

BEFORE 174 LBS.

LOST 12 LBS.!

BY EATING LESS WHITE FLOUR

Jim Nesbitt cross-trained five days a week and was fairly trim at 174 lbs. Except, he says, "my belly stuck out." Frustrated, the Tustin, Calif., computer network broker, 46, hired nutritionist Stella Metsovas, who noticed he ate a lot of floury foods. "I love my pizza, pasta and bread," says the dad of 7-year-old twins. He now embraces high-protein snacks like nuts and drinks less wine but still eats his favorites in moderation. "I'll have pizza with my kids maybe twice a month." The result? "For the first time in 30 years, I have a flat stomach."

BEFORE 156 LBS.