

RETAIL MARKET AT A GLANCE**Summary****Rice**

 Except for nadu grade II and samba grade I and II, prices of all local rice varieties have decreased slightly at the retail market. The highest price decrease was reported for raw white by Rs.7.00/kg. Further, keeri samba, nadu grade I and raw red have decreased by Rs.1.00/kg. Of the imported varieties, prices of both imported samba and raw white have decreased by Rs.6.00/kg. Except for long grain red paddy, producer prices of all paddy varieties have decreased slightly, by less than Rs.9.00/kg in major producing areas.

(Page No 01-02)

Other Field Crops



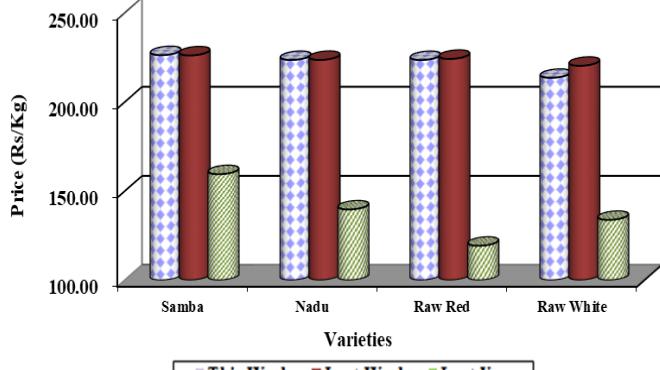
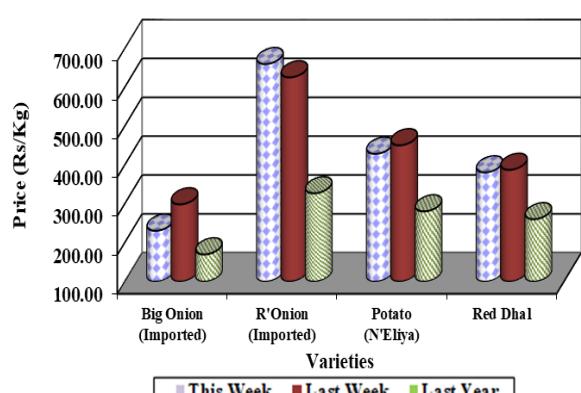
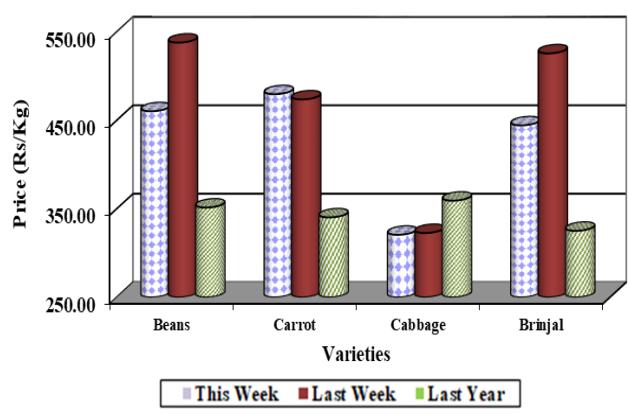
 Price of both local (vedalan) and imported red onions have increased by Rs.36.00/kg and Rs.34.00/kg respectively. However, price of imported big onion has decreased by a high margin of Rs.68.00/kg. Meantime, prices of all local and imported potato varieties; Nuwara Eliya, Welimada and imported, have decreased by Rs.22.00/kg, Rs.7.00/kg and Rs.9.00/kg respectively.

(Page No 02-04)

Vegetables

 Prices of most of the vegetable varieties have increased due to low supply from major producing areas, during the off season. Considering up country varieties, the highest price increase was reported for beetroot as Rs.69.00/kg. Of the low country varieties, the highest price increase was reported for drumsticks as Rs.107.00/kg.

(Page No 04-05)

Average Retail Prices of Rice**Average Retail Prices of Other Field Crops****Average Retail Prices of Vegetables**

Rice

Wholesale

Prices of all local rice varieties have decreased slightly, at the wholesale market. Both grade I and II nadu, keeri samba and raw white have decreased by nearly 2%. Average prices of above varieties were recorded as Rs.203.00/kg, Rs 196.00/kg, Rs.230.00/kg and Rs.191.00/kg respectively. Except for grade II samba, remaining local varieties were dropped by 1%.

