

Post: Why salmon are dyed pink



Created by [Brittany Bunk](#) on 01-Sep-2020

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Content

I didn't understand this, and there are misconceptions out there, so it's good info to know.

"Unlike beef, which acquires its distinct red hue from contact with oxygen in the air, salmon meat gains its color through the fish's diet. Out in the ocean, salmon eat lots of small free-floating crustaceans, such as tiny shrimp. These crustaceans are filled with molecules called carotenoids, which show up as pigments all over the tree of life. In fact, if you've ever known a kid who [turned orange from eating too many carrots](#), you've seen carotenoids in action. It's these carotenoids that account for the reddish color of the salmon, as well as the pink color of flamingoes and the red of a boiled lobster."

Read more at: <https://scienceline.org/2013/09/ever-wondered-why-is-wild-salmon-a-deeper-red-than-farmed-salmon/>

This shows how animals lose out when they're farmed. Farmed animals get turned to feed for other farmed animals. The way to get away from this is to not eat them.

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