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GALLUP PAKISTAN POLL FINDINGS ON

MOST LIKED VEGETABLES IN PAKISTAN: POTATOES, SPINACH AND LADY'S FINGER

Results released on: November 15, 1986



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POTATOES, SPINACH AND LADY'S FINGER, MOST LIKED VEGETABLES IN PAKISTAN

According to a recent Gallup Pakistan survey, potatoes, spinach (Palik) and lady's finger (Bhindi) are the three top favorite culinary vegetables in the country.

The survey had elicited information of the food and food habits of the people of Pakistan. One of the questions asked was;

"Which one of the various vegetables appeals most to your taste personally?"

16% of the respondents showed their preference for potatoes, 14% for spinach (Palik) and 11% for lady's finger (Bhindi).

The next three best liked vegetables were cauliflower (Gobi), Turnips (Shaljim) and bitter Gourd (Karela).

Gobi was the choice of 9% and shaljim and karela of 6% in each case.

Of course there were some differences in the tastes of various lingual groups, perhaps due to geographic peculiarities of the areas in which they live and availability of competition food stuffs. The Punjabis, for instance, like spinach (Palik), lady's finger and potatoes. The Urdu speaking go for potatoes, cauliflowers and turnips in that order.

The survey was conducted by Gallup Pakistan with a statistically selected sample in the urban areas all over the country.