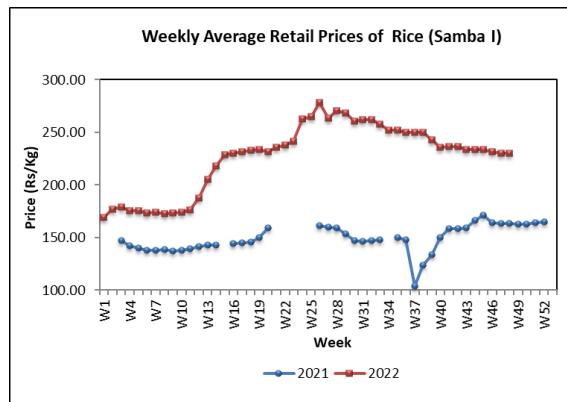
Of the imported varieties, except for imported nadu, prices of samba and raw (white) have dropped by nearly 1% due to high supplies. Average prices of above varieties were recorded as Rs.189.00/kg and Rs.159.00/kg.

Compared to the same period of last year, prices of all local rice varieties have increased in the range of 9%-84%, with the highest price increase reported for raw red. Meantime, prices of all imported varieties have increased in the range of 36%-46%.

Retail

Except for nadu grade II and samba grade I and II, prices of all local rice varieties have decreased slightly at the retail market. The highest price decrease was reported for raw

white by Rs.7.00/kg. Further, keeri samba, nadu grade I and raw red have decreased by Rs.1.00/kg. Meantime, price of nadu grade II has increased by Rs.1.00/kg. Prices of samba I and II remained same as last week.



Of the imported varieties, prices of imported samba and raw white have decreased by Rs.6.00/kg. However, price of imported nadu has increased by Rs.1.00/kg.

Compared to the same period of last year, prices of all local rice varieties have increased in the range of 10%-87%. Further, prices of all imported rice varieties have increased in the range of 32%-48%.

Paddy

The average farm gate prices of short grain, keeri samba and long grain (white) paddy varieties have further decreased in most of the major paddy producing areas. Accordingly, the average price of short grain paddy has decreased by Rs.4.00-7.00/kg and prices ranged Rs.90.00-105.00/kg. Further, price of keeri samba paddy has decreased in the range of

Rs.6.00-8.00/kg. Subsequently, a price decrease of Rs.1.00-6.00/kg was reported for long grain (white). However, the average farm gate price of long grain red paddy has increased by Rs.2.00/kg in Embilipitiya area. The reported price range for the above variety in the Southern province was Rs.114.00-120.00/kg.

Compared to the same period of last year, the average farm gate prices of short grain, long grain white and red paddy varieties have increased in the range of 13%-71% with the highest price increase reported for long grain red paddy. However, the average farm gate price of keeri samba paddy has decreased by 9%-16% in major producing areas.

Dried Chilies

Wholesale

Price of imported dried chilies has decreased slightly (by 1%) and the prices ranged Rs.1480.00-1580.00/kg.

Compared to the same period of last year, price of imported dried chilies has increased by 200%.

Retail

Price of imported dried chilies has increased by Rs.5.00/kg and the price ranged Rs.1680.00-1900.00/kg.

Compared to the same period of last year, price of imported dried chilies has increased by 200%.

Onion

Wholesale

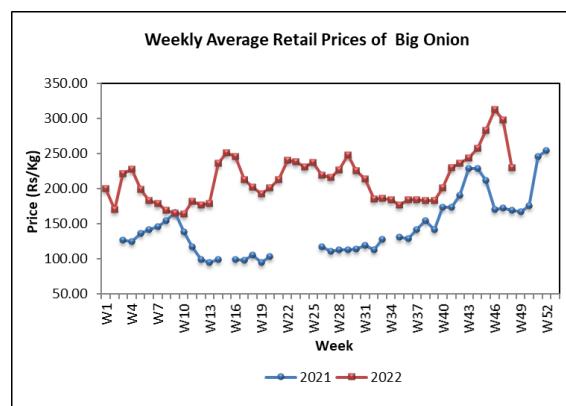
Prices of both imported red onions and local (vedalan) red onions have decreased by 5% and 2% respectively due to high supplies. Reported price ranges were Rs.480.00-530.00/kg and Rs.540.00-580.00/kg respectively.

