Oh, Poop. Everything you need to know about your #2.

Have you ever wondered why toddlers and kids find all things bathroom-related so fascinating? Well, it just so happens that they are curious about everything. As they explore their environment, they want to pay attention to your bowel movements. It’s actually a great way to keep an eye on your health. Things like texture, color, frequency and smell can all be indicators of possible digestive issues or dietary needs. So the next time you sit down for a #2, pay attention and make your health priority #1.

**TEXTURE TALK:**

1. Soft, smooth and easy to pass—this is your optimum #2!
2. Firm, well-formed and compact—ideal for your digestive system.
3. Diarrhea—soft, watery and runny. Yep—it’s diarrhea and we hope you feel better soon!
4. Dry, hard, and jagged—could be constipation.
5. Separate, pebble-like pieces that are hard to pass. A sure sign of vomiting.

**SOME FACTS**

- Poop is made up of mostly water, about 75% of the remaining 25% is a stinky combination of fiber, bacteria, cells and mucous.
- Poop is made up of mostly water, about 75%! The remaining 25% is a stinky combination of fiber, bacteria, cells and mucous.
- Bougie is a general food product in the tin that sits in the digestive system and can alter the color of your poop.
- Bile is a greenish fluid produced in the liver that aids in the digestion of fat and can alter the color of your poop.
- Too much fat may be present. Yellow stool may indicate a malabsorption disorder such as celiac disease.
- Not enough bile is present. Dark black stool could be a sign of lower intestinal bleeding.
- Gray or clay colored stool could be a sign of upper gastrointestinal bleeding and should be taken seriously.

**COLOR CONCERNS:**

1. Red:
   - Freshly shed blood.
   - Pigment from red meats.
   - Medications. 
   - Some women may have blood in their stool because of menstruation.
   - Hemorrhoids.

2. Black:
   - Eating black food.
   - Medications.

3. Brown:
   - Food may be moving through your digestive tract too quickly, not giving bile the time that it needs to break down.
   - Dark brown we all associate with our #2s.

4. Green:
   - Food may be moving through your digestive tract too quickly, not giving bile the time that it needs to break down.
   - Too much bile is present.

5. Black:
   - Freshly shed blood.
   - Pigment from red meats.
   - Medications.
   - Some women may have blood in their stool because of menstruation.
   - Hemorrhoids.

**TIPS FOR YOUR TIME ON THE TOILET:**

1. If you’re in a hurry. A healthy balance of foods and nutrients can help keep your digestive tract happy and healthy.

2. We know it’s tempting, but don’t flush your cell phone, tablet or other electronics down the toilet. In a recent study, 3 out of 5 cell phone users flushed their smartphones down the toilet. Fortunately, no transmission of such germs was observed in our study.

3. While you’re at it, leave your books and magazines in the library. Spending too much time on the toilet is not good for your posture. Studies have shown that sitting on the toilet for long periods of time can lead to hernias.

4. Know what’s normal for you. Don’t over analyze every trip to the toilet, but be aware of any drastic changes in your bowel movements and call your doctor when you notice them.

5. If things aren’t moving as smoothly as you like, consider making some changes to your diet. A healthy balance of fiber and fluid is essential for a healthy digestive system.

**Sources:**

- “Poop and health: signs, disease, infection.” 

- “Dietary fiber and the digestive tract.”

- “How to get rid of constipation.”

- “The digestive system in a nutshell.”
  - http://www.webmd.com/women/features/digestive-problems