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The best way to find right number is to try out a range for a while and see if you are still able to lose weight at about 1 pound a week. If no, then go little lower but never less than 1400 calories for a woman and 1700-1800 calories for a man, especially when you diet unsupervised by a proper nutritionist or doctor.

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Easy Ways to Boost Fiber in Your Daily Diet eatright org

Dietary fiber contributes to health and wellness in a number of ways. First, it aids in providing fullness after meals, which helps promote a healthy weight. Second, adequate fiber intake can help to lower cholesterol. Third, it helps prevent constipation and diverticulosis.

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Reduce your sugar intake to lose weight and feel better right away. Get rid of three key foods and then follow two more steps to curb cravings.

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Best Diet Tips Ever 22 Ways to Stay on Track in WebMD

We're so used to super-sizing when we eat out that it's easy to carry that mind-set home. To right-size your diet, use a kitchen scale and measuring cups to measure your meals for a week or two. Use smaller plates and glasses to downsize your portions. Split restaurant servings in half -- making two meals out of one big one.

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