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**Brown:** You're fine. Poop is naturally brown due to the bile produced in your liver.



**Green:** Food may be moving through your large intestine too quickly. Or you could have eaten lots of green leafy veggies, or green food colouring.



**Yellow:** Greasy, foul-smelling yellow poop indicates excess fat, which could be due to a malabsorption disorder like celiac disease.



**Black:** It could mean that you're bleeding internally due to ulcer or cancer. Some vitamins containing iron or bismuth subsalicylate could cause black poop too. Pay attention if it's sticky, and see a doc if you're worried.



**Light-coloured, white, or clay-coloured:** If it's not what you're normally seeing, it could mean a bile duct obstruction. Some meds could cause this too. See a doc.



**Blood-stained or Red:** Blood in your poop could be a symptom of cancer. Always see a doc right away if you find blood in your stool.

## Textures of poop



**Separate hard lumps, like nuts**  
You're lacking fibre and fluids. Drink more water and chomp on some fruits and veggies.



**Sausage-shaped, smooth and soft**  
Optimal poop! You're doing fine!



**Watery, no solid pieces, all liquid**  
You're having diarrhoea! This is probably caused by some sort of infection and diarrhoea is your body's way of cleaning it out. Make sure you drink lots of liquids to replace the liquids lost otherwise you might find yourself dehydrated!



**Sausage-shaped but lumpy**  
Not as serious as separate hard lumps, but you need to load up on fluids and fibre.



**Soft blobs with clear-cut edges**  
Not too bad. Pretty normal if you're pooping multiple times a day.



**Soft and sticks to the side of the toilet bowl**  
Presence of too much oil, which could mean that your body isn't absorbing the fats properly. Diseases like chronic pancreatitis prevent your body from properly absorbing fat.



**Sausage-shaped but with cracks on surface**  
This is normal, but the cracks mean you could still up your intake of water.



**Fluffy pieces with ragged edges, a mushy stool**  
You're on the edge of normal. This type of poop is on its way to becoming diarrhoea.

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My first visit to Swenson's Restaurant, everything went wrong. Let us start with the fact that out of nine Swenson's locations, I picked the one .... Swenson's Cheeseburger. Nutrition Facts. Amount Per Serving. Calories 307.0; Total Fat 0.0 g; Saturated Fat 0.0 g; Polyunsaturated Fat 0.0 g; Monounsaturated .... Swenson's nutrition facts and nutritional information. Find calories, carbs, and nutritional contents for Swenson's and over 2000000 other foods at .... There are 276 calories in 1 portion of Onion Rings (Breaded and Fried). Get full nutrition facts and other common serving sizes of Onion Rings .... Comprehensive nutrition resource for Fish Sandwich W/tartar Sauce. ... Nutrition Facts. Serving Size. 1 sandwich. Amount Per Serving. Calories. 431. Calories .... Calories: 910. Serving size: 354.38g. Nutrient Score: F. Calories: 870. Serving size: 349g. Nutrient Score: F. Calories: 860. Serving size: 396.9g. Calories: 760. Serving size: 411g. Calories: 624. Serving size: 284g. Calories: 618. Serving size: 286g. Calories: 480. Serving size: 171g. Calories: 450. Serving size: .... Swenson's Nutrition Information At this time we do not have enough information to include this restaurants nutrition information and Weight Watchers PointsPlus.. Swenson's - Galley Boy. Swenson's - Galley Boy - Double Cheeseburger With Two Special Sauces. Serving Size : 1 sandwich. 712. Cal. 22%. 38g. Carbs. 50%.. Want a Swenson's cheeseburger serving size to fit your carbs limit? No problem, just use the Swenson's cheeseburger nutrition facts serving .... [archive] swensons burgers in akron the pub. are out of this world! hard to ... Nutrition facts. serving size 1 milkshake (10 fl oz) (208g). amount per serving.. Not only are these restaurants offering menu items with lower calories, less fat and fewer carbohydrates, they're addressing gluten sensitivities, .... Swensons Drive-In, Home Of The Galley Boy®, "America's Best Cheeseburger". Open all year. Join the Swenatics. Cleveland, OH. Akron, Ohio. Canton, OH.. Calories in Swensons Hamburger. Find nutrition facts for Swensons Hamburger and over 2000000 other foods in MyFitnessPal.com's food database.. Personalized health review for User added: Swenson's Galley Boy - double cheeseburger with two special sauces: 712 calories, nutrition grade (N/A), .... Nutrition Facts Swensons > [http://urllio.com/tnnv7\\_976b052433](http://urllio.com/tnnv7_976b052433) Swensons Drive-In is a regional fast food restaurant chain with locations .... Calories and other nutrition information for Double Hamburger from Shake Shack. ... Nutrition Facts. Serving Size: Serving. Amount Per Serving.. Double Cheeseburger With Two Special Sauces (Swenson's - Galley Boy) ... Stater Bros Harvest Grains. Knorr Lipton Chicken rice and pasta blend.. Calories, carbs, fat, protein, fiber, cholesterol, and more for ONION RINGS (per 6 pieces) (Lick's). Want to use it in a meal plan? Head to the diet generator and .... Swenson's Nutrition Facts. Baked Products Beans and Legumes Beef Products Beverages Cereal, Grains, Rice, Pasta and Noodles Cheese, Eggs and Dairy .... Calories in Swenson's Galley Boy. Find nutrition facts for Swenson's Galley Boy and over 2000000 other foods in MyFitnessPal.com's food database. 484e780544