

(FS)²

Framingham State
Food Study

Drs. Cara Ebbeling and David Ludwig
Principal Investigators



eat well

ADVANCE SCIENCE

Mutually Beneficial

- We are committed to helping participants lose weight.
- We are enrolling ... participants who are committed to helping us with a research study.

Is one diet better than another for keeping the weight off?

Study Participants

AV Faculty and Staff, and Community Members

- 18 to 65 years of age
- Interested in healthful weight loss
- Willing not to drink alcohol during the study
- Planning to be part of the AV community (or live in the AV region) for the 2016-2017 academic year



eat well



A photograph of a person's midsection being measured with a white tape measure. The person is wearing a white t-shirt and blue jeans. The background shows a breakfast table with a bowl of yogurt topped with raspberries, blueberries, and granola, a glass of orange juice, a cup of coffee, and a bowl of fruit. The scene is brightly lit and clean.

GET FOOD & SUPPORT FOR WEIGHT LOSS

At the end of the study, all participants receive a personalized health report including changes in body fat, lean mass, blood pressure, and cholesterol levels.

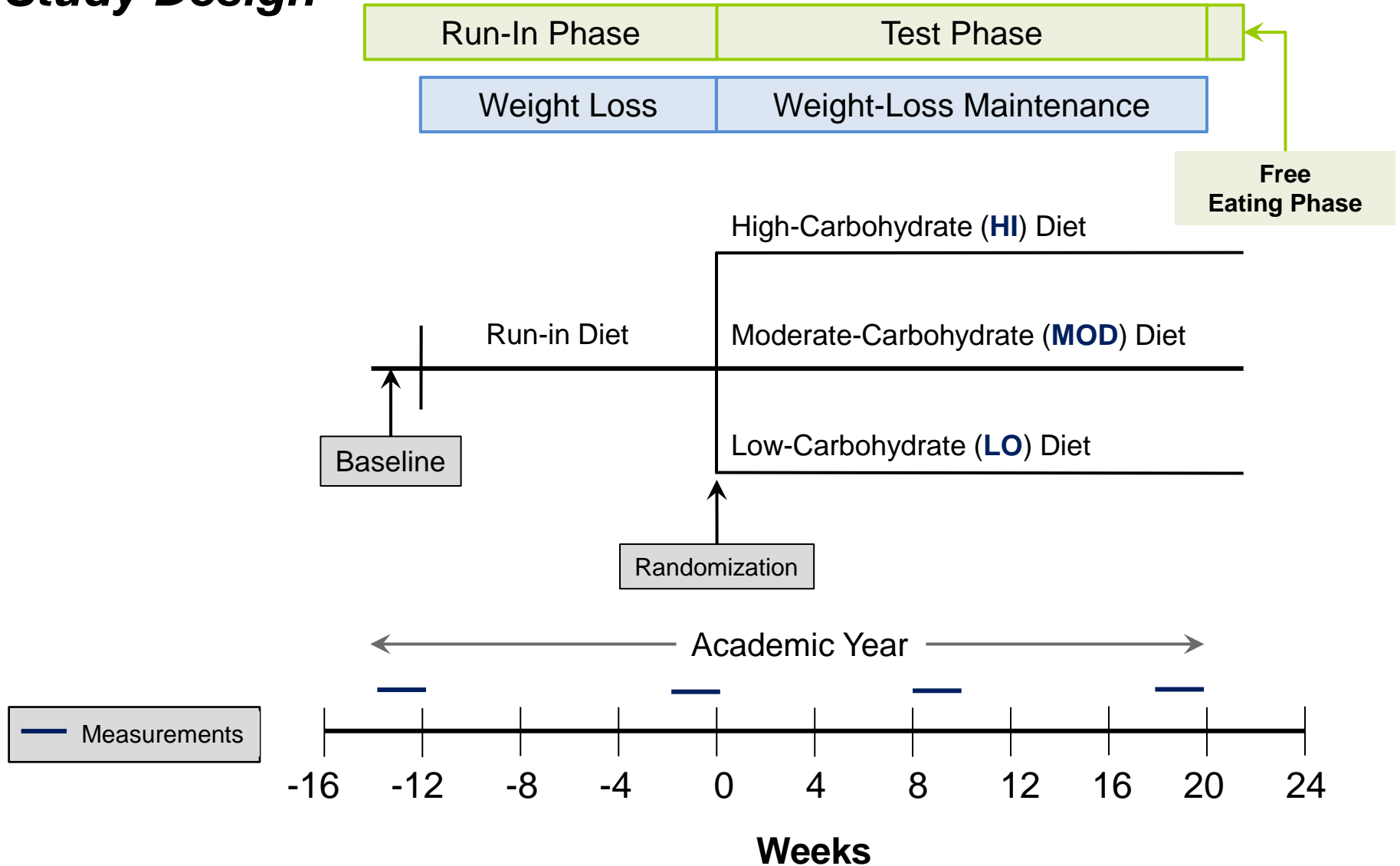
GET FOOD

Lose Weight ... Keep It Off



ADVANCE SCIENCE

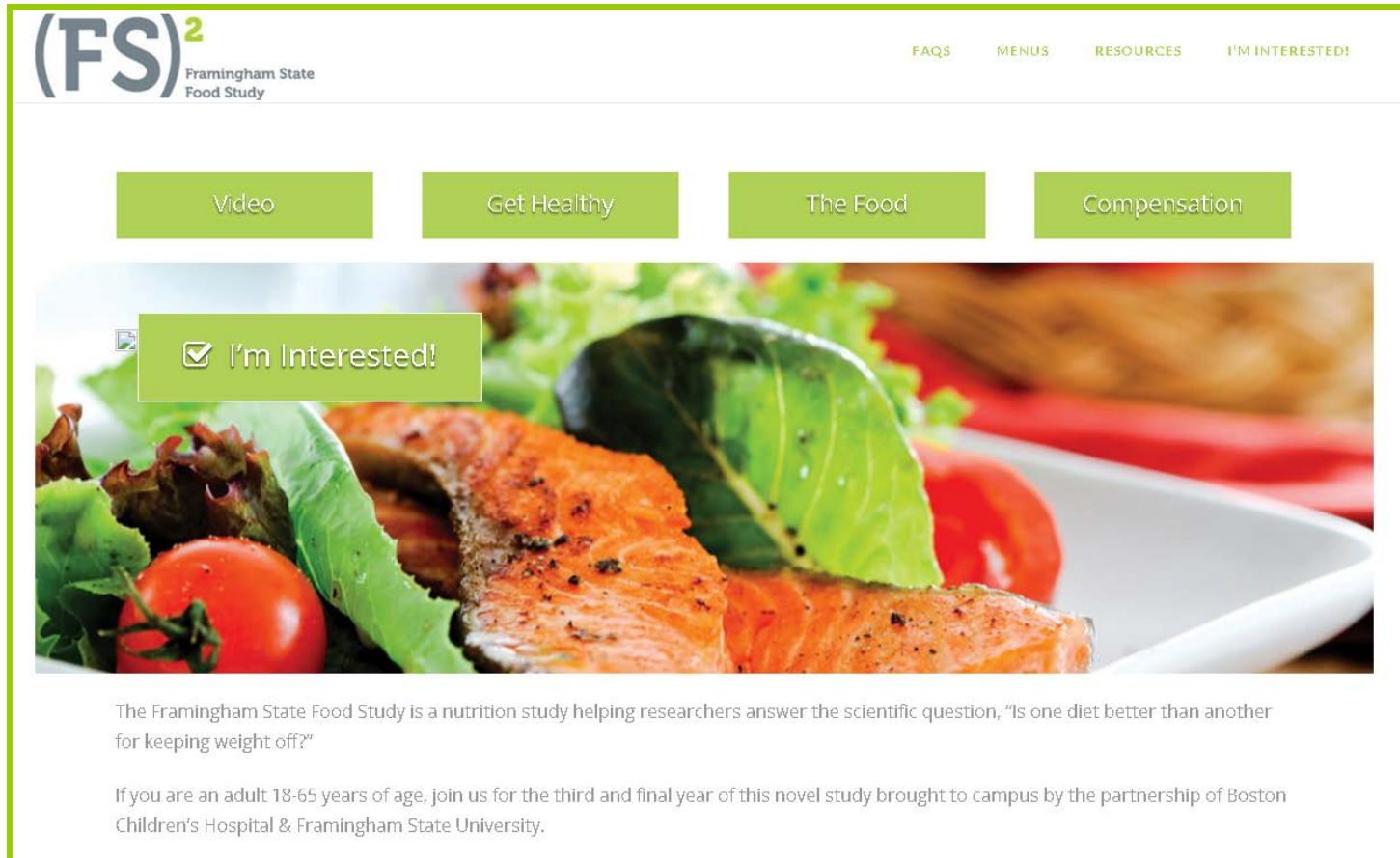
Study Design



eat well

