Term	Definition	Lereo
1. Abnormal glucose tolerance	When the body has trouble processing sugar properly, leading to higher than normal blood sugar levels.	**Itshokelo ya ghulukhose e e sa tlwaelegang**
2. Acidosis	A condition where there is too much acid in the body, which can be dangerous.	**Tlopelego ya diasiti/Asidosise**
3. Acute	Something that happens suddenly and is usually severe but short-term.	**(-) bogale**
4. Acute glycemic control	Quickly managing blood sugar levels to bring them back to normal.	**Taolo ya bogale jwa ghulukhose/ghelaesemiki**
5. Adipokines	Hormones released by fat cells that affect how the body uses energy and sugar.	**Diadiphokhaene**
6. Advice	Suggestions or recommendations given to help someone make better decisions.	**Kgakololo**
7. Aerobic exercise	Physical activities that increase heart rate and improve heart and lung health like walking or cycling.	**Ikatiso ya seaerobiki**
8. Afternoon	The time of day between noon and evening.	**Thapama/Tshokologo**
9. Alcohol	Drinks like beer, wine, and spirits. that can affect blood sugar levels and overall health.	**Tagi/Alekhoholo**
10. Angiopathy	Damage to blood vessels, often caused by diabetes.	**Bolwetse jwa ditshika/Kgobalo ya ditshika/Anjiophathi**
11. Animal-based proteins	Proteins that come from animals, like meat, eggs, and dairy.	**Diporoteine tsa ditswaphologolong**
12. Antiretroviral	Medications used to treat viral infections, like HIV.	**Twantshi ya mogare-moikoketsi/Anti-reterovaerale**

13. Artificial sweeteners	Sugar substitutes used to sweeten food and drinks that provide sweetness without the calories.	**Dikasukiri/ Sukiri ya maitirelo**
14. Autonomic dysfunction	When diabetes affects nerves that control automatic body functions like heart rate and digestion.	**Thepetlano ya dirwe-diitirisi**
15. Balanced diet	Eating a variety of foods in the right proportions to get all the nutrients your body needs.	**Dijo tse di lekalekanetseng**
16. Bare foot	Not wearing any shoes or socks.	**Maoto-fela/(Lonao) lwa ga Moše**
17. Basal insulin dose	A steady amount of insulin that works all day to keep blood sugar levels stable.	**Selekanyo-theo sa insuline**
18. Bolus insulin	Extra insulin taken with meals to manage the rise in blood sugar from eating.	**Tlopelo ya insuline**
19. Bathtub	A large container for bathing.	**Bata ya botlhapelo**
20. Bedtime	The time when you go to bed to sleep.	**Nako ya go robala**
21. Behaviour	The way someone acts or conducts themselves.	**Maitsholo**
22. Beta-cells	Cells in the pancreas that produce insulin.	**Disele tsa Beta**
23. Biphasic	Having two phases or stages.	**(-) kgato-pedi**
24. Bleak/Pale	Lacking color or looking washed out.	**(-) tshetlha/ (-) setlhafetseng**
25. Blood	The red liquid that circulates your veins and arteries, carrying oxygen and nutrients.	**Madi**
26. Blood glucose meter	A device to measure blood sugar levels.	**Selekanyi sa ghulukhose ya madi**
27. Blood pressure	The force of blood pushing against the walls of your arteries.	**Kgatelelo ya madi**

28. Blood sugar (glucose) levels	The amount of glucose (sugar) in your blood, which needs to be kept in a healthy range.	**Maemo a ghulukose/sukiri-mading**
29. Blood test	A test that uses a sample of blood to check for various health conditions.	**Teko ya madi**
30. Blurred vision	When your eyesight becomes unclear or fuzzy.	**Pono e e leutu/letobo**
31. Body mass index (BMI)	A measure of body fat based on your height and weight.	**Tshupane ya Boima jwa Mmele (TBM)**
32. Bottle	A container with a narrow neck, used for holding liquids.	**Lebotlolo**
33. Breakfast	The first meal of the day, usually eaten in the morning.	**Difitlholo**
34. Breast feed	Feeding a baby with milk from the mother's breast.	**Anyisa/ Amusa**
35. Carbohydrate counting	Keeping track of the amount of carbohydrates you eat to manage blood sugar levels.	**Palelo ya dikhabohaedereite**
36. Carbohydrates	Nutrients in food that provide energy, found in foods like bread, rice, and fruits.	**Dikhabohaedereite**
37. Casein protein	A type of protein found in milk that digests slowly.	**Poroteine ya semaŝwi**
38. Cell	The basic building block of all living things.	**Sele**
39. Chronic	Something that lasts for a long time or keeps coming back.	**(-) bosafoleng**
40. Coma	A deep state of unconsciousness.	**Bokabosuleng/Khouma**
41. Complications	Additional health problems that arise as a result of a disease or condition.	**Tlhakatlhakano**
42. Constipation	Difficulty in passing stools, often resulting in hard, dry stools.	**Ngakiwa**

