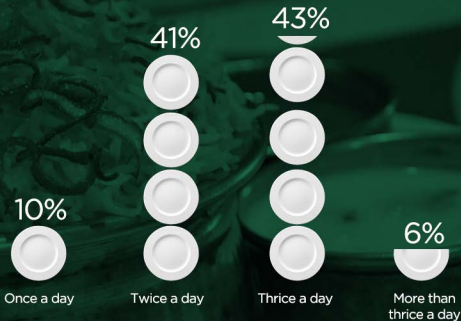


NOV 23, 2016

ALMOST EQUAL SPLIT BETWEEN PAKISTANIS WHO EAT TWICE OR THRICE A DAY.

How many times do you eat during the day?



SOURCE: GALLUP AND GILANI SURVEYS SAMPLE SIZE: 1892
Nationally Representative Sample covering both urban rural respondents across Pakistan's four provinces.



Opinion Poll
SOCIAL BEHAVIOR
Eating Habits/ Cooking Habits

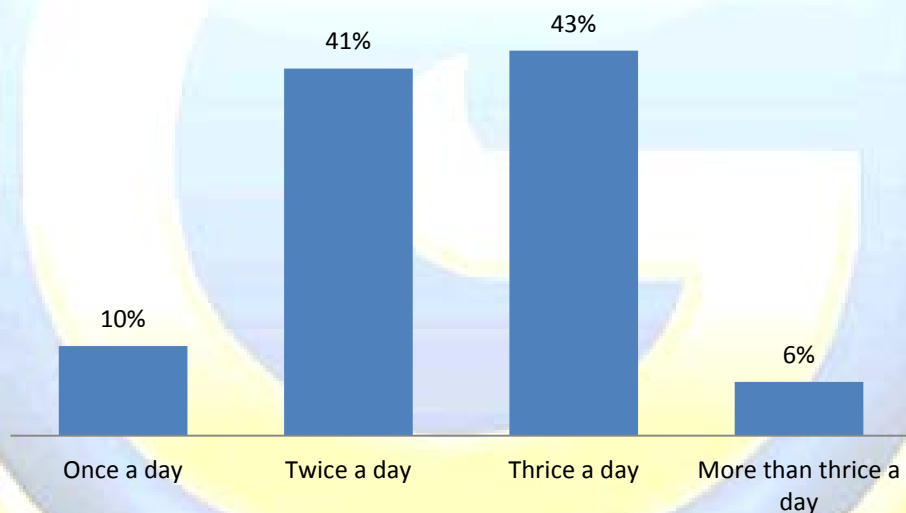
**Almost equal split between Pakistanis who eat twice or thrice a day.
(GRF POLL)**

Islamabad, November 23, 2016

According to a Gilani Research Foundation Survey carried out by Gallup Pakistan, almost equal split between Pakistanis who eat twice or thrice a day.

A nationally representative sample of men and women from across the four provinces were asked, “How many times do you eat during the day?” In response to this question, 10% said once a day, 41% said twice a day, 43% said thrice a day and 6% said more than thrice a day.

Question: “How many times do you eat during the day?”



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 1892 men and women in rural and urban areas of all four provinces of the country, during August 29 – September 5, 2016. Error margin is estimated to be approximately ± 2 -3 per cent at 95% confidence level.



Opinion Poll from Gallup Pakistan
The Pakistani Affiliate of Gallup International



Wednesday, November 23, 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)