



FORAGE POO CHART



SEPARATE HARD LUMPS, LIKE NUTS (HARD TO PASS)

1 Constipation

Too firm and dry, getting stuck on the way out. Needs more nQ rich foods to relieve the tension.

What to Forage for: A Forage breakfast, more fibre & fluids



SAUSAGE-SHAPED BUT LUMPY

2 Overstaying Welcome

Things not moving at the pace they should be. Got to get things going more quickly and smoothly.

What to Forage for: A Forage breakfast, more fibre & fluids



LIKE A SAUSAGE BUT WITH CRACKS ON THE SURFACE

3 Close but No Cigar

Almost there but needs a little more liquid to smooth things out. Potentially the result of too many high sugar foods.

What to Forage for: A Forage breakfast, more fluids



LIKE A SAUSAGE OR SNAKE, SMOOTH AND SOFT

4 And the Winner is...

This is what you want to see! A smooth, solid shape that easily passes through the pipes.

What to Forage for: A Forage breakfast, keep up the good work with your fibre and fluids

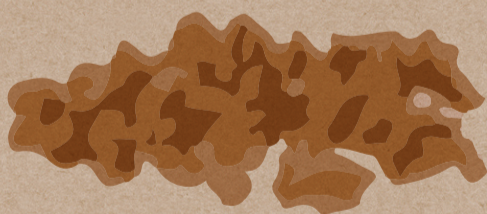


SOFT BLOBS WITH CLEAR-CUT EDGES

5 Slippery Slope

Loosing some control here as things seem to be moving a little too quickly. Potentially the result of a diet high in soft foods and not enough solids.

What to Forage for: Forage Breakfast, more fibre from veggies and fruits, fermented foods and probiotics



FLUFFY PIECES WITH RAGGED EDGES, A MUSHY STOOL

6 Danger Zone

Things are traveling too fast here. Nutrients passing through too quickly to be absorbed. Potentially a reaction to a food your body doesn't agree with.

What to Forage for: Forage Breakfast, specific strains of probiotics for loose stools (see your health care professional), more veggies and consider a food sensitivity test



WATERY, NO SOLID PIECES. ENTIRELY LIQUID.

7 Caution, Hazardous Materials

Moving through far too quickly for any nutrient absorption, something else is likely to be involved here. Not to be taken lightly, potentially an infection or other health condition.

What to Forage for: Forage breakfast and if this lasts for more than 7 days - you need to see your health care professional and possibly your GP

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Forage