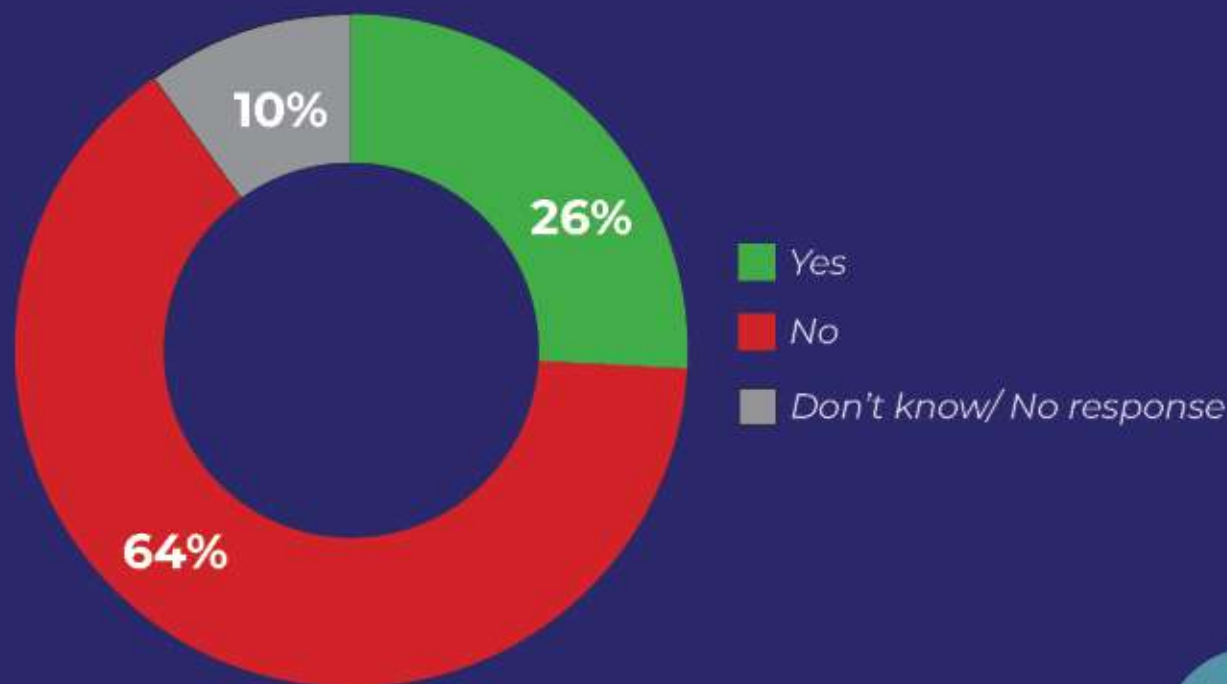


**Eating Out Habits: Only a quarter of Pakistanis (26%) ate out last year. Among those who ate out, 13% did so frequently; 85% indulged only occasionally or rarely.**



*Question: Please tell us if you have consumed the following items in the past year? - Food from outside (like from restaurants, hotels, etc.)?*





(Also emailed\*/faxed separately)



## PRESS RELEASE

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

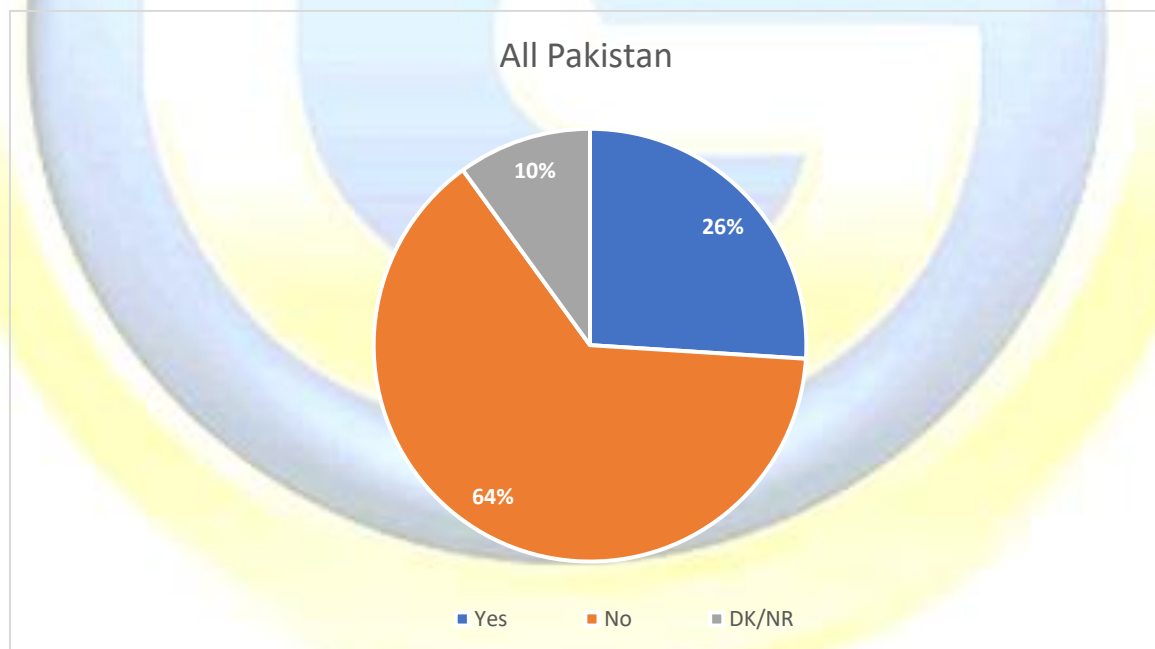
**Eating Out Habits: Only a quarter of Pakistanis (26%) ate out last year. Among those who ate out, 13% did so frequently; 85% indulged only occasionally or rarely. (Gallup & Gilani Survey)**

