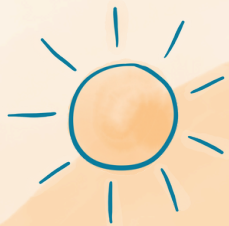


WHY VITAMIN D MATTERS MORE IN WINTER (Especially with CF)

Vitamin D plays a vital role in keeping your bones, teeth, and muscles strong. It also helps your body absorb calcium and phosphorus—two minerals essential for overall health. But during winter, getting enough Vitamin D can be a challenge, especially for people with cystic fibrosis (CF).



Where Do We Get Vitamin D?

Most of our Vitamin D comes from sunlight. Just 30 minutes outside during the day can help your body produce what it needs. But in winter, shorter days and colder weather mean we spend less time outdoors—and that can impact our Vitamin D levels.

People with CF may have lower Vitamin D levels due to:

- Fat malabsorption (especially if taking pancreatic enzymes like Creon)
- Reduced sun exposure during colder months
- Challenges with Vitamin D activation in the body
- Food Sources of Vitamin D



While food only provides a small amount, it still helps! **Try including:**

- Oily fish (like salmon or sardines)
- Egg yolks
- Full-fat milk and butter
- Fortified foods (some yoghurts and milks)

Winter Tips

- Aim for 30 minutes of midday sun when possible
- Be sun smart, especially if you have sensitive skin or a history of skin cancer
- Talk to your CF care team about whether Vitamin D supplements might be right for you

Need more personalised advice?

Your CF team or dietitian can help you find the best approach to support your Vitamin D levels this winter.