

Turkey sausage is preferred than regular sausage in most of the cases.

But, is Turkey sausage healthy? Well, can we label it 'healthy sausage'?

Now let's look at what Turkey sausage contain, the features that make it beneficial and the downside of it.

So, let's start!

## What's in Your Turkey Sausage?

Turkey sausages resemble pork sausages both in texture and flavors while being produced using turkey meat. Therefore, turkey sausage is not a monotonous product. This is so because the ingredients can differ from one brand to the other.

## What's Typically Inside?

The main ingredients in most turkey sausages are:

- **Turkey meat:** This is the base of the sausage, it can be made from beef, pork knee, pork belly meat, veal or mutton.
- **Water:** Used to assist in holding the ingredients of the food together.
- **Salt:** Used to enhance the taste and also to facilitate preservation.
- **Flavorings:** These can include spices like sage, pepper, and garlic to give the sausage its taste.
- **Dextrose:** A type of sugar that helps with flavor and texture.
- **Smoke flavoring:** Gives that smoky taste.
- **Sodium erythorbate:** This keeps the sausage from going bad by stopping fat from spoiling.
- **Sodium nitrite:** This stops bacteria growth and gives the sausage its pink color.
- **Pork casing:** This is the skin of the sausage.

It's important to know that these are just typical ingredients. Some turkey sausages may have more or fewer ingredients. And remember, not all sausages are created equal!

**Fact:** Did you know that 100 grams of Turkey sausage usually has around 250 calories? It's a good source of protein but also contains some fat.

Now, below, I'll mention its nutritional value.

## The Nutritional Value of Turkey Sausage

Today, turkey sausage is particularly famous as a breakfast product, but what is it? Let me explain the data halves first.

The information below presents the nutritional value of turkey sausage per 100 grams of the cooked product or 57 grams of the cooked product by proximates. All these data have been extracted from the USDA Food Data Central. Please bear in mind that all figures referred to are to food per person per day on a 2000-calorie intake.

### Calories and Macronutrients

- **Calories:** 112 kcal
- **Carbohydrates:** 0 grams
- **Fiber:** 0 grams
- **Sugars:** 0 grams
- **Fat:** 5.93 grams
- **Saturated fat:** 1.29 grams
- **Monounsaturated fat:** 1.7 grams
- **Polyunsaturated fat:** 1.54 grams
- **Omega-3 fatty acids:** 0.09 grams
- **Omega-6 fatty acids:** 1.38 grams
- **Protein:** 13.6 grams
- **Cholesterol:** 52.4 milligrams

### Vitamins

Turkey sausage contains a variety of vitamins. Here's a breakdown:

- **Vitamin B vitamins:** Turkey sausage is a rich source of B vitamins. A 100-gram serving provides approximately 30% of the Daily Value (DV) for niacin (B3) and 20% DV for vitamin B12. These vitamins are essential for energy metabolism, red blood cell formation, and nervous system health.
- **Other vitamins:** Turkey sausage contains minor amounts of vitamins A, C, E, and K but is not a good source of these nutrients.

## Minerals

Turkey sausage also offers essential minerals:

- **Iron:** Aids in transporting oxygen in the blood.
- **Zinc:** Enhances immune response and the processes of cicatrization.
- **Phosphorus:** Vitamin D is crucial for the bone health.
- **Potassium:** Assists in the regulation of hypertension.

**Note:** While turkey sausage contains some essential nutrients, it's important to consider it as part of a balanced diet. It's low in carbohydrates, fiber, and some vitamins and minerals.

## Is Turkey Sausage Healthy?

Many people ask, "Is turkey sausage healthier than pork sausage?" instead of asking, "Is turkey sausage healthy to eat?" However, the answers to both questions are not the same. Yes!

**Want to know how? Read below.**

Turkey sausage may be less unhealthy than pork sausage. It has less fat and fewer calories than white rice and red beans, for instance. Moreover, there is a provision of providing your body with a lot of protein that is very vital in your body system.

Now, hold on a minute, it is a known fact that Turkey sausage contains a lot of salt and that is bad for our health if we consume it liberally. It can also have other things incorporated into it such as chemicals that make it to have a longer period of use. These are not very beneficial for the body also.

## Advantages of Turkey Sausage

- **Turkey sausages pack a protein punch.** Each sausage has about 13.6 grams of protein, which is a lot considering they only have 112 calories. Protein helps build and repair your body, and it keeps you feeling full.
- **Lower calorie count.** Turkey sausages have half the calories of regular sausages. If you're watching your weight, this could be a good thing.
- **Less bad fat.** Turkey sausages have much less saturated fat than pork sausages. Saturated fat can raise your bad cholesterol, which can increase your risk of heart disease.
- **Packed with nutrients.** Turkey sausages are packed with B vitamins which enable your body to metabolise the food you eat into energy. It also has zinc, this is one of the many nutrient that is good for your immune system.
- **Versatile food.** Many ways can be used to prepare turkey sausages. You fry them, or grill them, or even bake them in the oven. You also can blend them into pasta sauces, salads dressings or serve on sandwiches.

## Disadvantages of Turkey Sausage

While turkey sausages have some pros, there are also some disadvantages of turkey.

- **High in sodium.** As we all know, salt is not good for our health, especially for high blood pressure patients. Many turkey sausages are high in sodium, which can raise your blood pressure. If you have high blood pressure, you need to be careful about how much sodium you eat.
- **Not as tasty.** Some people argue that turkey sausages are not as delicious as pork sausages, meaning they do not differ a whole lot. This is true because they have less fat than their lean counterparts, and as a result, the muscles are less juicy. **May contain allergens.** Turkey sausages provided some information about allergens; some include gluten. If you are an allergy sufferer, it is crucial to be cautious, so, it is wise always to check the label.
- **Nitrates and nitrites.** Like many processed meats, turkey sausages may contain nitrates or nitrites. These help preserve the meat, but they can also form harmful chemicals called nitrosamines. Eating lots of processed meat has been linked to an increased risk of cancer, but scientists are still learning about this.

**Tip:** Combine turkey sausages with plenty of vegetables to make a well-rounded and nutritious meal.

## Last Words

So, Is turkey sausage healthy for you? Yes, but it's best to eat it just sometimes and to pick kinds with less salt and fewer added things. And remember, eating a mix of different foods is always the best way to stay healthy!

## FAQs: Turkey Sausage

### Is turkey sausage healthier than pork sausage?

Yes, turkey sausage is generally considered healthier than pork sausage due to its lower calorie, fat, and saturated fat content.

### Is turkey sausage better for cholesterol than other sausages?

Turkey sausage generally contains less saturated fat than pork sausage, making it a potentially better option for managing cholesterol levels. However, it's still important to consider the overall nutritional content and portion sizes.

### Is turkey sausage helpful for weight loss?

Turkey sausage can be part of a weight loss plan when consumed in moderation as part of a balanced diet. Its lower calorie and fat content compared to some other sausage options can make it a suitable choice.

### Is turkey sausage a good option for people with diabetes?

Turkey sausage provides a lean protein source, which can be beneficial for people with diabetes. However, it's essential to consider the overall carbohydrate content of the meal and to manage portion sizes.