








# Assess your gut health

Assessing your bowel movements can give an indication of your gut health.

Being 'regular' is a way of describing good bowel habits or normal bowel function. This doesn't necessarily mean that you go to the toilet every day. It really means that soft yet well-formed bowel motions are easily passed. These bowel movements can happen anywhere from 1-3 times a day to 3 times a week. Use the Bristol Stool Chart below to help you assess your gut health.

BRISTOL STOOL CHART			
	Type 1	Separate hard lumps	<b>SEVERE CONSTIPATION</b>
	Type 2	Lumpy and sausage like	<b>MILD CONSTIPATION</b>
	Type 3	A sausage shape with cracks in the surface	<b>NORMAL</b>
	Type 4	Like a smooth, soft sausage or snake	<b>NORMAL</b>
	Type 5	Soft blobs with clear-cut edges	<b>LACKING FIBRE</b>
	Type 6	Mushy consistency with ragged edges	<b>MILD DIARRHEA</b>
	Type 7	Liquid consistency with no solid pieces	<b>SEVERE DIARRHEA</b>