

# Stool Color Chart

Stool color is typically influenced by what you eat as well as by the amount of bile (a fluid that digests fats) in your stool. Most color changes are normal, however, if the changes are consistent, it can reveal many clues about your health such as:



**Brown:** Color caused by chemical changes in bilirubin (a pigment resulting from the breakdown of red blood cells). All shades of brown are considered normal.



**Green:** Green vegetables, such as spinach, are common causes of green stool.



**Red:** Can indicate bleeding of the lower digestive tract or rectum.



**Yellow:** Can be caused by an infection known as Giardia or can indicate bowel hyperactivity.



**Blue:** Can indicate illness in babies or can be the result of eating foods that contain blue dyes.



**White:** Often caused by a lack of bile (produced in the liver) and by certain medications.



**Black:** May be caused by bleeding in the upper digestive tract.

*There are many reasons for stool color change, and this is not an exhaustive list. Seek prompt medical care if you have unusual stools consistent over time or any unusual change in the color or texture of your stool.*