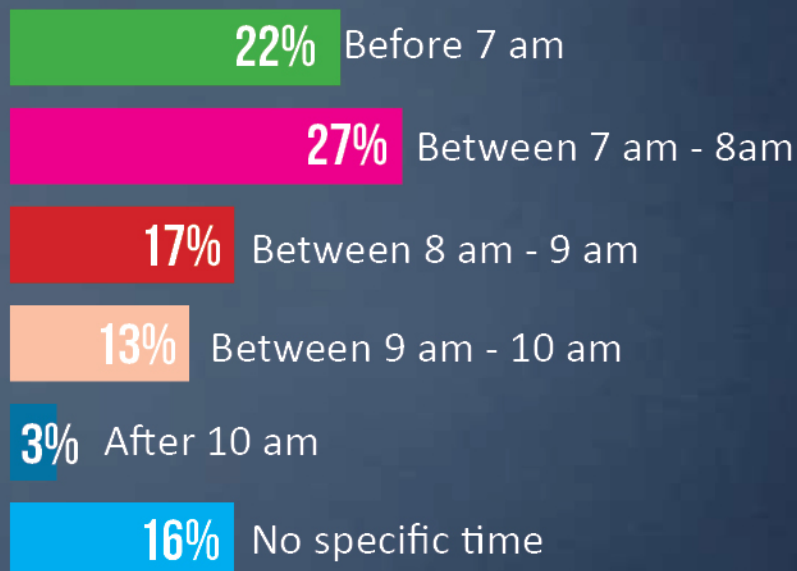


31 December, 2021

NEARLY 3 IN 10 (27%) PAKISTANIS HAVE BREAKFAST BETWEEN 7 AM – 8 AM; THOSE LIVING IN RURAL AREAS ARE SLIGHTLY MORE LIKELY TO HAVE AN EARLY BREAKFAST:
GALLUP & GILANI PAKISTAN

تقریباً ہر 10 میں سے 3 (27%) پاکستانی صبح سات سے آٹھ بجے کے درمیان ناشتہ کرتے ہیں، دیہی علاقوں میں رہنے والے جوابدہندگان میں جلدی ناشتہ کرنے کی شرح تھوڑی زیادہ پائی گئی

At what time do you usually have breakfast?



Don't know/No response: 2%



Opinion Poll
Social Behavior
Eating Habits

Nearly 3 in 10 (27%) Pakistanis have breakfast between 7 AM – 8 AM; those living in rural areas are slightly more likely to have an early breakfast: Gallup & Gilani Pakistan

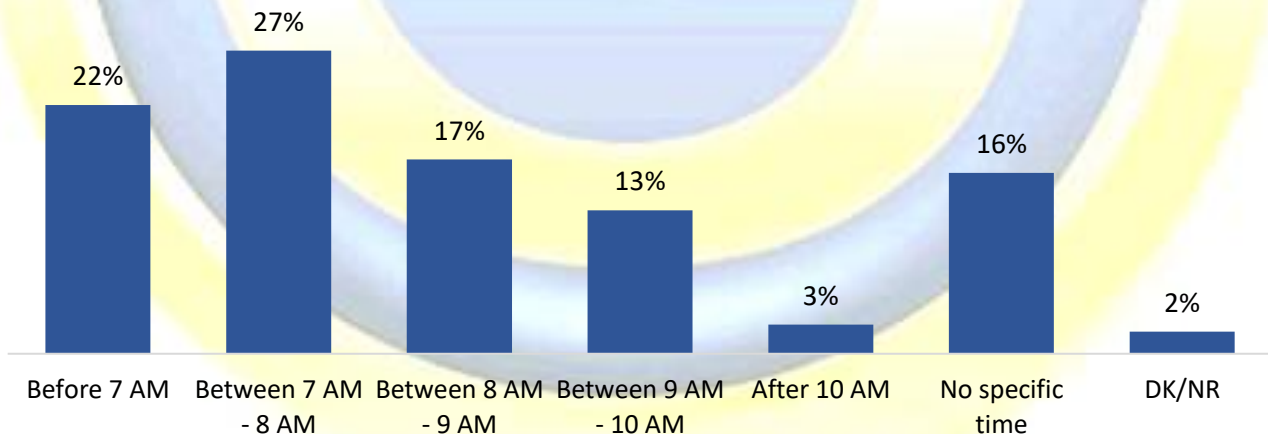
(Islamabad), December 31, 2021

According to a survey conducted by Gallup & Gilani Pakistan, nearly 3 in 10 (27%) Pakistanis have breakfast between 7 AM – 8 AM; those living in rural areas are slightly more likely to have an early breakfast.