<http://www.fs2foodstudy.org/>

The Food – Sample Menus



The screenshot shows the website's header with the logo (FS)² Framingham State Food Study and navigation links: FAQS, MENUS, RESOURCES, and I'M INTERESTED!. Below the header are four green buttons: Video, Get Healthy, The Food, and Compensation. A large image of a salmon fillet with vegetables is featured, with a green button overlaid that says I'm Interested!.

The Framingham State Food Study is a nutrition study helping researchers answer the scientific question, "Is one diet better than another for keeping weight off?"

If you are an adult 18-65 years of age, join us for the third and final year of this novel study brought to campus by the partnership of Boston Children's Hospital & Framingham State University.

Test Diet Comparison

eat well

LO Carb

MOD Carb

HI Carb

Dinner

Herb Grilled Salmon
Leaf Spinach

Cheddar Cheese Cubes

Peanuts
Oranges
Milk

Herb Grilled Salmon
Leaf Spinach
Long Grain & Wild Rice
Cheddar Cheese Cubes

Whole Wheat Bread
Peanuts
Oranges
Milk

Herb Grilled Salmon
Leaf Spinach
Long Grain & Wild Rice

Vanilla Greek Yogurt w/ Craisins
Whole Wheat Bread

Oranges
Milk

Snack

Falafel Lettuce Wrap
w/ Lemon Tahini Sauce
String Cheese

Falafel Lettuce Wrap
w/ Lemon Tahini Sauce

Apricot Greek Yogurt

Falafel Pita
w/ Lemon Tahini Sauce

Vanilla Greek Yogurt

