the other breast.**

**Colors that are cause for concern**



Red and streaky can indicate blood - call the doctor.



Black with no iron supplements indicates digested blood - call the doctor.



White poop means baby isn't producing bile - call the doctor.

**This chart is not a replacement for a doctor. If concerned please contact your pediatrician.**

# HERE'S THE SCOOP ON BABY POOP



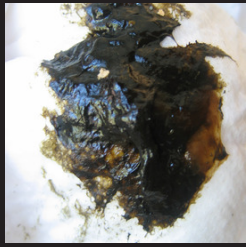
Missouri Bootheel Healthy Start



**Sources -**

Bloch, E. (2017, January 24). Baby poop: A complete guide. [http://www.babycenter.com/O\\_baby-poop-a-complete-guide\\_10319333.bc](http://www.babycenter.com/O_baby-poop-a-complete-guide_10319333.bc)  
Diaper Decoder - Baby Poop Color Chart | Similac®. (n.d.). <https://similac.com/baby-feeding/diaper-decoder>  
Hospital, B. C. (2014, August 15). 12 Types of Baby Poop & What They Mean (Infographic). <https://www.unitypoint.org/blankchildrens/article.aspx?id=40567710-74c7-4ef2-a040-847be9fbd35a>

# WHAT IS YOUR BABY'S DIAPER SAYING?



This greenish-black, tarry, sticky diaper is called **meconium**. This will be the first few dirty diapers your newborn will have.

and is made up of all the things the baby ingested in utero. After a couple days it will get a little less sticky and a lighter green



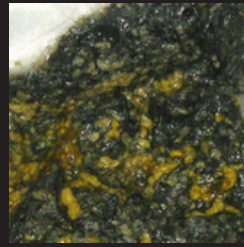
For breastfed babies their poop looks more like Dijon mustard, and is loose or even a little runny. There might be a

sweet smell and small seed-like flecks. This color can occasionally get a little green if mom changes her diet.



A formula fed baby has thicker poop than their breastfed counterparts, with a darker color. It is often compared to the

color and consistency of hummus, although the color can range in shade. This poop is often said to be smellier than that of a breastfed baby.



If baby is taking an iron supplement then the poop can turn dark green or almost black. This is totally normal!

However, if the poop is black and baby is not taking an iron supplement that is cause for worry as it may indicate blood in the poop.

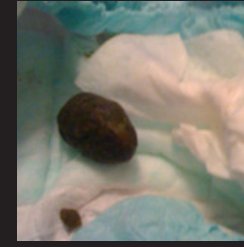


For a baby who is starting to eat solid foods the poop is going to look more like thick peanut butter, and be

a darker brown than it was previously. At this point it's going to get smellier. It will still be mushy until the baby stops breastfeeding or bottle feeding.



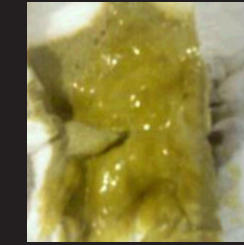
Sometimes you might be able to see some undigested food in the diaper. This is normal. It means that your baby wasn't able to fully digest everything. If this happens consistently though, let your doctor know.



If the poop looks like pebbles or rabbit droppings baby is probably constipated. This might make baby visibly uncomfortable while pooping. If this happens once or twice it isn't something to worry about but more than that and you should call the doctor.



Diarrhea is very runny and mostly liquid. It can be yellow, green, or brown and can explode out of the diaper. Call the doctor if your baby is 3 months old or younger, has more than two or three diarrhea-filled diapers, or continues having diarrhea for more than a day or two.



Green, slimy poop means there's mucus. This can simply be from baby being extra drooly or it could mean that there is an infection or allergy. If it's accompanied by any other symptoms or shows up in your baby's diaper for two days or more, call the doctor to rule out any problem



Red poop might mean baby ate red food but if that is not the case it is likely blood. Bright red blood in poop can mean a few things - normal poop with red flecks can mean a dairy allergy while liquid poop with red streaks can mean a bacterial infection. In either case contact your doctor.