Prices of imported big onions has decreased by a high margin of 27% during the week due to high supplies. The reported price range was Rs.150.00-170.00/kg.

Compared to the same period of last year, prices of both local (vedalan) and imported red onions have increased by 136% and 112% respectively. Further, the price of imported big onion increased by 22%.

Retail

Price of both local (vedalan) and imported red onions have increased by Rs.36.00/kg and Rs.34.00/kg respectively. Reported price ranges were Rs.700.00-760.00/kg and Rs.600.00-720.00/kg respectively.



However, price of imported big onion has decreased by a high margin of Rs.68.00/kg. The reported price range was Rs.180.00-260.00/kg.

Compared to the same period of last year, both local (vedalan) and imported red onions and imported big onion have increased by 111%, 102% and 36% respectively.

Potato

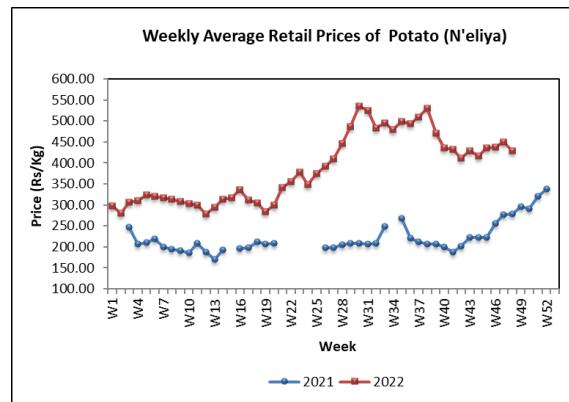
Wholesale

Price of Nuwara Eliya potato has increased by 7% due to low supply. Meantime, price of imported potato has decreased by 1% due to availability low quality stocks and the price ranged Rs.150.00-280.00/kg.

Compared to the same period of last year, prices of imported and local (Nuwara Eliya) potatoes have increased by 7% and 54% respectively.

Retail

Price of all local and imported potato varieties; Nuwara Eliya, Welimada and imported have decreased by Rs.22.00/kg, Rs.7.00/kg and Rs.9.00/kg respectively and the prices ranged Rs.400.00-460.00/kg, Rs.340.00-380.00/kg and Rs.200.00-280.00/kg respectively.



Compared to the same period of last year, both local (Welimada and Nuwara Eliya) and imported potatoes have increased by 59%, 53% and 22% respectively.

Pulses

Wholesale

Prices of white cowpea, red cowpea and green gram have increased by 21%, 7% and 4% respectively due to limited supply of local stocks. Prices of above varieties ranged Rs.1100.00-1150.00/kg, Rs.1100.00-1200.00/kg and Rs.960.00-1050.00/kg respectively. Meanwhile, price of red dhal has decreased by 1% during the week.

Compared to the same period of last year, prices of all pulses; white cowpea, red cowpea, green gram and dhall have increased by 129%, 306%, 156% and 47% respectively.

Retail

Except for red dhal, prices of other pulses have increased. Prices of green gram, white

cowpea and red cowpea have increased by Rs.29.00/kg, Rs.15.00/kg and Rs.32.00/kg respectively and the price ranged Rs.1100.00-1300.00/kg. Meantime, price of red dhal has decreased by Rs.7.00/kg.

Compared to the same period of last year, prices of all pulses have increased in the range of 46%- 217%.

Vegetable

Wholesale

Prices of most of the vegetable varieties have increased due to low market supplies during the off season.

Considering upcountry vegetables, the highest price increase was reported for beetroot by 23% due to insufficient stocks received from both up country and low country areas. Next, price of leeks has increased by 11% due to low supply from Nuwara Eliya. Further, price of knolkhol has increased by 10% due to low supply from all major producing areas. However, price of beans has decreased by 11% due to high supply from Balangoda and Welimada. Further, price of cabbage has decreased by 8%.

Meanwhile, price of tomato has decreased by 32% due to high supply from Kandy and Balangoda.

Considering low country vegetables, the highest price increase was reported for drumstick by 29% due to high quality stocks received from Jaffna. Further, prices of luffa, cucumber, bitter gourd and ash plantain have increased by 24%, 7%, 5% and 2% respectively due to low market supply from Embilipitiya, Sooriyawewa and Thabuththegama. In addition, price of long beans has increased by 13%. However, price of pumpkin has decreased by 20% due to high market supply from Monaragala. Further, prices of snake gourd and brinjals have decreased by 11% and 8% respectively.

