

**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.*

## **Bread, Curry, and Rice are The Most Preferred at Both Sehri and Iftaari: GILANI POLL/GALLUP PAKISTAN**

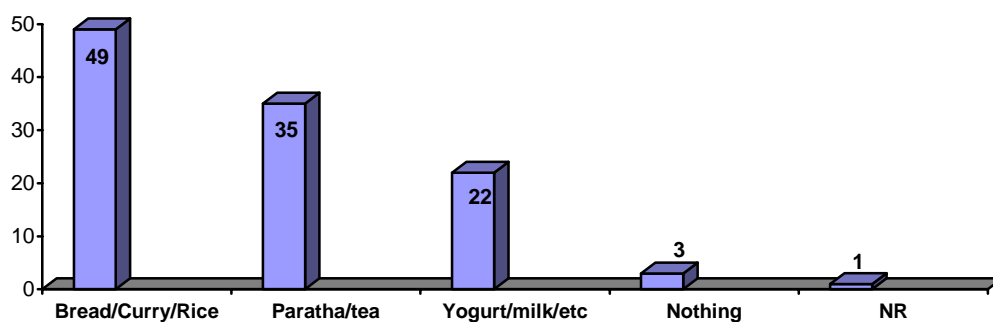
Islamabad, September 11, 2009

According to a Gilani Research Foundation survey carried out by Gallup Pakistan, majority of all Pakistanis have proper meal such as bread, curry or rice at both Sehri and Iftaar (*Sehri is the food consumed at dawn before keeping a fast and iftaar is the evening meal for Muslims*); 49% claimed to eat bread, curry, or rice at sehri and 34% have the same meal at iftaar. 35% said they have paratha (*bread fried in oil*) and tea and 22% have yogurt, milk and etc. for sehri. For aftari, 25% claimed to eat fruits, 20% have pakoras and samosas (*pakoras and samosas are stuffed fried fast food snacks eaten in the sub-continent*) where as 7% claimed to eat chaat (*mixture of various fruits or potatoes and beans*). Twenty five (25%) of the respondents have no particular preference and eat whatever is available at iftaar time.

A nationally representative sample of men and women from across the country were asked “*What do you usually eat at sehri (multiple answers allowed)?*” Majority (49%) claimed to eat bread, curry, or rice, 35% said they have paratha and tea and 22% have yogurt, milk and etc. Three percent (3%) of the respondents either do not eat anything at sehri while 1% gave no response.

The data reveals that while a proportionately higher percentage of urbanites claimed to consume paratha and tea at sehri, a higher percentage of ruralites have yogurt, milk etc.

“*What do you usually eat at sehri (multiple answers allowed)?*”

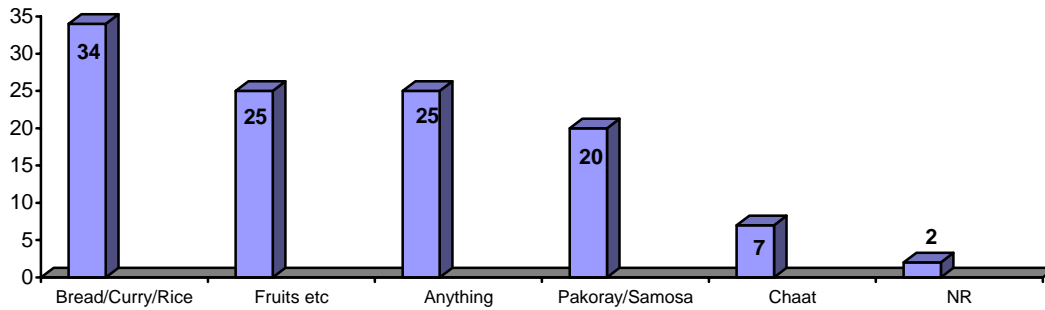


Source: Gilani Poll conducted by Gallup Pakistan, the Pakistani affiliate of Gallup International Association ([www.gallup-international.com](http://www.gallup-international.com); [www.gallup.com.pk](http://www.gallup.com.pk))

To find out about their food preference at iftaar, the respondents were asked “*What do you usually eat at Iftaar (multiple answers allowed)?*” Thirty four percent (34%) eat proper food such as bread, curry etc. 25% claimed to eat fruits, 20% have pakoras and samosas where as 7% claimed to eat chaat. Twenty five (25%) of the respondents have no particular preference and eat whatever is available at iftaar time and 2% gave no response.

It is seen that a significantly higher percentage of urbanites have pakoras and samosas, while a higher percentage of rural dwellers and elderly people consume proper food such as bread curry etc.

“What do you usually eat at Iftaar (multiple answers allowed)?”



Source: Gilani Poll conducted by Gallup Pakistan,  
the Pakistani affiliate of Gallup International Association ([www.gallup-international.com](http://www.gallup-international.com); [www.gallup.com.pk](http://www.gallup.com.pk))

The study was released by Gilani foundation and carried out by Gallup Pakistan, the Pakistani affiliate of Gallup International. The latest survey was carried out among a sample of 2775 men and women in rural and urban areas of all four provinces of the country, during August 2009. Error margin is estimated to be approximately  $\pm 2-3$  per cent at 95% confidence level.

**Gallup Pakistan proposes that its poll results be attributed as Gilani Poll conducted by Gallup Pakistan,** the Pakistani affiliate of Gallup International. This is to distinguish our polls from polls on Pakistan sometimes released by other organizations not part of Gallup International Association ([www.gallup-international.com](http://www.gallup-international.com)) and referred to by the same title. Also please see necessary Disclaimer on our website ([www.gallup.com.pk](http://www.gallup.com.pk)). Gallup Pakistan takes responsibility for only its own polls on Pakistan.

For more survey data on social and other issues see website [www.gallup.com.pk](http://www.gallup.com.pk)

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