How does (FS)² compare and contrast with a clinical or commercial program?

Similarities

- Help with weight loss
- Tasty food
- Individual attention
- Electronic support
- Group support

Differences

- Standardized diets – Freshly prepared
- All food provided in precise amounts
- Compensation – No cost
- Continual support and monitoring
- Study measurements (research data)
Personalized health report
- Established timeline
- No “cheat” days
- Weight maintenance (stabilization)
- More intensive

GET FOOD ◆ **GET SUPPORT**



**QUICK, EASY
& NUTRITIOUS**

All meals, snacks
& beverages are made
with fresh ingredients
& prepared
specifically for you.

LET US SERVE YOU

QUICK, EASY, AND NUTRITIOUS!

- Menus developed by our research team in collaboration with Sodexo Dining Services at Framingham State University.
- Three meals and one snack per day for nine months.
- All food prepared using a wide variety of healthful, fresh ingredients.
- Accommodations may be made for tastes and preferences. Substitutions are possible in many cases, but not always.
- Eat-in (Breakfast – served 6:30-9:00 AM, M-F), To-go (all other meals and snacks)



(FS)²K



How does the (FS)² K compare and contrast with a restaurant?

- Amounts of food are personalized. Types of foods are standardized.
- Accommodations may be made for tastes and preferences. Substitutions are possible (but not always).