43. Consumption	The act of eating or drinking.	**Boji/bonwi**
44. Continuous glucose monitoring (CGM)	A device that tracks blood sugar levels throughout the day and night.	**Peoleitlho e e tsweletseng ya ghulukhose (PTG)**
45. C-peptide	C-peptide is a byproduct the pancreas releases into the body when it makes insulin and a low level (or no C-peptide) indicates that your pancreas is producing little or no insulin.	**Phepothaete-C**
46. Daily activities	The routine tasks and actions you do every day.	**Ditiro tsa tsatsi-le-letsatsi**
47. Dawn phenomenon	A rise in blood sugar levels in the early morning hours.	**Kubugelo ya makuku**
48. Decision making	The process of making choices or decisions.	**Go tsaya ditshwetso**
49. Decreased	Reduced in amount or level.	**(-) fokoditsweng/(-) fokotsegileng**
50. Deficiency	A lack or shortage of something.	**Tlhaelo**
51. Depressed, embarrassed, sad, excluded, shy	Feelings of sadness, low self-esteem, or social discomfort.	**(-) ngomogileng, (-) swabile, (-) hutsafetseng, (-) tlhotlholotswe, ditlhong**
52. Diabetes self-management	Taking care of your own diabetes by monitoring blood sugar, eating healthy, and exercising.	**Boitlhokomedi mo sesukiring**
53. Diabetes-linked neuropathy	Nerve damage caused by diabetes, leading to pain or numbness.	**Sesukiri sa methapo**
54. Diabetic foot	Foot problems that occur in people with diabetes, often due to poor circulation and nerve damage.	**Sesukiri sa maoto**

55. Diabetic ketoacidosis (DKA)	A serious condition where high blood sugar leads to the production of high levels of toxic acids, called ketones, in the blood.	**Keto-asidosise ya sesukiri**
56. Diabetic nephropathy	Damage to the kidneys caused by high blood sugar levels over time.	**Sesukiri sa diphilo**
57. Diabetic neuropathy	Damage to the nerves caused by high blood sugar levels, leading to pain or numbness.	**Sesukiri sa methapo**
58. Diabetic retinopathy	Damage to the eyes caused by high blood sugar levels, which can lead to vision problems.	**sesukiri sa matlho**
59. Diarrhoea	Frequent, loose, or watery bowel movements.	**Letshololo**
60. Diet	The kinds of food that a person eats regularly.	**Mojeo/Mofuta wa dijo**
61. Dietary choices	The decisions you make about what foods to eat.	**Tlhopho ya mojeo/ Tlhopho ya mofuta wa dijo**
62. Dietary fibre	The part of plant foods that the body can't digest, which helps with digestion.	**Dijo-ditlhale/Faeba**
63. Dinner	The main meal of the day, usually eaten in the evening.	**Dilalelo**
64. Directed Marketing	Advertising aimed at a specific group of people.	**Bobapatsi jwa bototi**
65. Disaccharides	A type of sugar made up of two simple sugar molecules.	**Didaesakharaete**
66. Disposal	Getting rid of something, like waste or used medical supplies.	**Tatlho/Tshololo**
67. Disposition index	A measure of how well the body can produce and use insulin.	**Tshupane ya kelo ya insuline**
68. Dizziness	Feeling lightheaded or unsteady.	**Sedidi**

69. Do you often go to the toilet?	A question asking if someone urinates frequently, which can be a sign of high blood sugar.	**A o atisa go ya tlwaneng?**
70. Drink water	Consuming water to stay hydrated.	**(-) nwa metsi**
71. Dry	Lacking moisture or wetness.	**(-) omileng**
72. Dyslipidaemia	An imbalance of fats/lipids in the blood, like high cholesterol.	**Tlhokatekatekano ya mafura mo mading/ Diselipidemia**
73. Efficacy	How well something works or produces the desired result.	**Nonofo**
74. Encouragement, advice, hope, knowledge, information	Positive support and guidance to help someone manage their health.	**Thotloetso, kgakololo, tsholofelo, kitso, tshedimosetso**
75. EPOC (Excess post-exercise oxygen consumption)	The extra calories your body burns after exercise as it returns to rest.	**EPOC (Tiriso e e feteletseng ya okosijene morago ga ikatiso)**
76. Euglycemia	Normal blood sugar levels.	**Maemo a tlwaelo a sukiri-mading/ Yughilisemia**
77. Examination	A detailed inspection or assessment, often by a doctor.	**Tlhatlhobo**
78. Exceptions and excuses	Situations where the usual rules don't apply or reasons given to avoid doing something.	**Diphapogi le diipato**
79. Exercise or physical activity	Any movement that uses energy and helps keep the body healthy.	**Ikatiso kgotsa tshidilammele**
80. Exercise-induced hypoglycemia	Low blood sugar that happens during or after physical activity.	**Tlhaelo ya sukiri-mading ka ntlha ya ikatiso**
81. Expiry date	The date after which a product should not be used.	**Letlha la phelelo**
82. Failure	Not achieving the desired result or goal.	**Thetelelo**

