

Vitamin D Passage

It turns out that people who live in northern climates may not get enough vitamin D because the sun is not strong during the long winter months. Sometimes referred to as the sunshine vitamin, our bodies create vitamin D when we are **exposed** to the sun, and it is important for keeping our bones strong. In fact, vitamin D helps our bodies make use of the calcium that we get in foods like cow's milk, cheese, yogurt, salmon, and beans. **Rickets** is a disease that can be caused by not getting enough vitamin D. Not getting enough sun is one possible reason why a person might not be getting enough vitamin D. An additional reason for having a vitamin D **deficiency** includes not **consuming** enough vitamin D rich foods. For people who live in northern climates with extended winters and short daylight hours, it may be necessary to take a vitamin D **supplement**.

References

Spritzler, F. (2018, July 23). *8 signs and symptoms of vitamin D deficiency*. Healthline. <https://www.healthline.com/nutrition/vitamin-d-deficiency-symptoms>

WebMD. (nd.). *Vitamin D deficiency*. WebMD. <https://www.webmd.com/diet/guide/vitamin-d-deficiency#1>;