



Brief Summary of (FS)²

The Framingham State Food Study, also known as (FS)², is a landmark nutrition and weight loss study investigating the broad question, “Is one diet better than another for keeping weight off?” In partnership with Boston Children’s Hospital (BCH), the three-year community based research takes place at Framingham State University (FSU) with assessments and data collection occurring at the (FS)² House, 23 Salem End Road. The first cohort of campus participants, including students, faculty and staff, began in mid-August, 2014 and ended in mid-May of 2015. Twenty-five participants lost over 600 pounds and maintained that weight loss. Cohort 2 participants (N=57), who consisted of campus-wide and community subjects, lost a total of 1321 pounds.

In collaboration with Sodexo Dining Services, the feeding study provides participants with all meals spanning one academic year. After a 12-week period of weight loss, study participants are randomly assigned to one of three popular diets (high-carbohydrate, moderate-carbohydrate, and low-carbohydrate). All diets consist of healthful foods prepared by Sodexo Dining Services. During the study, participants obtain their food and beverages at the FSU Dining Commons. For the third and final cohort, Academic Year 2016-17, Assabet Valley Regional Technical High School (AV) will be a satellite site for the study; meals will be prepared by the AV Food Services staff using Sodexo menus and recipes.

Participants are compensated for the meals and for their time: maximum total value = approximately \$6500. At the end of the study, participants receive a personalized health report including changes in body fat, lean mass, blood pressure, and cholesterol levels.

This unprecedented collaboration between FSU and BCH will allow us to address critical questions in nutrition — specifically, what is the optimal diet for long-term weight loss maintenance — that have eluded answers for more than a century.

Who is doing this study?

Drs. Cara Ebbeling and David Ludwig, nutrition researchers at BCH, are the Principal Investigators. The *Nutrition Science Initiative* (NuSi) is the primary funder of this research study.

Why this study?

We want to know if one diet is better than another for maintaining weight loss and decreasing risk for disease. We aim to answer questions such as:

- Is one diet better than another for “keeping weight off” and decreasing risk for cardiovascular disease, diabetes, and cancer?
- Why might one diet be better than another?
- Why might individuals respond differently to different diets?

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