

# Health Bites: Easy-to-Make Salad

## Video: [Health Bites: Let's Make Orzo Salad](#)

What you eat and drink can help with healthy aging and well-being. If you are looking for a new idea for a simple recipe with lots of fibre try Orzo Salad. It uses beans, vegetables, and whole grains which are foods that add fibre to salads and other dishes.

Curious about how your eating habits support your health?

If you're 55 or older, the AHS Nutrition Check-Up for Older Adults can help you find out what you're doing well and where you might want to improve.

To take your nutrition check-up visit: <https://redcap.link/NutritionCheckUp>

Are you short on time or energy and looking for meal ideas?

- Check out: [Quick and Easy Meals](#)

