**DIET AND SECONDARY PREVENTION OF CARDIOVASCULAR DISEASE: THE CURRENT LEVEL OF EVIDENCE**

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The beneficial role of the Mediterranean diet regarding all cause mortality, cardiovascular disease and cancer, as well as development of obesity and type 2 diabetes has been reported from the results of many epidemiological studies and clinical trials. However, the role of diet on secondary prevention of CVD has not been well understood and appreciated. Current evidence suggests that a dietary pattern close to the Mediterranean may effectively prevent development of cardiac events in people who already suffer from cardiovascular disorders.