

(FS)²

Framingham State
Food Study

eat well. advance science.



617-919-7305



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www.childrenshospital.org/fs2



Participating in the (FS)² food study has noticeably increased my mindfulness about what I'm eating and more to the point, the pleasure I take in eating healthy foods. The variety of types of food — colors, textures, tastes and exciting combinations of tastes — really adds to the pleasure factor as well. I'd recommend the (FS)² routine to anyone!



DR. LISA ECK

Professor, English Department

Did you make a New Year's Resolution to get healthy and lose weight? Participate in (FS)², the landmark Framingham State Food Study in partnership with Boston Children's Hospital during AY 15-16.

- **Lose weight and maintain the loss:** Cohort I weight loss = 62.1 pounds.
- **Feel like a celebrity:** All your meals for nine months will be prepared just for you by Sodexo Dining Services—healthy, fresh, and wholesome.
- **Let us pamper YOU:** Pick up your meals (2 meals/day Monday through Friday) at the (FS)² Kitchen: quick, easy, and nutritious! And to make it even easier—Sodexo will make evening meals available for purchase for your spouse/significant other.
- **Special delivery:** Meals during breaks (holiday, intersession and spring break) will be delivered to your door.
- **Be paid for your time:** All your meals, snacks, and beverages will be provided plus a stipend for your time—total value up to \$6500 including food (Tax liability will apply).

We want YOU! If you are between the ages of 18 and 65, with a Body Mass Index (BMI) of 25 or over, and willing to abstain from alcohol during the study, you may be eligible to participate. Recruitment is ongoing, but don't wait. For more information, please see the FSU website: <http://bit.ly/fs2-framinghamstate>

