



THE MIDWEST BOOK REVIEW

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The Health Shelf

Let's Eat
Dr. J. Renae Norton
Robert D. Reed Publishers
PO Box 1992, Bandon, OR 97411
9781934759615, \$17.95, www.eatingdisorderpro.com

Eating clean is a good overall direction for better health. "Let's Eat!: Maji Teaches Mongo What It Means to Eat Clean!" is a health-driven children's picturebook encouraging kids to eat healthier by eating clean, and restrict snack foods more effectively in their life, and embrace good habits like drinking lots of water. "Let's Eat!" is a powerful advisory with a good message, not to be missed for young readers struggling with diet issues.