

Can foods change

POOP Colors?



Although it may be concerning, some unique poop colors in babies are due to the food that they consume. But you may consult your pediatrician to be entirely sure and safe.



Now let's see what different colored foods influence the unusual poop colors!



① Green and leafy vegetables or green snacks may cause green or bright green poops.



② Beets, tomatoes or tomato-based foods, and red snacks such as Jello or red cereals may turn the stool red.



③ Grape juice or blueberries may turn the baby's poop black.



④ Carrots or carrot juice may give a unique orange color to the poop.



⑤ Blueberries may also give a dark blue color to the poop.



⑥ A milk-only diet may cause your baby's poop to appear white or light gray.

References:

- ① How your diet can affect your poop color; Cleveland Clinic
- ② Stools- unusual color; Seattle Children's