

# Grains: Harvest The Energy

*Art Celebrates Harvest, Health Benefits of Grains*



During the harvest season, crop artist Stan Herd and the Wheat Foods Council add a slice of life to a wheat field near Kansas City. "Grains: Harvest the Energy" represents the link between amber waves of grain and healthful eating. Just as grain foods support the base of the Food Guide Pyramid, they also provide a simple way to add more energy to your day. As a guideline, about 55 percent of total daily calories should come from carbohydrates, with higher levels (up to 70 percent) recommended for athletes.

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