full, 68% felt that dieting was a healthy behaviour and 20% agreed that 'special foods' (discretionary foods) should be given to a child when they were upset, demonstrating problematic attitudes and behaviours related to the food environment by some EYE.

Despite the lengthy time that children spend with EYE, their role in developing BI has not previously been explored. Current knowledge, attitudes and behaviours of EYE vacillate and have the potential to greatly influence the development of BI in young children. Provision of resources and professional development to ensure quality teaching and learning experiences need to be developed to ensure EYE play a role in positive BI development.

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Effect of rice cooking methods on postprandial glycaemic response, satiety and palatability, and chewed particle size distribution

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Aim: Diets, which produce a low glycaemic response, are relevant to prevention and management of obesity and diabetes. The aim was to investigate the effect of rice products and cooking-storing methods on postprandial blood glucose and the changes in satiety and palatability.

Methods: The randomised, cross-over experimental trial investigated the glycaemic responses, satiety and palatability (Visualised Analogue Scale (VAS)) scores of 28 healthy participants after consumed three rice samples (140g ± 0.3 g), freshly cooked medium-grain-white, freshly cooked parboiled, and reheated parboiled (24-h storage at 4 °C and reheated to 65 °C), in each study visit. Postprandial blood glucose was recorded at 0, 15, 30, 45, 60, 90 and 120 min after rice consumption. Satiety (VAS score) was reported at 0, 30, 60, 90, and 120 min. Palatability (VAS score) was reported immediately after consumption. Glycaemic responses, satiety, and palatability among three rice samples were compared using repeated-measure-analysis of variance (ANOVA).

Results: The overnight cold-stored and reheated parboiled rice resulted in a significantly lower blood glucose concentration trajectory (42%, $P = 0.01$) than freshly cooked medium-grain white rice and 12% lower ($P = 0.01$) than freshly cooked parboiled rice. Longer chewing time (6.34 s/10 g) was observed in reheated parboiled rice compared with freshly cooked medium-grain white ($P = 0.026$) and higher palatability (visual appeal 2-fold higher ($P = 0.001$), smell 1-fold higher ($P = 0.047$), taste 1.5-fold higher ($P = 0.018$), and overall palatability 2-folder higher ($P = 0.002$)). No significant differences in satiety were observed ($P > 0.05$).

Conclusion: The effect of reheating on the glycaemic response, chewing time and palatability shown in the present study may be considered a positive effect with regard to glycaemic regulation. Reheated parboiled rice replacing freshly cooked medium-grain white or parboiled rice in the habitual diet may reduce glycaemic overload in the daily diet.

There is no conflict of interest in this study.

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The prevalence of weight cycling and associations with weight change and health outcomes (over 12 years)

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Introduction: Weight cycling is thought to be harmful for health, although evidence is conflicting. Here we have examined the prevalence of weight cycling in a representative population sample of women and evaluated the association