

Holistic science in veterinary medicine, animal husbandry and management

TECHNICAL INFORMATION








Healthy Diet – Healthy Dog

Check your dog's stools daily

Digestive problems are the most common ailments seen in dogs and these are often caused by unsuitable raw materials used in commercial dog foods. One of the simplest ways to check on the suitability of your dog's diet is to keep a regular eye on the stools, which can reveal ingredient intolerance often leading to more serious problems such as IBS, colitis and mal-absorption. This can be avoided by using BAHNM certified holistic foods which are manufactured using Natural Feeding Principles¹.

The Bristol Stool Chart² illustrates a range of stool consistencies, from constipation (Type 1) through to diarrhoea (Type 7). Type 2 and Type 3 are the most commonly seen in individuals with a healthy digestive system and should be expected for most of the time. Other types can indicate ingredient intolerance or true allergies. For more information contact the technical helpline 0845 4651056 (local rate)

Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid

¹. With acknowledgements to the University of Bristol, Faculty of Medicine.

². For more information on BAHNM certified holistic foods: sec@bahnm.org.uk, helpline 0845 4651056 (local rate)