

Here's the real deal on what goes down in the diaper.

# Baby poop: the good, the bad, and the ugly.

Here's the real deal on  
what goes down in the diaper.

## The poop palette



**Normal in  
breastfed babies:**  
Soft, yellow poop.

**Normal in  
formula-fed  
babies:**  
Dark-green  
to gray-brown  
poop.



**Not Normal:**  
Black, red, chalky  
white or watery  
poop. Also look

