



# **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.



## PRODUCT PROFILE

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 customers in various countries, and in accordance with international standards.



# Total Area and Production of Major Dry Fruits

Dry Fruit	Area (Hectares)	Change in area over last year	Production (Tonnes)	Change in production over last year
Apricot	15934	2.75%	124173	37.01%
Almond	8556	-3.67%	20906	9.73%
Walnut	1773	29.32%	15121	33.20%
Pistachio	176	4.14%	361	0.00%

## Major Fruits in Pakistan

### Almond

Almond is deciduous dry fruit and is grown in temperate and colder climates of the world. Almonds are found to be grown in temperate countries. Almond is high nutritional and rich source of calcium, vitamin E, manganese, phosphorous and iron. It also packs other minerals such as selenium, zinc, niacin and copper.

The main Almond growing districts in Pakistan are Loralai, Zhob, Killa Saifullah, Barkhan, Kalat, Ziarat, Khuzdar, Pishin, and Mastung. The major varieties are Gurbani badam, Kagazi almond, American softshell almond, Australian Kagazi badam, Abdul Wahidi badam, American almond Giri, Kalmi badam.



Raw almonds	
Nutrition Facts	
Portion Size	100 g
Amount Per Portion	<b>567</b>
<b>Calories</b>	
% Daily Value *	
<b>Total Fat</b> 50g	<b>64 %</b>
Saturated Fat 3.3g	<b>16 %</b>
<b>Total Carbohydrate</b> 23g	<b>8 %</b>
Dietary Fiber 13g	<b>46 %</b>
Sugar 3.3g	
<b>Protein</b> 20g	<b>40 %</b>
Calcium 200mg	<b>15 %</b>
Iron 3.6mg	<b>20 %</b>
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.	

# Walnuts

The shell of the fruit that encloses the kernel is hard and two-halved, just like the brain. In Pakistan, walnuts are grown mostly in the northern mountain areas, in a semi-wild crop. Very little scientific work has, so far, gone into the development of this important fruit.

The main walnuts growing districts in Pakistan Diamer, Nagar, Gilgat, Hunza, Ghizer, Skardu, Shigar, Astore, and Kharmang. A number of new varieties including Pecan and seeded walnut have introduced in Swat valley. Some nuts are round and smaller in size and some are bigger oval shaped. The nuts have a pungent smell and strong taste.

Raw walnuts by Meijer	
Nutrition Facts	
Portion Size	100 g
Amount Per Portion	
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 %
Calcium 118mg	9 %
Iron 3.2mg	18 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.	





# Apricot

Apricot belongs to several species in the genus Prunus (stone fruits). Apricots have a chilling requirement of 300 to 900 hours. A dry and temperate climate is ideal for fruit maturation. A limiting factor in apricot cultivation is late frosts, extending to the spring, which can kill the flowers.

The main Apricot growing districts in Pakistan are Loralai, Zhob, Killa Saifullah, Mastung, Pishin, Quetta, Kalat, Ziarat, Khuzdar, and Gilgit Baltistan.

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Apricot, dried	
Nutrition Facts	
Portion Size	100 g
Amount Per Portion	
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 0mcg	0 %
Calcium 55mg	4 %
Iron 2.7mg	15 %
Potassium 1162mg	25 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.	



Peach, dried	
Nutrition Facts	
Portion Size	100 g
Amount Per Portion	<b>239</b>
<b>Calories</b>	
% Daily Value *	
Total Fat 0.8g	1 %
Saturated Fat 0.1g	0 %
Sodium 7mg	0 %
<b>Total Carbohydrate 61g</b>	<b>22 %</b>
Dietary Fiber 8.2g	<b>29 %</b>
Sugar 42g	
<b>Protein 3.6g</b>	<b>7 %</b>
Vitamin D 0mcg	0 %
Calcium 28mg	2 %
Iron 4.1mg	23 %
Potassium 996mg	21 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.	

## Pakistan's Dry Fruits Exports

Product code	Product label	Pakistan's Exports (US\$ '000')				
		2017	2018	2019	2020	2021
80212	Fresh or dried almonds, shelled	739	1643	2167	1790	2611
80211	Fresh or dried almonds in shell	32	63	944	127	94
80232	Fresh or dried walnuts, shelled	22	9	84	20	86
80231	Fresh or dried walnuts, in shell	1	1	983	121	46
80251	Fresh or dried pistachios, in shell	0	11	2	55	10
80252	Fresh or dried pistachios, shelled	2	0	4	16	6
80620	Dried grapes	44	212	24	56	53
81340	Dried Peaches, Pears etc	279291	29180	13591	16940	75706
81350	Mixture of Fruits and Nuts	888	490	752	645	619
81310	Dried Apricots	980	1371	1538	777	852

Source: ITC, Trade Map, 2021.

Major Export Markets		
Germany	United Arab Emirates	Malaysia
Netherlands	Afghanistan	Uzbekistan
Maldives	Belgium	Kazakhstan
Indonesia	United Kingdom	South Africa
United States of America	Saudi Arabia	Mauritius

Source: ITC, Trade Map, 2021.



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