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If you only need the buying answer, the current Merybook print listing is not the best value in this snapshot. Pearson+ is much cheaper for short-term use, and Pearson's own print pricing is also lower, so the current print copy only makes sense if you strongly prefer a physical book and your course does not force you into a separate platform purchase.

Current price comparison

Format / Seller	Price	Link
Print from Merybook	\$116.05	Check price
Pearson paperback	\$84.99	Check price
Pearson+ 180-day access	\$59.94	Check price
Mastering Nutrition single-term access	\$99.99	Check price
eCampus digital lifetime	\$113.99	Check price

The honest takeaway is that this is not a smart print buy if you are chasing the lowest cost. Pearson+ is far cheaper for a one-course timeline, and even Pearson's own paperback undercuts the current Merybook print copy. That does not make print wrong, but it does mean the financial case for ownership has to come from learning style or long-term reuse, not from price leadership.

What this book actually teaches

Nutrition & You is built to connect nutritional science with daily decision-making. The book usually works best when it moves students from nutrient terminology toward real questions about diet quality, energy balance, chronic disease risk, digestion, metabolism, and the credibility of public nutrition advice. In other words, it is trying to make nutrition usable rather than merely memorable.

That is why this kind of text often matters most in the chapters where students have to

interpret food choices, labels, dietary patterns, and health claims. A good introductory nutrition course should not leave the student with isolated facts about vitamins and minerals; it should leave them able to evaluate eating patterns and discuss why nutrition advice changes with life stage, disease context, and evidence quality.

Who should buy print and who should not

Buy print only if you know you learn best by annotating figures, tables, and food examples, and if your course is not going to force a separate Mastering Nutrition purchase anyway. A keepable nutrition reference can still be useful later, especially in health-related fields, but the current Merybook listing is not the economical entry point.

Do not buy the current print copy if your goal is just to get through one term as cheaply as possible. Pearson+ is the clearest short-term value route here, and Pearson's own paperback is also a better print buy in this snapshot.

Sources checked

- Merybook product listing for ISBN 9780137652860
- Pearson product page and pricing options for *Nutrition & You*
- eCampus listing for lifetime digital access
- Pricing reviewed on April 19, 2026