



By Dr. Telly Kamelia

If you only need the buying answer, rental is clearly the cheapest route in this snapshot, and even used print comes in below the current Merybook listing. That means current new print is not the budget winner here. It only makes sense if you specifically want a clean copy to keep.

Current price comparison

Format / Seller	Price	Link
Print from Merybook	\$80.99	Check price
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VitalSource eTextbook	Digital listing available	Check price

The current market makes this one fairly clear. If budget is the priority, rental wins by a wide margin. Even the used-book market undercuts the current Merybook print listing. So the case for current new print has to come from wanting a clean, ownable copy rather than from saving the most money.

What this book actually teaches

Nutrition for Healthy Living matters because nutrition courses are not only about vocabulary. They help students connect nutrients, metabolism, dietary patterns, prevention, and everyday health choices in a way that can outlast the course itself. A useful nutrition text becomes part science reference, part long-term health framework.

That said, not every student needs to own the newest copy. If this is just one general-education course, a short rental may be completely sufficient. The content can still be useful without paying for a new print copy at a premium.

Who should buy print and who should not

Buy print only if you are in a health-related pathway or you know you want a clean personal nutrition reference to keep. In that narrower case, ownership may still be worth it.

Do not buy the current print copy if your goal is simply to get through one course cheaply. Rental or used already does that job better.

Sources checked

- Merybook product listing for ISBN 9781265177492
- CampusBooks pricing snapshots for rental and used offers
- VitalSource listing check for digital availability
- Pricing reviewed on April 19, 2026