Turkey: White Meat Vs. Dark – Which is Healthier?

When it comes to eating turkey, there are two main options: white meat and dark meat. Most people already have a preference, but did you know the health of white and dark meat is considerably different? Here are some of the main differences between the two types of turkey.

**White Meat is Less Fattening**

As you might have already heard, white turkey meat is a little better for you in terms of actual fat and calorie content. If you are most concerned with calories, you should know that a 3-ounce serving of white meat is 115 calories, while the same amount of dark meat is over twice that at around 160 calories. White meat has 0 grams of saturated fat, while dark meat does have 6 grams of saturated fat. Not only does this mean white meat is less fattening, but you can eat more of it.

**Dark Meat Stays Moist Longer**

A benefit of eating dark meat is that it can stay moist for longer. This is due to the higher amount of saturated fat, which is going to help it stay fresher for longer. Dark meat tends to taste better on its own a few days after the meal when using it for leftovers. White meat when stored properly is still good, but it is easier to dry out, so you want to use it in more flavorful dishes like soup, chili, sandwiches, and similar turkey leftover meals.

**Both Have a Good Amount of Protein**

As far as the protein amount, both white meat and dark meat are excellent sources of protein. White meat does have slightly more protein at 26 grams, but only 2 grams more than the 24 grams of protein dark meat has. Either way you go, having your choice of turkey is going to be great for increasing your energy and burning off more fat.

**Dark Meat Has More Iron**

Another reason you might prefer dark meat over white meat is the fact that is has more iron. This is really the thing it has more of as far as health benefits go. Dark turkey meat has 11% of your daily amount of iron, while white turkey breast only contains bout 7% of your daily amount. These amounts of course are based on a standard 3-ounce serving of turkey.

The type of meat you choose depends on a number of things, from flavor to fat and calories, and other nutrients they contain.