

1. Matching colors shows the chapters that are identical but with different chapter numbers.
2. Gray color shows the chapters are identical with same chapter number.
3. * indicates that it is a new chapter.

| Understanding Nutrition and Well-Being | | Nutrition Science: An Introduction | |
|---|--------------------------------------|---|---|
| Chapter 1 | Nutrition Research | Chapter 1 | Nutrition Research |
| Chapter 2 | Planning a Healthy Diet | Chapter 2 | Planning a Healthy Diet |
| Chapter 3 | Cooking Healthy Foods | Chapter 3 | The Physiology of Nutrition |
| Chapter 4 | Nutrients | Chapter 4 | Carbohydrates* |
| Chapter 5 | The Physiology of Nutrition | Chapter 5 | Protein* |
| Chapter 6 | Nutrients in Foods | Chapter 6 | Lipids* |
| Chapter 7 | Metabolism | Chapter 7 | Metabolism |
| Chapter 8 | Energy Balance and Weight Management | Chapter 8 | Vitamins* |
| Chapter 9 | Nutrition Through the Lifecycle | Chapter 9 | Minerals* |
| Chapter 10 | Diet and Disease | Chapter 10 | Energy Balance and Weight Management |
| Chapter 11 | Sports Nutrition | Chapter 11 | Nutrition and Behavioral Health |
| Chapter 12 | Nutrition and Behavioral Health | Chapter 12 | Diet and Disease |
| Chapter 13 | Food Controversy and Trends | Chapter 13 | Sports Nutrition |
| Chapter 14 | Food Insecurity and Global Hunger | Chapter 14 | Nutrition Throughout the Lifecycle I* |
| Chapter 15 | Food Safety | Chapter 15 | Nutrition Throughout the Lifecycle II* |
| Chapter 16 | Achieving Optimal Wellness | Chapter 16 | Food Safety, Food Insecurity, and Global Hunger |
| | | Chapter 17 | Achieving Optimal Wellness |