Breast cancer is the most frequent type of cancer in women. Recent data suggest that lifestyle factors including dietary factors play a significant role in the development of and survival from breast cancer. In particular, there is convincing evidence that obesity is a potent risk factor for both cancer development and prognosis, increasing the risk for overall and breast cancer mortality by approximately 30. In contrast, there is still only limited evidence that specific dietary patterns or dietary components affect breast cancer outcomes. However, current knowledge suggests that a healthy/Mediterranean-like diet characterized by high intake of fruit, vegetables, fiber, fish and unsaturated oils, particularly n-3 fatty acids, has a modest protective effect on breast cancer, whereas a typical Western diet characterized by high intake of total/saturated fat, refined carbohydrates, processed and red meat and low fiber intake is associated with modestly poorer outcome. Based on this evidence, weight control is a key recommendation for primary and secondary prevention of breast cancer. Adherence to a healthy/Mediterranean-like diet and avoidance of a Western diet may confer additional, although still unproven, benefit.