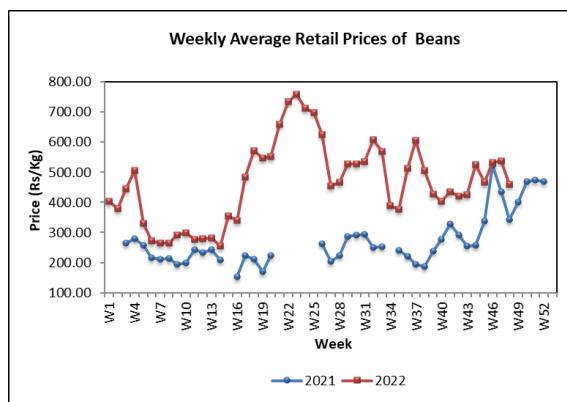
Meanwhile, price of green chilies has decreased by 7% due to high market supply from Nochchiyagama and Jaffna. Further, price of lime has decreased by 36% due to high stocks received from Monaragala.

Compared to the same period of last year, wholesale prices of most of the vegetable varieties have increased with the highest price increase of 240%, reported for ash plantain.

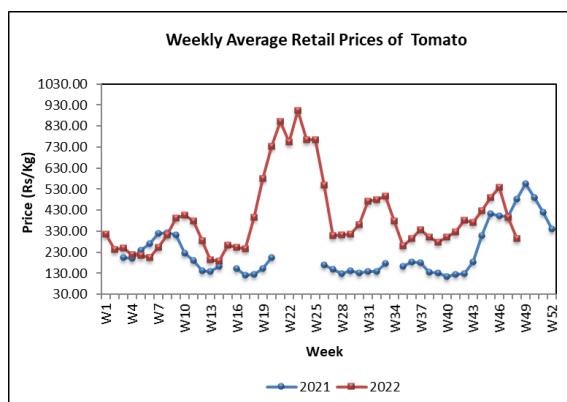
Retail

In line with the increased wholesale prices, most of the vegetable varieties have increased at the retail level.

Considering up-country varieties, the highest price increase was reported for beetroot as Rs.69.00/kg, followed by leeks as Rs.54.00/kg and knolkhol as Rs.27.00/kg. However, price of beans and radish has decreased by Rs.78.00/kg and Rs.21.00/kg respectively.



Next, prices of tomato and capsicum have decreased by Rs.102.00/kg and Rs.11.00/kg respectively.



Considering low-country varieties, the highest price increase was reported for drumstick as Rs.107.00/kg. Next, prices of long beans have increased by Rs.21.00/kg, However, price of brinjal has decreased by Rs.81.00/kg.

Further, prices of green chilies and lime have decreased by Rs.8.00/kg and Rs.20.00/kg respectively.

Compared to the same period of last year, prices of most of the varieties have increased and the highest was reported for ash plantain as 115%.

Coconut

Wholesales

Prices of both large and small nuts have increased by 1%. Their prices ranged between Rs.85.00-90.00/nut for a large nut and Rs.75.00-78.00/nut for a small nut.

Compared to the same period of last year wholesale prices of both large and a small nut have increased by 10% and 12% respectively.

Retail

Prices of both large and a small nut have increased by Rs.2.00/nut and Rs.1.00/nut respectively. Reported prices ranges were Rs.100.00-110.00/nut for a large nut and Rs.80.00-95.00/nut for a small nut.

Compared to the same period of last year, prices of both large and a small nut have increased by 10% and 12% respectively.

Fruits

Wholesale

Prices of most fruit varieties have increased due to limited supply. The highest price

increase of 20% was recorded for passion fruit due to limited supply accompanied with high demand. Prices of papaw and avocado have increased by 10%, and 8% respectively, due to unavailability of sufficient stocks. Further, prices of all sizes of pineapple have increased in the range of 8%-9% due to high demand and availability of high quality fruits. Further, prices of all banana varieties except ambul have increased in the range of 1%-7% due to limited supply. In addition, price of orange, imported grapes, king coconut, and wood apple have increased slightly, by less than 4%.

However, price of slime apple has decreased by 16% due to supply of unripe fruits. Further, prices of mango varieties have decreased in the range of 2%-5%.

Compared to the same period of last year, wholesale prices of all varieties of fruits have increased with the highest price increase of 223%, recorded for passion fruit.

