

White Meat vs Red Meat (vsdiff.com)

Attribute	White meat	Red meat	Typical ranges / notes
Typical sources	Poultry (<i>chicken, turkey</i>), rabbit	Beef, lamb, pork, goat, venison	Species and cut-dependent
Muscle pigment	Lower <i>myoglobin</i> (lighter color)	Higher <i>myoglobin</i> (darker color)	Myoglobin concentration drives raw meat color
Heme iron	Lower	Higher	Heme iron bioavailability typically greater in red meat
Typical fat profile	Lower saturated fat on average	Higher saturated fat and visible marbling	Varies by cut and farming system
Cooking & safety	Higher <i>cross-contamination</i> risk if undercooked	Surface pathogens more common; whole-cuts safer when seared	Internal temps and handling matter
Climate footprint	Generally lower (poultry ~2-10 kg CO2e/kg)	Generally higher (beef ~20-60 kg CO2e/kg)	Wide ranges by production method

Source: <https://vsdiff.com/white-meat-vs-red-meat/>