

# HOW OFTEN DOES THE AVERAGE PERSON POOP?



**The normal range for daily pooping is from three times a day to once every three days. Therefore, it would be fair to say that the average person poops about once a day.**

## WHAT IS POOP MADE OF?



**Feces are mostly made of water (about 75%). The rest is made of dead bacteria that helped us digest our food, living bacteria, protein, undigested food residue (known as fiber), waste material from food, cellular linings, fats, salts, and substances released from the intestines (such as mucus) and the liver. Although feces are made up of about 75% water, this number varies from person to person, depending on how long the feces stay in the intestine.**

# WHAT OTHER COLORS CAN POOP BE?



Adults can also have green poop if they eat large amounts of **green**, leafy vegetables or if they eat large amounts of foods with **green** food coloring. **Green** feces can also occur with diarrhea if bile salts pass through the intestine unchanged. Bile salts are substances that make up bile, which is a fluid produced by the liver that help digest fat.

# WHY DOES POOP SMELL SO BAD?



**The bacteria inside of the feces is what makes them smell so bad. Specifically, the bacteria produce various compounds and gases that lead to the infamous smell of feces.**

# *Why is poop brown?*

**The color comes mainly from bilirubin, a pigment that arises from the breakdown of red blood cells in the liver and bone marrow.**