Retail

Retail prices of most fruits have increased in line with the increased wholesale prices. The highest price increase of Rs.54.00/kg was reported for papaw. Prices of imported grapes and avocado have increased by Rs.25.00/kg and Rs.21.00/fruit respectively.

Further, prices of mango - karthakolomban and orange have increased by Rs.16.00/fruit and Rs.13.00/fruit respectively. Prices of all sizes of pineapple have increased in range of Rs.1.00-11.00/fruit due to availability of high quality stocks. The price of passion fruit has increased by Rs.7.00/fruit.

Prices of banana varieties; seeni and kolikuttu have increased by Rs.6.00/kg and Rs.5.00/kg respectively. In addition, prices of wood apple, slime apple and king coconut have increased in the range of Rs.3.00-4.00/fruit.

Meanwhile, the price of banana- ambul has decreased by Rs.11.00/kg due to a slight increase in the supply.

Compared to the same period of last year, prices of all fruits have increased with the highest price increase of 159%, reported for passion fruit.

Fresh Fish

Wholesale

Wholesale prices of all fresh fish types except, hurulla have decreased due to increase in supplies coupled with low demand. The highest price decrease of 20% was noted for thora due to high supply from the Northern coastal belt and the price ranged between Rs.1000.00-2100.00/kg. Next, a price decrease of 19% was noted for mora due to high supply from Kalmunai and Walachchenai and the price ranged

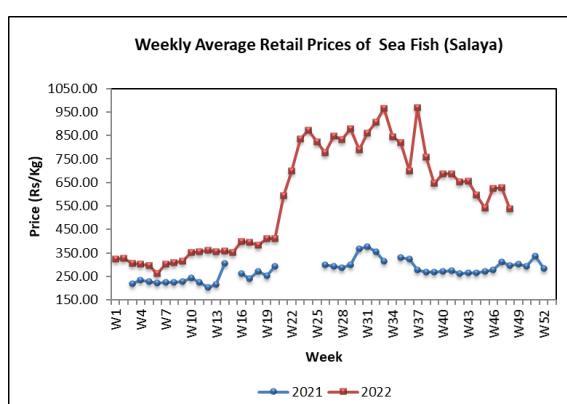
between Rs.650.00-750.00/kg. Next, prices of salaya decreased by 15% due to high supply from Trincomalee and Mannar. Likewise, a price decrease of 11% and 12% was noted for balaya and kelawalla respectively.

However, a price increase of 4% was noted for hurulla due to low supply from Kalpitiya and Mullaitivu.

Compared to the same period of last year, wholesale prices of all fresh fish types have increased in the range of 4%-121% with the highest price increase noted for salaya.

Retail

Retail prices of all types of fresh fish have decreased in line with the decreased wholesale prices. The highest price decrease of Rs.96.00/kg was reported for kelawalla followed by Rs.90.00/kg for salaya and Rs.72.00/kg for mora. The remaining fish varieties have decreased in the range of Rs.5.00-50.00/kg.



Compared to the same period of last year, prices of all types of fresh fish have increased in the range of 30%-79% with the highest price increase reported for salaya.

Dried Fish

Wholesale

Due to low domestic supply of dried fish, prices of most of the local dried fish types have increased. The highest price increase of 18% was noted for local sprats due to low supply from Trincomalee and Mannar, and the prices ranged between Rs.1150.00-1300.00/kg. Likewise, a price increase of 5% was noted for local balaya and local salaya due to low supply from Negombo, Mannar and Chilaw and their prices ranged between Rs.750.00-900.00/kg and Rs.780.00-920.00/kg respectively. In addition, prices of imported sprats, imported anguluwa and imported kattawa have increased by 1%.

However, a price decrease of 9% was noted for local mora due to high supply from Negombo and Jaffna.

Compared to the same period of last year, wholesale prices of all the dried fish types have increased in the range of 15%-139% with the highest price increase reported for local salaya.

Retail

In line with the increased wholesale prices, retail prices of all types of dried fish, except mora have increased. The highest price increase was reported for maduwa by Rs.133.00/kg while the remaining fish varieties have increased in the range of Rs.9.00-28.00/kg. However, price of mora has decreased by Rs.57.00/kg.

Compared to the same period of last year, prices of all types of dried fish have increased in the range of 60%-124%.