83. Fasting	Going without food or drink for a period of time.	**Boitimo/boitimi**
84. Fasting blood/plasma glucose	A test that measures blood sugar levels after not eating for a certain period usually 8 hours or more.	**Tlhatlhobo ya sukiri-mading morago ga boitimo**
85. Fats	Nutrients in food like butter, oils, and nuts that provide energy and help the body absorb vitamins.	**Mafura**
86. Fatty	Containing a lot of fat.	**(-) mafura**
87. Feet	The lower extremities of the body, used for standing and walking.	**Dinao**
88. Flexitarian diet	A mostly vegetarian diet that occasionally includes meat or fish.	**Motswako wa ditsa-merogo le namanyana/tlhapinyana**
89. Food	What people and animals eat to get energy and nutrients.	**Dijo**
90. Food scale	A device used to measure the weight of food.	**Sekala-dijo**
91. Foot ulcers	Open sores on the feet that are common in people with diabetes.	**Ditlhagala tsa dinao**
92. Gangrene	The death of body tissue due to lack of blood flow or infection.	**Kankaranki**
93. Gastroparesis	A condition where the stomach empties too slowly, often caused by nerve damage from diabetes.	**Ngakego**
94. Gestational diabetes	Diabetes that develops during pregnancy.	**Sesukiri sa boimana**
95. Ghrelin	A hormone that stimulates hunger/appetite.	**Sebaka-tlala/Ghereline**
96. Glucagon	A hormone that raises blood sugar levels.	**Segakatsi sa sukiri-mading**

97. Glucose	A type of sugar that is the body's main source of energy.	**Ghulukhose**
98. Glucometer	A device to measure blood sugar levels.	**Selekanyi sa sukiri-mading**
99. Glucose control	Managing blood sugar levels to keep them within a healthy range.	**Taolo ya sukiri-mading/ghulukhose**
100. Glucose test	A test to measure the amount of sugar in the blood.	**Tlhatlhobo ya sukiri-mading/ghulukhose**
101. Glucose tolerance	The body's ability to process sugar.	**Itshokelo ya sukiri-mading/ghulukhose**
102. Glucose tolerance test (GTT)	A test that measures how well the body handles sugar after drinking a sugary solution.	**Tlhatlhobo ya Itshokelo ya ghulukhose (GTT)**
103. Gluten-free diet	A diet that avoids gluten, a protein found in wheat, barley, and rye.	**Mofuta wa dijo tsa tlhoka-ghuluthene**
104. Glycaemic index (GI)	A measure of how quickly a food raises blood sugar levels.	**Tshupane ya ghelaesemiki (GI)**
105. Glycaemic load (GL)	A calculation of how much a food will raise blood sugar levels, based on portion size.	**Bokete jwa ghelaesemiki (GL)**
106. Glycaemic control	Keeping blood sugar levels within a healthy range.	**Taolo ya ghelaesemiki**
107. Glycogen depletion	Using up the body's stored sugar during physical activity.	**Kgaritlhego ya ghelaekhojine**
108. HbA1c (Glycated Hemoglobin)	A test that shows average blood sugar levels over the past 2-3 months.	**HbA1c Tlhatlhobo ya Hemoghilobine e e pekilweng)**
109. Health and quality of life	How healthy and satisfied a person feels in their daily life.	**Boitekanelo le boleng jwa botshelo**
110. Health care provider	A professional who provides medical care, like a doctor or nurse.	**Morebodi wa tlhokomelo ya boitekanelo**

