

# Differences in poop of **BREASTFED** and

## **FORMULA-FED INFANT**

### Breastfed

Poop is often  
mustard yellow

More stools  
in the initial  
three  
months

Consistency of  
the poop is runny  
and seedy



More  
infrequent stools

Poop may change  
color based on the  
maternal diet

### Formula-fed Infant

Poop is a darker  
shade of yellow

Fewer stools  
compared to  
breastfed babies

Consistency  
of the poop is  
paste-like



Less infrequent  
stools compared  
to breastfed infants

Color of poop  
usually stays  
constant unless the  
formula  
is changed

#### References:

1. The bowel movement characteristics of exclusively breastfed and exclusively formula fed infants differ during the first three months of life; National Institutes of Health
2. All about baby poo; Pregnancy, Birth & Baby