Eggs

Wholesale

Brown eggs were not available at the market during the week while the price of a white egg has remained same, compared to last week. Price of a white egg was ranged between Rs.49.00-50.00.

Compared to the same period of last year, price of a white egg has increased by 126%.

Retail

Price of a brown egg has further decreased by Rs.1.00/egg due to unchanged maximum retail price for eggs. Meanwhile, price of a white egg has remained same, compared to last week. Average price of

both a brown and a white egg was Rs.50.00.

Compared to the same period of last year, prices of a brown and a white egg have increased by 108% and 126% respectively.

Meat

Retail

Prices of most types of meat have decreased due to low demand. Price of mutton has decreased by Rs.46.00/kg due to low demand. Prices of both skin-less curry chicken and broiler chicken have decreased by Rs.23.00/kg and Rs.3.00/kg respectively.

However, price of beef has increased by Rs.25.00/kg due to limited supply.

Compared to the same period of last year, prices of all types of meat have increased in the range of 48%-116% with the highest price increase reported for skin-less curry chicken.

EXPLANATORY NOTE

The Food Commodities Bulletin is a weekly publication containing information relating to wholesale and retail prices of selected food commodities in nine selected markets in and around Colombo and main markets in the major producing areas.

The information is analyzed and presented as prevailing prices, price ranges, averages, and a comparison of weekly prices. The changes in prices reported are always with price prevailed during the previous week unless otherwise stated.

The frequency of collection of wholesale price information is twice a week (i.e. Tuesday and Friday) while with retail prices, it is thrice a week (i.e. Friday, Monday, and Tuesday).

Table 01: Selected Markets: Wholesale Price of Rice (Rs/50Kg Bag)

Week 48: 25 November - 01 December 2022

Table 02: Selected Markets: Retail Price of Rice (Rs/Kg)

Week 48: 25 November - 01 December 2022

Table 04: Selected Markets:Wholesale Price of Subsidiary Food (Rs/50Kg)

Week 48: 25 November - 01 December 2022

LOCATION	Dried Chillies	Red Onion				Big Onion	Potato				Pulses						
	Imported	Imported		Local			Imported	Welimada		Nuwara Eliya	Green Gram	Cowpea	Red Dhal				
	Imported	Imported	Local	Imported	Local		Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal					
Colombo	74000 - 79000	24000 - 26500	27000 - 29000	7500 - 8500	7500 - 14000	-	18000 - 20500	48000 - 52500	55000 - 57500	17500 - 17750							
Kurunegala	75500 - 82000	26250 - 29500	-	7750 - 8750	7500 - 8750	-	-	51000 - 55000	-	17600 - 18000							
Nikaweratiya	76750 - 78000	27000 - 27000	-	8500 - 8750	7750 - 8500	-	-	48000 - 51000	-	17650 - 18000							
Dehiattakandiya	74000 - 84000	-	31250 - 31250	10500 - 12500	9000 - 10000	-	-	-	-	17500 - 18250							
Dambulla (DEC)	77000 - 80000	23000 - 26500	-	7500 - 8000	8000 - 8250	16500 - 17000	-	49000 - 50000	48500 - 50000	17650 - 18000							
Anuradhapura	84000 - 87500	-	30000 - 32500	8750 - 10000	9000 - 10000	-	20000 - 21000	55000 - 58500	-	18000 - 19000							
Thambuththegama	78500 - 83000	27500 - 27500	29000 - 30000	8000 - 8500	7750 - 9500	-	19500 - 20500	47500 - 47500	-	17750 - 18250							
Polonnaruwa	85000 - 85500	-	31000 - 31250	9500 - 9550	9250 - 9500	-	21000 - 21250	47250 - 47500	46250 - 46300	18250 - 18500							
Kaluthara	79000 - 80000	26750 - 27250	-	8750 - 9250	9000 - 9500	-	18500 - 19000	52500 - 54000	-	18000 - 18250							
Puttalam	76000 - 79500	-	26000 - 30000	8500 - 9000	8750 - 9500	-	19500 - 21000	54000 - 56000	49500 - 51000	17750 - 18500							
Kandy	79000 - 81000	26500 - 27000	28500 - 29000	8000 - 8250	8250 - 10000	-	19000 - 19500	50000 - 52500	-	18000 - 18250							
Matara	83000 - 86000	27500 - 28500	32000 - 34000	8250 - 8750	8750 - 9000	-	19000 - 20500	55000 - 56000	-	18500 - 19000							
Hambantota	81000 - 85000	28000 - 29000	-	8250 - 8750	8750 - 9250	-	19000 - 19500	47500 - 48500	-	18000 - 19000							
Kegalle	84000 - 85000	28500 - 29000	-	9250 - 9400	8000 - 8100	-	18000 - 18000	57000 - 58000	-	18500 - 19000							
Galle	82500 - 84000	27500 - 30000	-	8000 - 8750	8500 - 9750	-	20000 - 21500	55000 - 57500	-	18000 - 18250							
Tissamaharama	82500 - 87500	29000 - 30000	-	9000 - 9750	8750 - 9500	-	-	-	-	18250 - 18750							
Meegoda (DEC)	77500 - 80000	26500 - 27500	-	7750 - 8250	7500 - 10000	-	22500 - 22500	50000 - 55000	50000 - 55000	17500 - 18000							
Jaffna	80000 - 85000	-	27500 - 34000	8000 - 9500	8500 - 9500	-	-	50000 - 57500	-	17500 - 18000							
Vavuniya	85000 - 85750	-	-	8750 - 8750	8000 - 8000	-	24000 - 24000	54750 - 55000	-	17500 - 18000							
Mannar	77500 - 80000	-	32500 - 34000	9000 - 9250	8750 - 9000	-	-	52500 - 55000	-	18500 - 18750							
Killinochchi	80000 - 82500	-	-	10000 - 11000	10000 - 11000	-	-	53000 - 55000	-	18000 - 18500							
Mullattivu	80000 - 81500	-	-	10000 - 10500	9500 - 10000	-	-	55000 - 56500	-	18000 - 18500							
Batticaloa	80000 - 81500	-	37000 - 37500	12500 - 13000	11200 - 11250	-	22000 - 22500	56000 - 56750	-	18000 - 18250							
Trincomalee	82000 - 82500	-	29000 - 29000	11000 - 12000	8900 - 9400	-	-	58750 - 60000	43500 - 44250	17750 - 18750							
Galenbindunuwewa	77500 - 81000	27000 - 29500	-	9000 - 10000	8500 - 9250	-	-	50000 - 55000	-	18000 - 18750							
Matale	-	-	-	-	-	-	-	-	-	-							

