Baby's Eating and Poop Chart

Date/Time	Amount of Breast Milk or Formula	Baby's Poop Color	No Poop, Just Wet

Use this chart to keep track of what your baby eats and poops. Poop color chart below:

Green Black Poop, Meconium, your baby's first poop - **Normal**	**Mustard Poop** with white seed like substance is common - **Normal**	**Green poop** is common as well - **Normal**	**Orange poop** is also common - **Normal**
Multi color – This is common. - **Normal**	**Chalky white poop** could mean that there is no bile from the liver to digest food. - **Call the doc.**	**Black poop**, When it's NOT the first poop, could mean there is blood in the digestive tract. - **Call the doc.**	**Bright red blood in poop** means presence of blood very close to the anus - **Call the doc**.