PAKISTAN DRYFRUITS



TRADE DEVELOPMENT AUTHORITY OF PAKISTAN





TDAP INTRODUCTION

Trade Development Authority of Pakistan is the premier trade promotion organization mandated to develop and promote products and services of the country in international markets.

TDAP implements policies and directives of Federal Government and its Board of Directors for enhancing, promoting and facilitating trade.

TDAP supports and facilitates businesses through latest information and capacity building initiatives to enhance and improve their leverage in international trade.

To achieve its objectives, TDAP organizes as well as participates in local & international trade fairs, country specific exhibitions, trade delegations, conducts seminars and organizes contacts and information exchange events both physically as well on digital platforms.

This publication is part of the efforts of TDAP to share details and showcase Pakistan's products and services in international markets.

INTRODUCTION

Pakistan is blessed with a rich diversity of climate and soil, which enables the country to become home to an amazingly large variety of flora and fauna. The flora of the country includes multiple types of trees, plants, shrubs and vines that bear the fruits and nuts of different kinds. Some of these fruits are later dried through different methods and are called as dried fruits. The country produces various kinds of dried fruits and nuts, e.g., dried Apricots, Pears, Plums, Almonds, and Walnuts etc. In Pakistan, the dried fruits and nuts are mainly grown in Balochistan, Khyber Pakhtunkhwa, and Gilgit-Baltistan. Quetta, Pishin, Zhob, Kalat, and Lorala in Balochistan; Peshawar, Swat, Mardan, Bunir, and Chitral in Khyber Pakhtunkhwa; and Hunza, Skardu, Shighar, Roundu, Khaplu, and Baltistan in Gilgit-Baltistan, are the main dried fruits and nuts producing districts of the country. Dried fruits are widely used by the confectionery, baking, and sweets industries. These industries use dried fruits and nuts in various sauces, soups, marinades, garnishes, puddings, chocolates, bakery items and food for infants and children. Pakistan has been exporting dried fruits and nuts in a sizeable quantity. The dried fruits and nuts, exported form the country are of premium quality as they are selected, graded, processed and packaged very carefully in order to meet the requirement of the costumers in various countries, and in accordance with international standards.



Nutrition Facts						
Serving Size	100 g					
Amount Per Serving						
Calories	579					
% Daily Value *						
Total Fat 50g	64 %					
Saturated Fat 3.8g	19 %					
Sodium 1mg	0 %					
Total Carbohydrate 22g	8 %					
Dietary Fiber 13g	46 %					
Sugar 4.4g						
Protein 21g	42 %					
Vitamin D 0.00mcg	0 %					
Calcium 269.00mg	21 %					
Iron 3.71mg	21 %					
Potassium 733mg	16 %					
 The % Daily Value (DV) tells you nutrient in a serving of food contrit diet. 2,000 calories a day is used 	oute to a daily					

nutrition advice.

Nutrition Facts Serving Size 100 g Amount Per Serving 647 Calories % Daily Value * 83 % **Total Fat 65g** Saturated Fat 5.9g 30 % Total Carbohydrate 15g 5% Dietary Fiber 5.9g 21 % Sugar 2.9g 30 % Protein 15g Vitamin D mcg Calcium 118.00mg 9%

Potassium mg The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet.
 2,000 calories a day is used for general nutrition advice.

Iron 3.18mg

18 %

N/A

https://www.nutritionvalue.org/





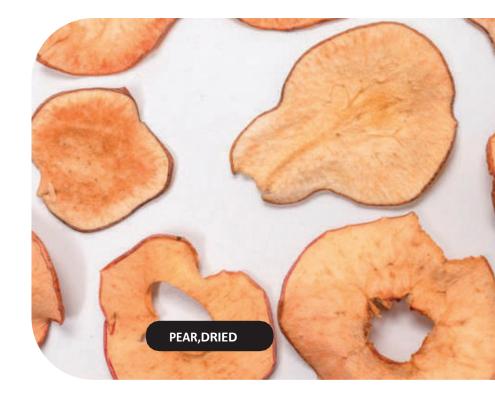
Serving Size	100 g
mount Per Serving	
Calories	239
% Daily Value *	
fotal Fat 0.8g	1 %
Saturated Fat 0.1g	0%
odium 7mg	0%
otal Carbohydrate 61g	22 %
Dietary Fiber 8.2g	29 %
Sugar 42g	
rotein 3.6g	7 %
/itamin D 0.00mcg	0%
Calcium 28.00mg	2 %
ron 4.06mg	23 %
otassium 996mg	21 %

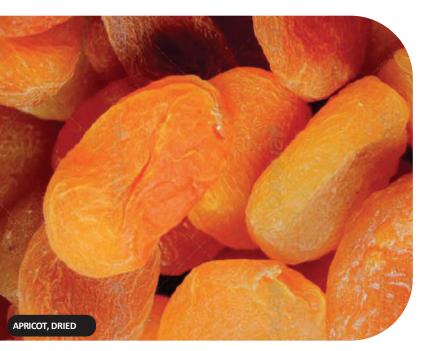
2,000 calories a day is used for general nutrition advice.

Nutrition 1	racis
Serving Size	100 g
Amount Per Serving	10.000
Calories	262
% Daily Value *	
Total Fat 0.6g	1%
Sodium 6mg	0 %
Total Carbohydrate 70g	25 %
Dietary Fiber 7.5g	27 %
Sugar 62g	
Protein 1.9g	4 %
Vitamin D 0.00mcg	0%
Calcium 34.00mg	3 %
Iron 2.10mg	12 %
Potassium 533mg	11 %

 The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2,000 calories a day is used for general nutrition advice.

https://www.nutritionvalue.org/





Nutrition Facts					
Serving Size	100 g				
Amount Per Serving Calories	241				
% Daily Value *					
Total Fat 0.5g	1%				
Sodium 10mg	0 %				
Total Carbohydrate 63g	23 %				
Dietary Fiber 7.3g	26 %				
Sugar 53g					
Protein 3.4g	7%				
Vitamin D 0.00mcg	0%				
Calcium 55.00mg	4 %				
Iron 2.66mg	15 %				
Potassium 1162mg	25 %				

 The % Daily Value (DV) tells you now much a nutrient in a serving of food contribute to a daily diet.
 2,000 calories a day is used for general nutrition advice.

https://www.nutritionvalue.org/

DRY FRUITS EXPORTS DATA

DRY FRUITS

Exports of different types of Dry Fruits from Pakistan with their top export destinations (USD 000')

Year	2018	2019	2020	2021	2022	Top Export Destinations
Almonds 080212	1,643	2,167	1,790	2,611	1775	Germany, Belgium,
Freshor dried Wallnut (080231)	1	983	121	46	41	Afghanistan,UAE
Dried Grapes (080620)	21	24	56	53	32	Canada,USA, Saudi Arabia
Dried Peaches, Pearsetc. (081340)	29,180	13,591	16,940	75,706	39930	China,UAE, SaudiArabia
Dried Apricots (081310)	1,371	1,538	777	852	572	Bangladesh,UK, Germany
Mixture of Fruits and Nuts (081350)	490	752	645	619	1490	USA,UK
Others (080290)	122	412	826	825	58	Maldives

Source:ITC,Trade Map



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