Table 06: Selected Markets: Wholesale Price of Vegetables(Rs/Kg)

Week 48: 25 November - 01 December 2022

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	280.00 - 400.00	350.00 - 380.00	300.00 - 380.00	250.00 - 370.00	220.00 - 240.00
Meegoda (DEC)	-	240.00 - 270.00	340.00 - 400.00	360.00 - 420.00	340.00 - 380.00	280.00 - 300.00
Dambulla (DEC)	-	230.00 - 260.00	330.00 - 360.00	370.00 - 400.00	300.00 - 330.00	250.00 - 270.00
Keppetipola (DEC)	-	160.00 - 200.00	280.00 - 300.00	320.00 - 340.00	280.00 - 300.00	240.00 - 260.00
Norochchhole (DEC)	-	-	-	-	300.00 - 340.00	-
Nuwara Eliya	-	180.00 - 200.00	330.00 - 340.00	335.00 - 345.00	300.00 - 320.00	240.00 - 250.00
Kandy	-	250.00 - 260.00	340.00 - 360.00	360.00 - 370.00	340.00 - 350.00	230.00 - 240.00
Hambantota	-	300.00 - 350.00	400.00 - 450.00	390.00 - 400.00	300.00 - 400.00	250.00 - 300.00
Thambuththegama (DEC)	-	270.00 - 310.00	390.00 - 420.00	380.00 - 420.00	340.00 - 360.00	230.00 - 260.00
Jaffna		240.00 - 280.00	380.00 - 420.00	380.00 - 410.00	300.00 - 350.00	-
Bandarawela		180.00 - 220.00	320.00 - 340.00	280.00 - 320.00	230.00 - 250.00	200.00 - 220.00
Veyangoda	-	250.00 - 280.00	350.00 - 400.00	360.00 - 380.00	330.00 - 370.00	220.00 - 280.00