111.	**Health conscious**	Being aware of and concerned about your health and making choices that promote good health.	**Tlhoko-boitekanelong**
112.	**Health goals**	Targets set to improve or maintain health.	**Ditotwa tsa boitekanelo**
113.	**Healthy**	Being in good physical and mental condition.	**(-) Itekanetse**
114.	**Healthy fats**	Fats that are good for your heart and overall health, like those found in avocados, nuts and fish.	**Mafura a a siameng**
115.	**Heart attack**	A medical emergency where the blood supply to the heart is blocked.	**Kubugelo ya pelo**
116.	**Heart disease**	Conditions that affect the heart, like coronary artery disease.	**Bolwetse jwa pelo**
117.	**Heart failure**	A condition where the heart can't pump blood effectively.	**Thetelo ya pelo**
118.	**High blood pressure**	When the force of blood against the artery walls is too high.	**Kgatelelo ya madi-magolo**
119.	**High-quality proteins**	Proteins that contain all the essential amino acids your body needs.	**Diporoteine tsa boleng-bogolo**
120.	**Hospital, intravenous fluids**	A medical facility where patients receive care, including fluids given through a vein.	**Bookelo, diedi tsa tshikeng**
121.	**Hydration**	Having enough water in your body to function properly.	**Nosetso ya mmele**
122.	**Hyperglycemia**	High blood sugar levels.	**Sukiri-mading e e kwa godimo (Haephaghelaesemia)**
123.	**Hypersensitive**	Overly sensitive or reactive to stimuli.	**(-) bosisibogolo**
124.	**Hypertension**	High blood pressure.	**Kgatelelo ya madi-magolo**
125.	**Hypoglycemia**	Low blood sugar levels.	**Sukiri-mading e e kwa tlase**

126. Hypoglycemic episode	A sudden drop in blood sugar levels, causing symptoms like dizziness or confusion.	**Kubugelo ya sukiri-mading e e kwa tlase**
127. Inconvenience	Something that causes trouble or difficulty.	**Tshitiso**
128. Increased	Made larger or greater in amount.	**(-) okeditsweng**
129. Infant, toddler, pre-school child, school child, adolescent, puberty, adult	Different stages of human growth and development.	**Lesea, segwetlane/setantabi/letataisane, mapimpana, ngwana wa sekolo, bosima, lepodi le moroba, mogolo**
130. Inflammation	The body's response to injury or infection, causing redness, swelling, and pain.	**Thurugo/Kgotelo**
131. Informed decision	A choice made after understanding all the relevant information.	**Tshwetso e e sedimoseditsweng**
132. Inject	To put a liquid, like insulin, into the body using a needle.	**Tlhaba/enta**
133. Injection	The act of putting a liquid into the body using a needle.	**Moento**
134. Injury	Harm or damage to the body.	**Kgobalo**
135. Insoluble fibre	A type of fibre that doesn't dissolve in water, helping with digestion.	**Faeba e e sa rarologeng/tlhaologeng**
136. Inspection	A careful examination or review.	**Tekolo/Tlhatlhobo**
137. Instore advertisements	Ads placed inside a store to promote products.	**Dipapatso tsa mo borekisetsong**
138. Insulin	A hormone that helps control blood sugar levels.	**Insuline**

139. Insulin deficiency	Not having enough insulin to control blood sugar levels.	**Tlhaelo ya insuline**
140. Insulin dose, multiple daily dosing	The amount of insulin taken, often several times a day.	**Selekanyetso sa insuline, selekanyo sa kgapetsa sa tsatsi le letsatsi**
141. Insulin dosing adjustments, correction dose	Changing the amount of insulin taken to correct blood sugar levels.	**Tolamiso ya go lekanyetsa insuline, selekanyetso sa tshiamiso**
142. Insulin injecting device (insulin pen), syringe, needle (needle size and needle length), insulin pump	Tools used to deliver insulin into the body.	**setlhabedi sa insuline (lemao-sekapene la insuline), serinje, lemao (bogolo le boleele jwa lemao), pompo ya insuline**
143. Insulin pen	A device used to inject insulin, shaped like a pen.	**Lemao-sekapene la insuline**
144. Insulin resistance	When the body doesn't respond well to insulin, leading to high blood sugar.	**Pifelo ya insuline**
145. Insulin secretion index	A measure of how much insulin the pancreas produces.	**Tshupane ya tlhagiso-insuline**
146. Insulin sensitivity	How well the body responds to insulin.	**Tshiselo ya insuline**
147. Insulin storage, fridge, cool place, cooler bag, ice brick, clay pot	Keeping insulin at the right temperature to maintain its effectiveness.	**Polokelo ya insuline, setsidifatsi, lefelo-letsididi, mokotla wa tsidifatso, setena sa kgapetla, nkgwana**

