



(Also emailed\*/faxed separately)



## PRESS RELEASE

### Opinion Poll **Social Behavior** Eating Habits

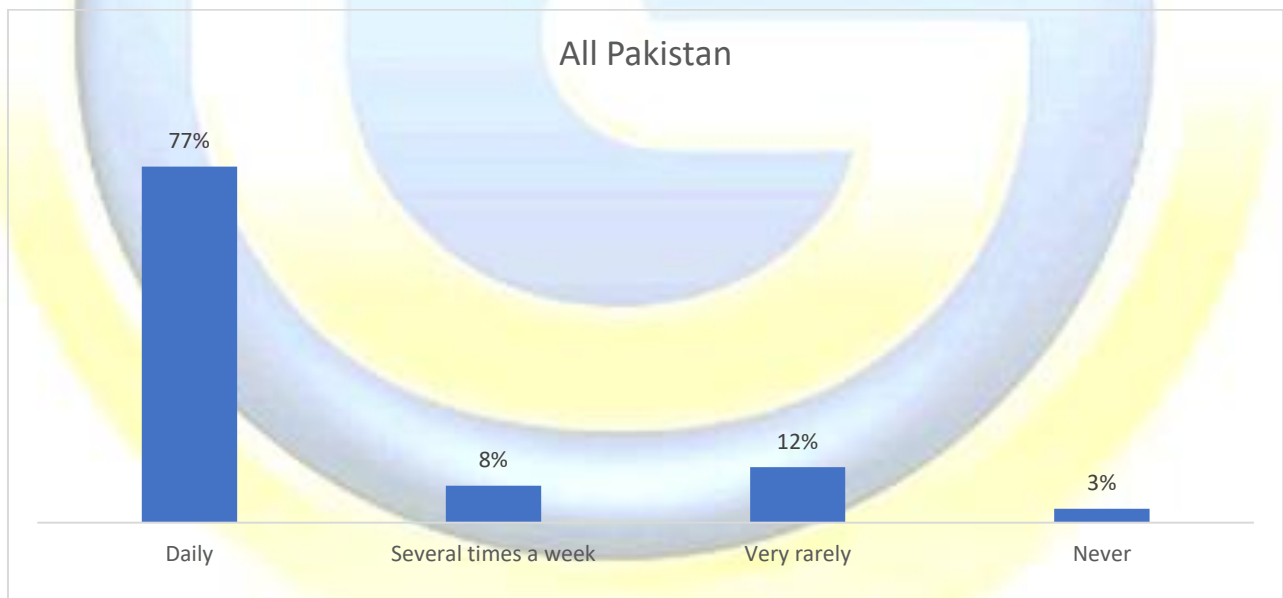
**77% of Pakistanis Eat Daily Meals with Their Families, Reflecting Strong Communal Traditions — With Rural Households (79%) Leading Urban Ones (72%) in Mealtime Togetherness. (Gallup & Gilani Survey)**

*(Islamabad), 19th June 2025*

According to a survey conducted by Gallup & Gilani Pakistan, 77% of Pakistanis eat daily meals with their families, reflecting strong communal traditions — with rural households (79%) leading urban ones (72%) in mealtime togetherness.

A nationally representative sample of adult men and women from across the country was asked the question, *“Please tell us how often you usually eat meals together with your family members?”*. In response to this question, 77% said ‘daily’, 8% said ‘several times a week’, 12% said ‘very rarely’, while 3% said ‘never’.

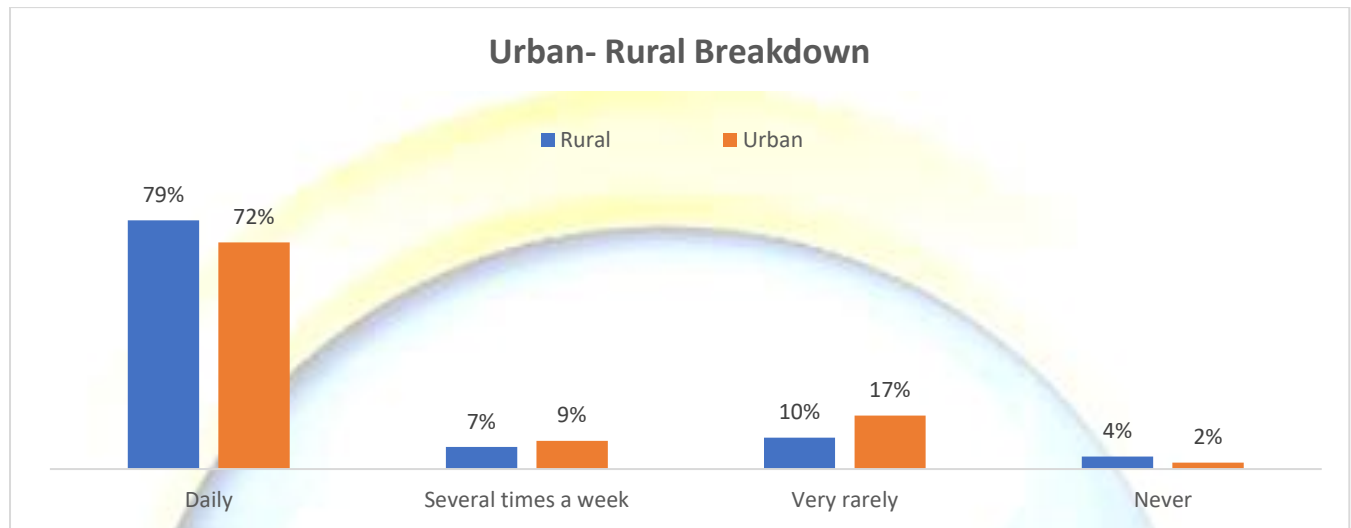
**Question: Please tell us how often you usually eat meals together with your family members?**



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

The study in Pakistan was conducted and released by Gallup & Gilani Pakistan, the Pakistani affiliate of Gallup International. The recent survey was carried out among a sample of 724 men and women in urban and rural areas of all four provinces of the country, conducted from 16th April to 30th April 2025. The error margin is estimated to be approximately  $\pm 2$ -3 percent at the 95% confidence level. The methodology used for data collection was telephonic surveys (CATI).

**Urban-Rural Breakdown:** Rural respondents were more likely to eat together, with a significant majority of 79% reporting eating meals with their family daily, compared to 72% of urban respondents. While 7% of rural residents indicated they share meals several times a week, this is slightly higher at 9% among urban residents. 10% of rural residents indicated they share meals very rarely, compared to 17% of urban residents. Finally, 4% of rural residents indicated they never share meals, compared to 2% of urban residents.



Source: Gallup & Gilani Pakistan  
([www.gallup-international.com](http://www.gallup-international.com); [www.gallup.com.pk](http://www.gallup.com.pk); [www.gilanifoundation.com](http://www.gilanifoundation.com))



**Opinion Poll from Gallup Pakistan**  
*The Pakistani Affiliate of Gallup  
International*



GILANI RESEARCH  
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***Gilani Research Foundation is a not-for-profit public service project to provide social science research to students, academia, policymakers, 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 Ph.D. 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*

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Daily Gilani Poll  
2025



of Gallup Pakistan  
(1980-2025)