

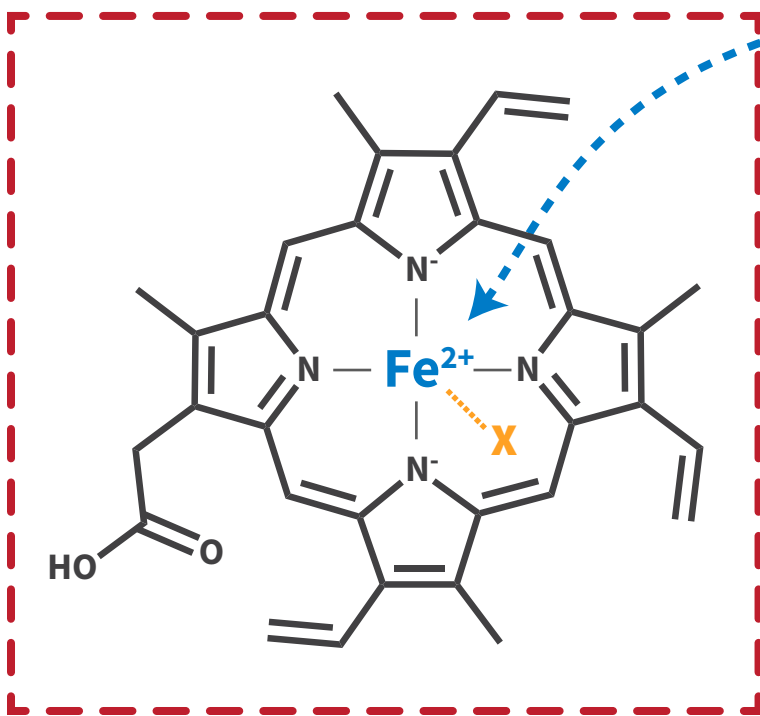
MEAT COLOR 101

The color of meat is largely determined by a protein: myoglobin

Myoglobin transforms during meat's shelf life and processing. Myoglobin contains heme, which is responsible for the red color.

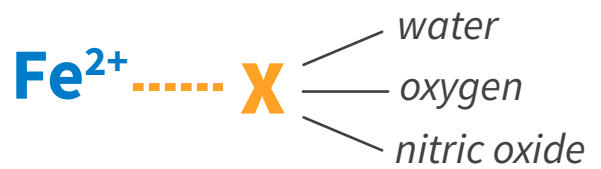
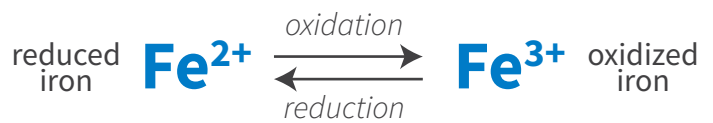
Structure

heme

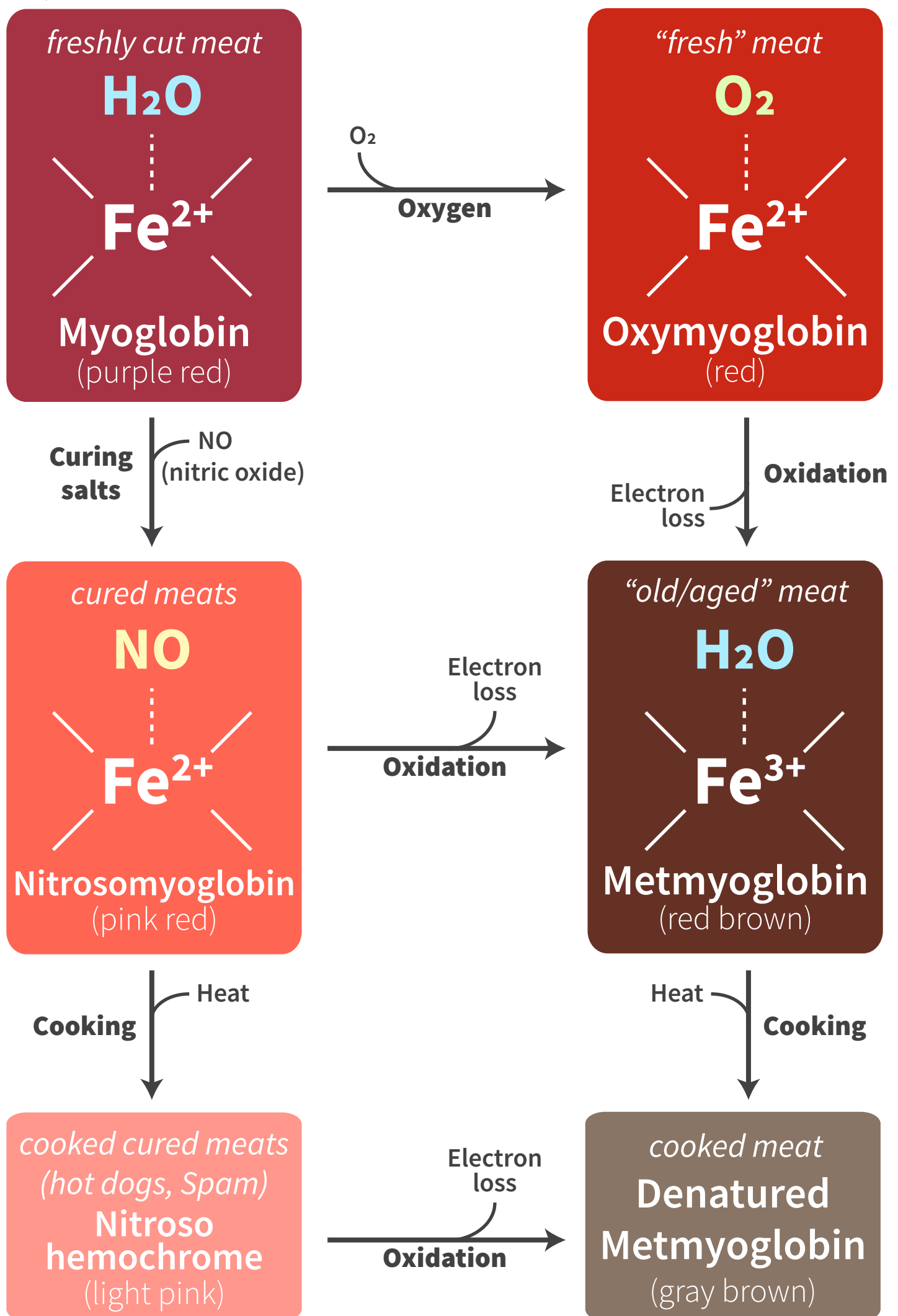


iron atom

At the center of heme is an iron atom. The **oxidation state** of this iron, and what it **binds to**, determines meat's color



Reactions



The above flow chart lists common alterations to myoglobin. There are many other reactions possible.