- There will be a short wait time between your arrival and meal service.
- The research team will measure exactly how much you eat (or ask you to report how much you eat).

(FS)²K



A photograph showing a person's hands holding stacks of cash and receipts over a table of fresh produce. The produce includes a bunch of garlic, a red apple, a yellow apple, a green cucumber, a brown potato, a purple onion, a corn cob, and a bunch of green herbs. The scene is set on a light-colored table.

GET PAID FINANCIAL COMPENSATION

For participation, you will receive compensation for your time & all your meals (a total value of up to \$6,500).

COMPENSATION ♦ BENEFITS

- Determined based on what we are asking people to do.
- If the study was just about weight loss, we probably would not provide payments.



- Stipend (compensation) up to \$3,280.
- Study food (valued at \$3,220) provided.
- Maximum total value of \$6,500.

“The (FS)² House”

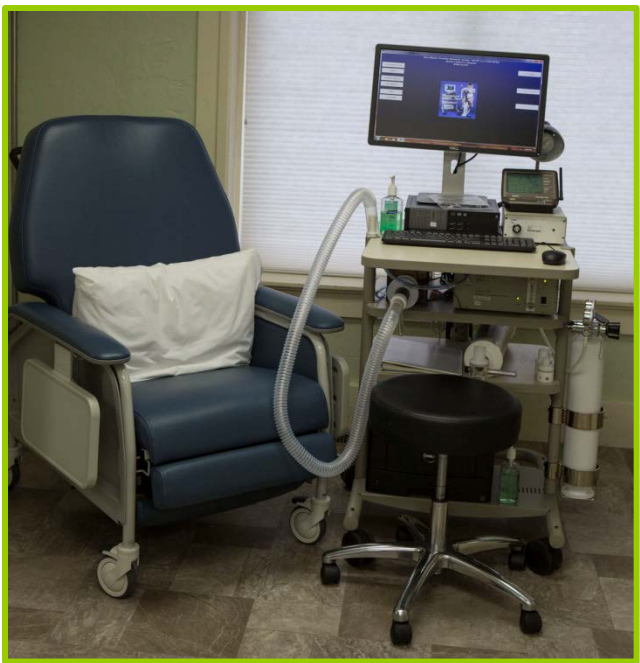


23 Salem End Road

ADVANCE SCIENCE



ADVANCE SCIENCE





ADVANCE SCIENCE



**JOIN US
FOR THE THIRD
AND FINAL YEAR**

Over the first two years of (FS)², 82 participants lost a total of 1,923 pounds during the weight loss phase and kept it off.

Our participants have lost almost a ton of weight, equivalent to the size of a polar bear!



Accommodation for Class and Work Schedules (as much as possible)

What are
participants saying?

I have a greater interest and
understanding of my eating habits.

I lost my ideal amount of
weight and I feel great!

Not having to think about my next meal or
preparing it, it's all set and ready to go!

...an added bonus I did not expect was getting
to know the other people in the cohort and
bonding over this. That's been nice.

Working with the (FS)²
staff. They have ALL been
wonderful to work with.

I feel like I am contributing to science, and that's why
I try and do all extra studies to give you as complete a
set of data [as] I can before I am no longer a
participant.

I get to have meals prepared everyday by a professional chef, something that is
very hard to get. I am being paid to lose weight and then maintain that loss.

What makes this project a Novel Study?

- Designed to answer long-standing questions about calorie sources (carbohydrate vs. fat)
- Widespread public health significance
- Research in “real-life” setting using “state-of-the-art” measurements
- Collaboration with a highly reputable Culinary Arts Program
- Infrastructure to accommodate a large number of study participants at FSU and AV
- Generous funding that allows the study to go for a longer duration than most controlled nutrition research studies

Nobody has ever before done a study quite like this!

QUICK FACTS ABOUT THE SCREENING AND ENROLLMENT PROCESS

SCREENING AND ENROLLMENT TIMELINE

Call us to find out more! 617-919-7305!

www.fs2foodstudy.org