148. Insulin therapy	Using insulin to manage blood sugar levels.	**Kalafi-ka-insuline**
149. Insulin types: basal (long-acting) insulin, short-acting insulin, fast-acting insulin	Different kinds of insulin that work for different lengths of time.	**Mefuta ya insuline: insuline ya pakatelele , insuline ya pakakhutshwane, insuline ya potlaki**
150. Insulin, the hormone which keeps blood sugar levels normal	A hormone that helps regulate blood sugar levels.	**Insuline, segakatsi se se tsholang sukiri-mading mo seemong sa tshwanelo**
151. Insulin-carbohydrate ratio	The amount of insulin needed to cover the amount of carbohydrates in a meal.	**Kabisa/rašio ya khabohaedereite ya insuline**
152. Insulin-clamp	A research method used to measure how well the body uses insulin.	**Setlhatlhobisi sa tiriso ya insuline**
153. Intermittent fasting	Alternating periods of eating and fasting.	**Boitimi jo bo makgaokgao**
154. Keeping records of diabetes	Tracking blood sugar levels, meals, and insulin doses to manage diabetes.	**Go tshola direkoto tsa sesukiri**
155. Ketosis	A state where the body uses fat for energy instead of carbohydrates.	**Ketosise**
156. Ketoacidosis	A dangerous condition where the body produces too many ketones, making the blood acidic.	**Keto-asidosise**
157. Ketogenic diet	A high-fat, low-carb diet that forces the body to burn fat for energy.	**Mofuta wa dijo tsa ketojenike**

158.	**Ketones**	Chemicals (acids) produced when the body burns fat for energy.	**Diketone**
159.	**Kidney function**	How well the kidneys are working to filter waste from the blood.	**Tiragatso ya diphilo**
160.	**Kitchen appliances**	Devices used in the kitchen, like a stove or refrigerator.	**Ditlamelwana/Ditlabakelo tsa boapeelo**
161.	**Kitchen utensils**	Tools used in the kitchen, like knives and spoons.	**Didiriswa tsa boapeelo**
162.	**Lacto Vegetarian**	A vegetarian diet that includes dairy but not eggs.	**Ditsamerogo tsa semaŝwi**
163.	**Lacto-Ovo Vegetarian**	A vegetarian diet that includes both dairy and eggs.	**Ditsamerogo tsa semaŝwi le semae**
164.	**Lancet**	A small, sharp tool used to prick the skin for blood sugar testing.	**Sephatsi/Lansete**
165.	**Leptin**	A hormone that helps regulate hunger and energy balance.	**Sekaela-kgora/lephothine**
166.	**Lifestyle**	The way a person lives, including habits and daily activities.	**Mokgwa-wa-botshelo/Mokgwatshelo**
167.	**Liver function**	How well the liver is working to process nutrients and remove toxins.	**Tiragatso ya sebete**
168.	**Long acting**	Something that works over a long period of time, like certain types of insulin.	**Sepakatelele/ (-) pakatelele**
169.	**Low glycaemic index**	Foods that cause a slow, steady rise in blood sugar levels.	**Tshupane ya ghelaesemiki e e kwa tlase**
170.	**Low-carb diet**	A diet that limits the amount of carbohydrates eaten.	**Mofuta wa dijo tsa dikhabo tse di kwa tlase**
171.	**Low-quality proteins**	Proteins that do not contain all essential amino acids.	**Diporoteine tsa bolengtlase**

172. Lunch	A meal eaten in the middle of the day.	**Ditshegare**
173. Macroangiopathy	Damage to large blood vessels, often caused by diabetes.	**Kgobalo ya ditshikagadi**
174. Macrovascular complications	Problems with large blood vessels, like those in the heart and legs.	**Tlhakatlhakano ya ditshikagadi**
175. Meal	An occasion when food is eaten, like breakfast, lunch, or dinner.	**Dijo**
176. Measuring equipment	Tools used to measure things, like blood sugar levels or food portions.	**Sediriswa sa tekanyo**
177. Medical nutrition therapy (MNT)	A treatment approach that uses diet to manage medical conditions.	**Kalafi-ka-dikotla (MNT)**
178. Medicine	Substances used to treat or prevent diseases.	**Melemo/Ditlhare/Mere**
179. Mediterranean diet	A diet based on the traditional eating habits of people in Mediterranean countries, rich in fruits, vegetables, and healthy fats.	**Mofuta wa dijo tsa Mediterranean**
180. Metabolic syndrome	A group of conditions that increase the risk of heart disease and diabetes.	**Sebobotsa/setsosa sa tshiladijo**
181. Microangiopathy	Damage to small blood vessels, often caused by diabetes.	**Kgobalo ya ditshikana**
182. Microvascular complications	Problems with small blood vessels, like those in the eyes and kidneys.	**Tlhakatlhakano ya ditshikana**
183. Mindful eating	Paying attention to what and how you eat, focusing on the experience of eating.	**Go ja ka kelotlhoko**
184. Mistakes, what's not working	Errors or actions that don't lead to the desired outcome.	**Diphoso, se se sa go thuseng**

