

OCT 7, 2016

A DOMINANT MAJORITY OF PAKISTANIS CLAIM TO EAT THREE MEALS A DAY.

Look at the following table and please tell, how often do you eat the following meals?



DINNER



LUNCH



BREAKFAST





Opinion Poll
SOCIAL BEHAVIOR
Eating Habits

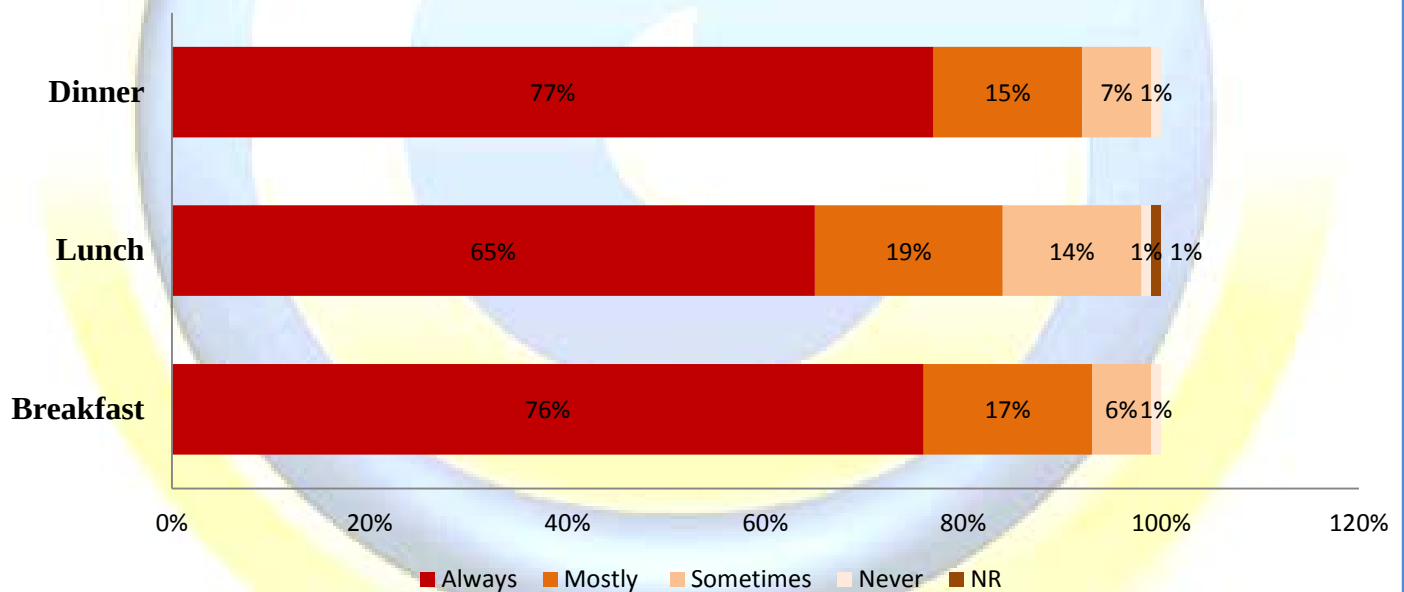
A dominant majority of Pakistanis claim to eat three meals a day. (GRF POLL)

Islamabad, October 07, 2016

According to a Gilani Research Foundation Survey carried out by Gallup Pakistan, a dominant majority of Pakistanis claim to eat three meals a day.

A nationally representative sample of men and women from across the four provinces was asked, “Look at the following table and please tell, how often do you eat the following meals?” In response to this question, 77% said they always have dinner, 15% said that they mostly have dinner, 7% said that they sometimes have dinner and 1% said that they never have dinner. Furthermore, 65% respondents said that they always have lunch, 19% said that they mostly have lunch, 14% said that they sometimes have lunch, and 1% said that they never have lunch. 1% did not know or did not wish to respond. Moreover, 76% said that they always have breakfast, 17% said that they mostly have breakfast, while 6% said that they sometimes have lunch. 1% said that they never have breakfast.

Question: “Look at the following table and please tell, how often do you eat the following meals?”



Source: Gilani Research Foundation Poll (GRF Poll)
Field work conducted by Gallup Pakistan, the Pakistani affiliate of Gallup International Association
(www.gallup-international.com; www.gallup.com.pk; www.gilanifoundation.com)

The study was released by Gilani Research Foundation and carried out by Gallup Pakistan, the Pakistani affiliate of Gallup International. The recent survey was carried out among a sample of 1835 men and women in rural and urban areas of all four provinces of the country, during August 1 – August 8, 2016. Error margin is estimated to be approximately $\pm 2-3$ per cent at 95% confidence level.



Opinion Poll from Gallup Pakistan
The Pakistani Affiliate of Gallup International



Friday, October 07, 2016
(3 Pages, English version Only)

Gilani Research Foundation is a not for profit public service project to provide social science research to students, academia, policy makers and concerned citizens in Pakistan and across the globe.

Gilani Research Foundation is headed by Dr. Ijaz Shafi Gilani who pioneered the field of opinion polling in Pakistan and established Gallup Pakistan in 1980. Currently Dr. Gilani, who holds a PhD from the Massachusetts Institute of Technology (MIT) and has taught at leading universities in Pakistan and abroad, is Chairman of Gallup Pakistan.

If you have any further questions regarding this poll, please feel free to contact us.

Best Regards,

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Daily Gilani Poll
2016



of Gallup Pakistan
(1980-2016)