

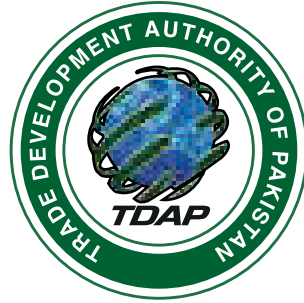


PAKISTAN **DRY FRUITS**



**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 Loralai 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 from 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 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 647

% Daily Value *

Total Fat 65g 83 %

Saturated Fat 5.9g 30 %

Total Carbohydrate 15g 5 %

Dietary Fiber 5.9g 21 %

Sugar 2.9g

Protein 15g 30 %

Vitamin D mcg N/A

Calcium 118.00mg 9 %

Iron 3.18mg 18 %

Potassium mg N/A

* 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/>



RAW WALNUTS

Nutrition Facts

Serving Size 100 g

Amount Per Serving

Calories 239

% Daily Value *

Total Fat 0.8g 1 %

Saturated Fat 0.1g 0 %

Sodium 7mg 0 %

Total Carbohydrate 61g 22 %

Dietary Fiber 8.2g 29 %

Sugar 42g

Protein 3.6g 7 %

Vitamin D 0.00mcg 0 %

Calcium 28.00mg 2 %

Iron 4.06mg 23 %

Potassium 996mg 21 %

* 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/>



PEACH, DRIED



Nutrition Facts	
Serving Size	100 g
Amount Per Serving	
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 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.	

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DRY FRUITS EXPORTS DATA

Dry Fruits

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

Year	2017	2018	2019	2020	2021	Top Export Destinations
Almonds (080212)	739	1,643	2,167	1,790	2,611	Germany, Belgium,
Fresh or dried Walnut (080231)	1	1	983	121	46	Afghanistan, UAE
Dried Grapes (080620)	44	21	24	56	53	Canada, USA, Saudi Arabia
Dried Peaches, Pears etc. (081340)	27,929	29,180	13,591	16,940	75,706	China, UAE, Saudi Arabia
Dried Apricots (081310)	980	1,371	1,538	777	852	Bangladesh, UK, Germany
Mixture of Fruits and Nuts (081350)	888	490	752	645	619	USA, UK
Others... (080290)	281	122	412	826	825	Maldives

Source: ITC, Trade Map



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