185. Monitoring	Keeping track of something, like blood sugar levels or health progress.	**Peoleitlho**
186. Monosaccharides	The simplest form of sugar, like glucose or fructose.	**Dimonosakharaete**
187. Monosaturated fats	Healthy fats found in foods like olive oil and avocados.	**Mafura a a loileng**
188. Nauseous	Feeling like you might vomit.	**(-) feroga dibete/selelega**
189. Needle	A thin, pointed tool used to inject liquids into the body.	**Lemao**
190. Nephropathy	Kidney damage or disease.	**Bolwetse jwa diphilo**
191. Neuropathy	Nerve damage, often causing pain or numbness.	**Bolwetse jwa methapo**
192. Non-compliant	Not following medical advice.	**Go sa latele ditaelo**
193. Nutrition, carbohydrates, proteins, fats, vitamins, minerals, fibre	Essential nutrients needed for health.	**dikotla, dikhabohaedereite, diporoteine, mafura, divithamine, diminerale, faeba**
194. Obese	Having a very high amount of body fat, which can lead to health problems.	**Monono-phetelela**
195. Obesity	A condition where a person has too much body fat, often leading to health issues like diabetes or heart disease.	**Mafetlhefetlhe**
196. Oligosaccharides	A type of carbohydrate made up of a few sugar molecules, found in foods like beans and lentils.	**Diolighosakharaete**
197. Omega-3 fatty acids	Healthy fats found in fish, flaxseeds, and walnuts that are good for the heart and brain.	**Diasiti-mafura tsa Omega-3**

198.	**Omega-6 fatty acids**	Fats found in vegetable oils and nuts that are essential for health but should be balanced with omega-3s.	**Diasiti-mafura tsa Omega-6**
199.	**Oral glucose tolerance test**	A test where you drink a sugary solution to see how well your body handles sugar over time.	**Teko-molomong ya itshokelo-ghulukhose**
200.	**Oral hypoglycaemic agents**	Medications taken by mouth to help lower blood sugar levels in people with diabetes.	**Melemo e e nowang ya sukiri-mading e e kwa tlase**
201.	**Orthostatic hypotension**	A sudden drop in blood pressure when standing up, which can cause dizziness or fainting.	**Kwelotlase ya madi e e tsibikedisang**
202.	**Overdose**	Taking too much of a medication or substance, which can be dangerous or even life-threatening.	**Pheta-selekanyetso**
203.	**Ovo Vegetarian**	A vegetarian diet that includes eggs but not dairy products.	**Ditsamerogo le semae**
204.	**Oxidative stress**	Damage to cells caused by an imbalance between harmful molecules (free radicals) and antioxidants in the body.	**Kgatelesego ya dibobodisi**
205.	**Package**	A container or wrapping used to hold a product, like a box or bag.	**Sephuthelo**
206.	**Paleo diet**	A diet based on eating like our ancient ancestors, focusing on whole foods like meat, fish, vegetables, and nuts, while avoiding processed foods.	**Mofuta wa dijo tsa segologolo**
207.	**Palpitations**	A feeling that your heart is beating too fast, too hard, or irregularly, often described as a "racing heart."	**Mekibakibelo ya pelo**

208.	**Pancreas**	An organ near the stomach that produces insulin to control blood sugar and helps digest food.	**Lebete**
209.	**Pancreatic beta cells**	Cells in the pancreas that make insulin, the hormone that helps control blood sugar levels.	**Disele tsa lebete tsa beta**
210.	**Pass out**	To lose consciousness, often temporarily, due to a drop in blood pressure, low blood sugar, or other reasons.	**Idibala**
211.	**Peripheral vascular disease (PVD)**	A condition where blood flow to the arms and legs is reduced, often causing pain or numbness, and is common in people with diabetes.	**Bolwetse jwa setlasu/bogatsu (PVD)**
212.	**Personalised nutrition**	A diet plan tailored to an individual's specific health needs, goals, and preferences.	**Dikotla tsa ditota motho**
213.	**Physical activity**	Any movement that uses energy, like walking, running, or playing sports, which helps keep the body healthy.	**Katiso ya mmele**
214.	**Pins and needles**	A tingling or prickling sensation, often felt in the hands or feet, usually caused by pressure on nerves.	**Metlhabatlhabego**
215.	**Plant-based proteins**	Proteins that come from plants, like beans, lentils, and nuts.	**Diporeteine tsa ditswa-dimeleng**
216.	**Polysaccharides**	Complex carbohydrates made up of many sugar molecules, like starch.	**Dipholisakharaete**
217.	**Polyunsaturated fats**	Healthy fats found in foods like fish, nuts, and seeds.	**Mafurafura a a sa loang**

