

YOUR POOP IS A WINDOW INTO YOUR HEALTH

Look before you flush!

TYPE
1



Hard pellets that resemble jelly beans or nuts

TYPE
2



Firm and shaped like a lumpy, nut-filled candy bar

Types One and Two

may indicate that you are dehydrated and constipated.

Drink more water and increase your dietary fiber intake.

TYPE
3



Looks like corn on the cob or sausage with surface cracks

TYPE
4



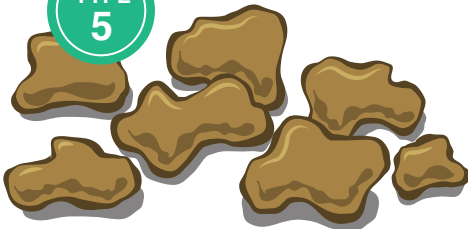
Shaped like a snake; it has a smooth, soft surface

Types Three and Four

are considered healthy and normal.

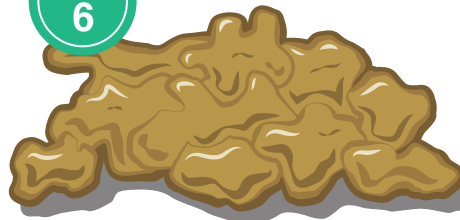
You're doing fine! Good work.

TYPE
5



Soft with clear-cut edges; resembles chicken nuggets

TYPE
6



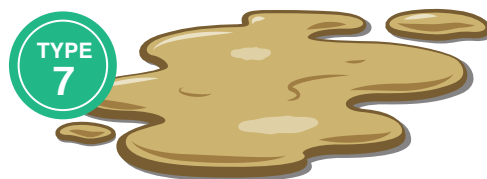
Mushy like pudding or soft with rough edges

Types Five, Six and Seven

are signs of diarrhea.

These shapes might be signs of a low soluble fiber intake, imbalanced 'friendly' bacteria and/or a gastrointestinal disorder. If conditions persist, please consult your physician.

TYPE
7



Watery with no solid form

Poop Questions and Answers

How often should I be going #2?

People are often confused about regularity. Follow the 3-3 rule: You should go no more than three times a day, and no less than once every three days. Ideally, you should poop something like type 3 or 4 on the chart, daily.

Should it sink or float?

If it floats too much, that's an indication of poor nutrient absorption. If it sinks too quickly, it's a sign you may not be eating enough fiber. It should do a steady submarine dive into the toilet bowl, without a lot of splashes or noise.

How much time should I spend on the toilet?

You should be in, out and on your way. No time to surf the Internet. Tweet later. If you want a hard number, it's actually a 3-3-3 rule: no more than three minutes.

What if I don't want to look in the toilet bowl?

Everyone poops, so go ahead and look. It's important and provides a clear indication of your health. But there is another way. You should only need to wipe once or twice for a clean finish.

Improve Your Poop and Digestive Health

Why is guar fiber preferred over other fiber supplements?

Guar fiber helps to normalize both occasional constipation and diarrhea. It also won't lead to excess gas and bloating, common side effects of other fiber supplements.* It's also 100% gluten free, non-GMO and low in FODMAPs.**

What else should I look for in a fiber supplement*?

Choose one that mixes invisibly in water or other non-carbonated beverages without changing the taste, aroma or texture. If it tastes bad or it has a gritty, gloppy texture, it won't do you any good because you won't use it. The best choice is a soluble fiber with added probiotics. They work in harmony to help you achieve a happier, more regulated digestive system.

What are probiotics and why are they important?

Probiotics are the beneficial bacteria living in your gut. They support immune and digestive health. You probably can't get enough probiotics in foods to act therapeutically, so it's often recommended to supplement with active probiotics. But don't forget that without the proper prebiotic, no amount of supplemental probiotics will help to proliferate the healthy bacteria we consume or that is already in our guts.

How should I care for my beneficial bacteria?

Feed them with prebiotics (soluble fiber). The right form of prebiotics nourish, and stimulate the growth and activity of beneficial bacteria. Prebiotics are naturally present in many foods, such as guar (a type of legume).

What should I eat to improve my poop shape?

You need up to 38 grams of fiber daily. Most of us get just 10 to 15 grams. Eat a rainbow of fruits and vegetables daily.

What's the difference between soluble and insoluble fiber?

Insoluble fiber creates the bulk in your stool. The right form of soluble fiber aids digestion, moderates glucose absorption, lowers cholesterol, increases satiety and feeds your good bacteria. But be careful. Some soluble fibers, such as inulin, can lead to excess gas, bloating, or worse, loose stools and diarrhea.



MONASH UNIVERSITY
LOW FODMAP
CERTIFIED™

TOMORROW'S NUTRITION®



SIMPLE



PROVEN



TRUSTED



tomorrowsnutrition.com

The contents of this document are for general information only. In no way should the information here substitute the advice of a certified medical professional. Always consult your doctor if you have concerns regarding your health.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

** FODMAPs can lead to a number of gastrointestinal issues.

© 2020 Tomorrow's Nutrition