
Table 1: Some meat types and their myoglobin contents. (USDA)

Type of Meat	Myoglobin content	USDA Category
Beef	0.40 -1.00 %	Red Meat
Pork	0.10- 0.30 %	Red Meat
Turkey thigh	0.25 - 0.30 %	Dark Meat
Chicken Thigh	0.18 – 0.20 %	Dark Meat
Turkey Breast	0.01 %	White Meat
Chicken Breast	0.005 %	White Meat