218. Poor concentration	Difficulty focusing or paying attention.	**Tsepamelo e e bokoa**
219. Positive behaviour, focus on important things, reinforce what works, motivation, take responsibility, determination	Encouraging good habits and attitudes to manage health effectively.	**Maitsholo a a siameng, tsepamelo mo go ditsabotlhokwa, gatelela tse di mosola, thotloetso, rwala maikarabelo, ikemisetso**
220. Postprandial glucose	Blood sugar levels after eating a meal.	**Sukiri-mading/ghulukhose ya morago ga dijo**
221. Prediabetes	A condition where blood sugar levels are higher than normal but not high enough to be diabetes.	**Setlapele sa sesukiri**
222. Pregnant	The condition of carrying a developing baby in the womb.	**(-) imileng/(-) moimana**
223. Prescribed	Ordered or recommended by a doctor, like medication or treatment.	**(-) tlhaoletsweng**
224. Protein	omplex biomolecules made up of long chains of amino acids. They play a crucial role in various biological functions.	**Poroteine**
225. Rapid heart beats	When the heart beats faster than normal, often due to stress or exercise.	**Mekibakibelo e e bonako ya pelo**
226. Rate of perceived exertion (RPE)	A measure of how hard you feel you are working during exercise.	**Kelo ya go ikimetsa/ go imora/go morega (RPE)**
227. Recycling	Reusing materials to reduce waste.	**Tirisogape**

228.	**Replacement meal**	A meal substitute, often in the form of a shake or bar, used to replace a regular meal.	**Dijo tsa diemela**
229.	**Resistance**	The ability to withstand or oppose something, like disease or stress.	**Pifelo/Ingangatlelo**
230.	**Resistance training**	Exercises that build muscle strength, like lifting weights.	**Katiso ya boingangatlelo**
231.	**Retinopathy**	Damage to the retina in the eye, often caused by diabetes.	**Bolwetse jwa letha la leitlho**
232.	**Safety**	Being free from harm or danger.	**Pabalesego**
233.	**Sandwich**	A food item made with two slices of bread and a filling in between.	**Samentšhise**
234.	**Saturated fats**	Fats found in animal products and some oils that can raise cholesterol levels.	**Mafura a a loileng**
235.	**Self-monitoring**	Keeping track of your own health, like blood sugar levels or diet.	**Boipayaleitlho**
236.	**Shoes**	Footwear worn to protect and comfort the feet.	**Ditlhako**
237.	**Short acting**	Something that works for a short period of time, like certain types of insulin.	**Tiragatso ya paka-khutshwane**
238.	**Sick days**	Days when you are unwell and may need to adjust your diabetes management.	**Malatsi a bolwetse**
239.	**Side effect(s)**	Unintended effects of a medication or treatment.	**Ditlamorago tse di sa lebelelwang**
240.	**Silent ischemia**	A condition where there is reduced blood flow to the heart without noticeable symptoms.	**Išemia ya setu**
241.	**Small meal portions**	Eating smaller amounts of food at each meal to help control blood sugar levels.	**Lemme**

242.	**Smoke**	To inhale and exhale the smoke of burning tobacco or other substances.	**Mosi**
243.	**Smoking**	The act of inhaling and exhaling smoke from cigarettes or other tobacco products.	**Go goga/tsuba**
244.	**Snack**	Eating small amounts of food between main meals.	**Dia tlala/buga legaba/seneka**
245.	**Soluble fibre**	A type of fibre that dissolves in water, helping to lower cholesterol and control blood sugar.	**Faeba e e rarologang/tlhaologang**
246.	**Somogyi effect**	A rebound high blood sugar level after a nighttime low blood sugar episode.	**Kamego ya Somogyi**
247.	**Starches**	A type of carbohydrate found in foods like potatoes, rice, and bread.	**Ditatšhe**
248.	**Stomach pain**	Discomfort or pain in the abdomen.	**Botlhoko jwa mala**
249.	**Store**	A place where goods are kept for future use or sale. To keep something for future use.	**Bobolokelo** **Boloka**
250.	**Stove**	A kitchen appliance used for cooking food.	**Setofo**
251.	**Stroke**	A medical condition where blood flow to the brain is interrupted, causing brain damage.	**Boswa-mfama**
252.	**Sugar**	A sweet substance used to flavor food and drinks, which can affect blood sugar levels. Sugar is an umbrella term for many types of simple carbohydrates	**Sukiri**
253.	**Sugar alcohols**	Sweeteners that have fewer calories than sugar and are often used in sugar-free products.	**Dialekhoholo tsa dikasukiri**