A nationally representative sample of adult men and women from across the four provinces was asked the following question, “At what time do you usually have breakfast?” In response to this question, 22% said before 7 AM, 27% said between 7 AM – 8 AM, 17% said 8 AM – 9 AM, 13% said between 9 AM – 10 AM, 3% said after 10 AM, and 16% said no specific time. 2% did not know or provided no response.

Question: “At what time do you usually have breakfast?”

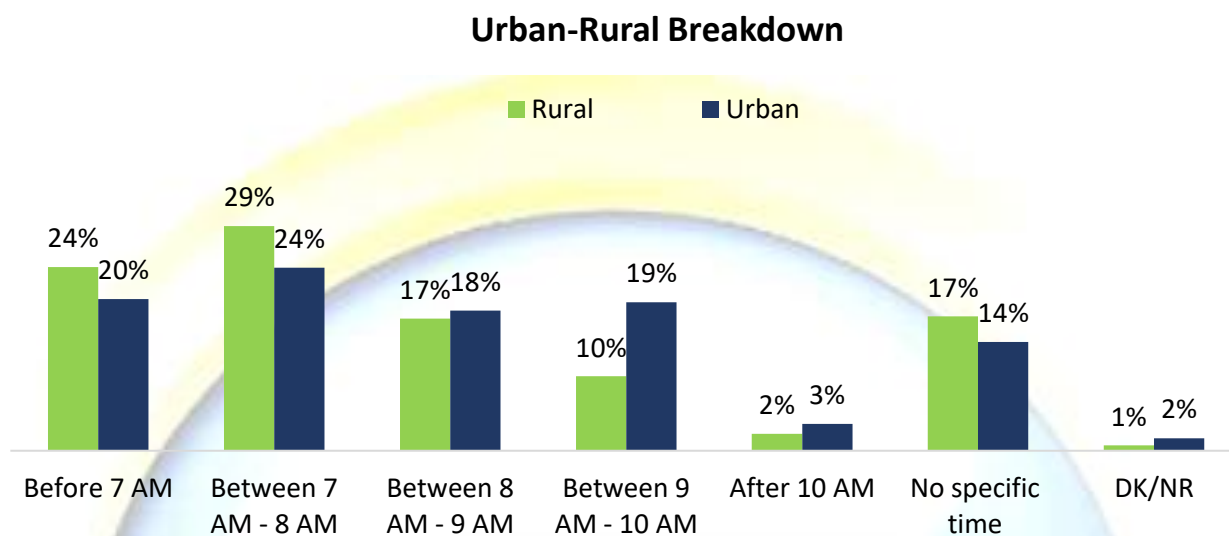
All Pakistan



Source: Gallup & Gilani Pakistan
(www.gallup-international.com; www.gallup.com.pk, www.gilanifoundation.com)

Urban-Rural Breakdown

Those living in rural areas (29%) are slightly more likely to have an early breakfast between 7 AM – 8 AM as compared to those in urban areas (24%).



Source: Gallup & Gilani Pakistan
(www.gallup-international.com; www.gallup.com.pk, www.gilanifoundation.com)

The study was released by Gilani Research Foundation and carried out by Gallup & Gilani Pakistan, the Pakistani affiliate of Gallup International. The recent survey was carried out among a sample of 1730 men and women in urban and rural areas of all four provinces of the country, during September 23, 2021 – October 8, 2021. The error margin is estimated to be approximately ± 2 -3 percent at the 95% confidence level. The methodology used for data collection was CATI.



Opinion Poll from Gallup Pakistan
The Pakistani Affiliate of Gallup
International

Friday, December 31, 2021

(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,
Gallup Pakistan*

Disclaimer: Gallup Pakistan is not related to Gallup Inc. headquartered in Washington D.C. USA. We require that our surveys be credited fully as Gallup Pakistan (not Gallup or Gallup Poll). We disclaim any responsibility for surveys pertaining to Pakistani public opinion except those carried out by Gallup Pakistan, the Pakistani affiliate of Gallup International Association. For details on Gallup International Association see website: www.gallup-international.com



Daily Gilani Poll
2021



of Gallup Pakistan
(1980-2021)