(Islamabad), 26th June 2025

According to a survey conducted by Gallup & Gilani Pakistan, Only a quarter of Pakistanis (26%) ate out last year. Among those who ate out, 13% did so frequently; 85% indulged only occasionally or rarely.

A nationally representative sample of adult men and women from across the country was asked the question, *“Please tell us if you have consumed the following items in the past year? - Food from outside (like from restaurants, hotels, etc.)?”*. In response to this question, 26% said ‘yes’, 64% said ‘no’, while 10% didn’t know or didn’t respond.

**Question: Please tell us if you have consumed the following items in the past year? - Food from outside (like from restaurants, hotels, etc.)?**

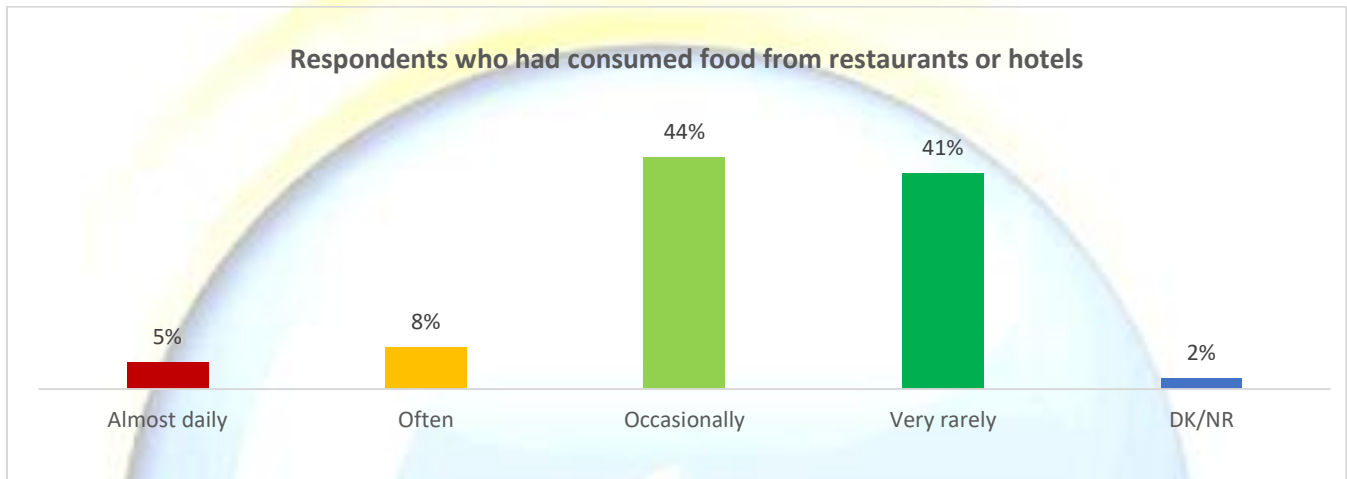


Source: Gallup & Gilani Pakistan  
([www.gallup-international.com](http://www.gallup-international.com); [www.gallup.com.pk](http://www.gallup.com.pk), [www.gilanifoundation.com](http://www.gilanifoundation.com))

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).

A sub-sample of adult men and women from across the country who had consumed food from restaurants or hotels in the past year was further asked the question, ***“Please tell us how frequently you have consumed these items? - Food from outside (like from restaurants, hotels, etc.)?”*** In response, 5% said ‘almost daily’, 8% said ‘often’, 44% said ‘occasionally’, 41% said ‘very rarely’, while 2% said they didn’t know or didn’t respond.

**Question: Please tell us how frequently you have consumed these items? - Food from outside (like from restaurants, hotels, etc.)?**



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*

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Pakistan's Foremost Social Research Lab



GILANI RESEARCH  
FOUNDATION

**Thursday, 26th June 2025**

*(3 Pages, English version Only)*

***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)