254. Support, understanding, encouragement, role models, motivate	Help and positive reinforcement from others to manage health effectively.	**Tshegetso/kemonokeng, kutlwisiso, thotloetso, sekai, rotloetsa**
255. Swallow	To move food or liquid from the mouth to the stomach.	**Kometsa/metsa**
256. Sweat	Moisture released by the skin to cool the body down. To produce moisture from the skin, especially when hot or nervous.	**Mofufutso/sethitho**
257. Sweets	Foods that are high in sugar, like candy and desserts.	**Dimonamone**
258. Symptoms of 'hyper'	Signs of high blood sugar, such as frequent urination, thirst, dry mouth, blurred vision, weight loss, and difficulty concentrating.	**Matshwao a 'sesukiri se se kwa godimo'**
259. Symptoms of 'hypo'	Signs of low blood sugar, such as weakness, difficulty concentrating, headache, drowsiness, confusion, seizures, anxiety, palpitations, cold sweating, and hunger.	**Matshwao a 'sesukiri se se kwa tlase'**
260. Symptoms of too many ketones	Signs of a dangerous condition called ketoacidosis, caused by high levels of ketones in the blood. Signs of high ketone levels, such as heavy breathing, chest pain, abdominal pain, vomiting, drowsiness, confusion, and coma.	**Matshwao a diketone tse dintsintsi**
261. Syringe	A device used to inject liquids into the body or draw blood.	**Serinje**
262. Tablets	Solid forms of medication that are taken by mouth.	**Dipilisi**

263. Teacher	A person who educates others, often in a school setting.	**Morutabana/Morutisi**
264. Teasing, bullying, name-calling	Negative behaviors that can affect a person's emotional well-being. Negative behaviors that involve making fun of or hurting others.	**Go rumolana, go dipisa, go kgoba**
265. Test / testing	Checking or measuring something, like blood sugar levels.	**Leka/ Go leka**
266. Test strips	Small strips used to measure the concentration of a chemical for example blood sugar levels.	**Ditokwana tsa teko**
267. Thirst	A feeling of needing to drink something.	**Lenyora/ Kgalwa**
268. Trans fats	Unhealthy fats found in some processed foods that can raise cholesterol levels.	**Mafura a a mabe**
269. Treatment failure	When a treatment does not work as expected.	**Thetelo ya kalafi**
270. Type 1 diabetes	A condition where the body does not produce insulin, requiring daily insulin injections.	**Mofuta 1 wa sesukiri**
271. Type 2 diabetes	A condition where the body does not use insulin properly, often managed with diet, exercise, and medication.	**Mofuta 2 wa sesukiri**
272. Type 3 diabetes	A term sometimes used to describe Alzheimer's disease linked to insulin resistance in the brain.	**Mofuta 3 wa sesukiri**
273. Under the skin, subcutaneous fat	Fat stored just beneath the skin.	**Tlase-ga-letlalo, mafura a tlase-ga-letlalo**
274. Units	Measurements used to describe amounts, like insulin doses.	**Diyuniti**
275. Unsaturated fats	Healthy fats found in foods like olive oil, nuts, and fish.	**Mafura a a lephere/Mafura a a sa loang**

276. Urine	Liquid bodily waste excreted by the kidneys.	**Moroto/Motlhapo**
277. Urine test strips	Strips used to test for substances in urine, like ketones and glucose.	**Ditokwana tsa teko ya moroto/Motlhapo**
278. Vegan diet	A diet that excludes all animal products, including meat, dairy, and eggs.	**Mofuta wa dijo tsa semerogo**
279. Vegetarian	A diet that excludes meat but may include dairy and eggs.	**(-) semerogo**
280. Vial	A small container used to hold liquids, like medication (insulin).	**Lebotlojana/Vaele**
281. Visits to the doctor or paediatrician	Regular check-ups with a healthcare provider to monitor health.	**Go ya ngakeng kgotsa ngaka ya bana**
282. Vomit	To expel the contents of the stomach through the mouth.	**Tlhatsa/Kgwa**
283. Waist-to-hip ratio	A measure of body fat distribution, calculated by dividing waist size by hip size.	**Kabisa ya noka-thekeng/Rašio ya noka-thekeng**
284. Warm water	Water that is heated to a comfortable temperature, not cold or hot..	**Metsi a a bothitho**
285. Wash	To clean something, like hands or food with soap and water or just water.	**Tlhapa/Tlhatswa**
286. Weight	The measure of how heavy something is, often used to assess health.	**Bokete/Boima**
287. Where to inject insulin	Common sites for insulin injections, like the thigh, upper arm, abdomen, and buttocks.	**Botlhabelo jwa insuline**
288. Whey protein	A type of protein found in milk, often used in supplements.	**Poroteine ya tlhoa**
289. Wound	An injury to the body, such as a cut or sore.	**Ntho**