**Abstract**

**Introduction:** Breast cancer (CA) is the most common malignant neoplasm in women after other skin tumors. The incidence of obesity and overweight significantly increases worldwide. In recent years, obesity has been associated with a higher risk of developing tumors in postmenopausal women with an estrogen-positive receptor (ER +) and current lifestyle factors such as nutrition and exercise activity play a significant role.

**Aim:** The aim of this work was to evaluate the lifestyle of patients with CA breast. Further describe eating habits based on the frequency of consumption of food groups and evaluate weight development with a focus on the period of diagnosis.

**Methods:** The basis for assessing the lifestyle of patients was the food frequency questionnaire (FFQ), from which we measured the frequency of consumption of the given food groups. Another basis was the weight development graph, where we mainly occupied the weight at the time of diagnosis, as well as further weight development during or after treatment.

**Results:** On the basis of the FFQ, we found that the eating habits of the patients with the recommendations mainly differ. From weight development graphs, we found significant weight fluctuations, whether during or after chemotherapy treatment. The body mass index (BMI), three patients had a BMI between 20 and 25 kg/m², one patient had a BMI greater than 25 kg/m² and three had BMI greater than 30 kg/m². Part of the work was also the evaluation of one patient’s data and the comparison of the FFQ responses with the menus for 28 days. The real write-up differed mainly in the underestimation of the consumption of sausages and delicatessen products, while the consumption of non-flavored dairy products and whole-grain bread was overestimated.

**Conclusion:** Current lifestyle factors such as nutrition and movement play an important role in the risk of developing breast cancer. Therefore, it is important for patients, who are normal weight or slightly overweight to maintain their weight. On the contrary, the goal for obese patients is to reduce weight by preventing recurrence.