MP3 vs MP4 (vsdiff.com)

MP3	Feature	MP4
Audio-only compression format.	Definition	Multimedia container for audio, video, text, and images.
Smaller file sizes optimized for sound.	File Size	Larger files due to video and multiple media types.
Compatible with nearly all music players.	Compatibility	Supported by most modern devices and streaming platforms.
Best for songs, audiobooks, and podcasts.	Use Case	Best for movies, video clips, and online streaming.
Focused on sound quality with compression.	Purpose	Designed to store and play multimedia content.

Source: https://vsdiff.com/mp3-vs-mp4/