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	130.00 - 160.00	120.00 - 150.00	160.00 - 220.00	130.00 - 180.00	340.00 - 380.00	750.00 - 800.00
Meegoda (DEC)	130.00 - 160.00	190.00 - 260.00	160.00 - 180.00	150.00 - 160.00	300.00 - 360.00	750.00 - 830.00
Moneragala	150.00 - 180.00	200.00 - 250.00	200.00 - 220.00	180.00 - 200.00	280.00 - 350.00	700.00 - 800.00
Dambulla (DEC)	100.00 - 110.00	180.00 - 200.00	140.00 - 160.00	55.00 - 65.00	300.00 - 350.00	680.00 - 750.00
Keppetipola (DEC)	80.00 - 100.00	160.00 - 180.00	100.00 - 120.00	100.00 - 120.00	250.00 - 260.00	720.00 - 750.00
Norochchhole (DEC)	80.00 - 130.00	160.00 - 200.00	-	100.00 - 150.00	300.00 - 350.00	550.00 - 700.00
Nuwara Eliya	120.00 - 130.00	200.00 - 220.00	120.00 - 130.00	120.00 - 130.00	260.00 - 270.00	730.00 - 750.00
Kandy	70.00 - 90.00	130.00 - 180.00	130.00 - 150.00	110.00 - 130.00	250.00 - 300.00	680.00 - 720.00
Hambantota	150.00 - 200.00	200.00 - 280.00	120.00 - 160.00	180.00 - 200.00	280.00 - 320.00	600.00 - 700.00
Thambuththegama (DEC)	110.00 - 140.00	190.00 - 220.00	150.00 - 180.00	90.00 - 120.00	220.00 - 270.00	620.00 - 700.00
Tissamaharama	120.00 - 140.00	300.00 - 320.00	200.00 - 230.00	140.00 - 150.00	300.00 - 330.00	620.00 - 760.00
Jaffna	130.00 - 150.00	200.00 - 250.00	240.00 - 280.00	90.00 - 110.00	180.00 - 220.00	620.00 - 700.00
Bandarawela	80.00 - 100.00	150.00 - 160.00	100.00 - 120.00	-	250.00 - 280.00	680.00 - 720.00
Veyangoda	120.00 - 150.00	200.00 - 220.00	150.00 - 180.00	100.00 - 140.00	250.00 - 300.00	750.00 - 820.00

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	80.00 - 100.00	50.00 - 70.00	380.00 - 400.00	220.00 - 300.00	200.00 - 400.00	220.00 - 260.00
Meegoda (DEC)	85.00 - 100.00	60.00 - 70.00	400.00 - 440.00	280.00 - 300.00	-	260.00 - 280.00
Moneragala	120.00 - 150.00	120.00 - 160.00	400.00 - 450.00	320.00 - 350.00	250.00 - 270.00	250.00 - 300.00
Dambulla (DEC)	60.00 - 85.00	50.00 - 60.00	350.00 - 380.00	240.00 - 260.00	-	200.00 - 230.00
Keppetipola (DEC)	70.00 - 90.00	70.00 - 80.00	330.00 - 350.00	240.00 - 250.00	-	230.00 - 240.00
Norochchhole (DEC)	100.00 - 150.00	30.00 - 45.00	300.00 - 350.00	200.00 - 250.00	270.00 - 300.00	200.00 - 240.00
Nuwara Eliya	80.00 - 90.00	75.00 - 85.00	350.00 - 360.00	260.00 - 270.00	220.00 - 240.00	220.00 - 240.00
Kandy	80.00 - 100.00	60.00 - 70.00	350.00 - 370.00	250.00 - 270.00	-	230.00 - 250.00
Hambantota	100.00 - 150.00	60.00 - 90.00	350.00 - 450.00	230.00 - 350.00	110.00 - 120.00	200.00 - 280.00
Thambuththegama (DEC)	65.00 - 100.00	35.00 - 50.00	300.00 - 350.00	240.00 - 260.00	-	190.00 - 220.00
Tissamaharama	70.00 - 90.00	70.00 - 80.00	350.00 - 380.00	260.00 - 280.00	160.00 - 170.00	270.00 - 300.00
Jaffna	85.00 - 100.00	80.00 - 100.00	420.00 - 450.00	200.00 - 230.00	-	-
Bandarawela	80.00 - 90.00	70.00 - 80.00	-	-	-	-
Veyangoda	85.00 - 100.00	60.00 - 80.00	400.00 - 450.00	280.00 - 300.00	180.00 - 250.00	260.00 - 300.00

Table 06 (Contd.)

	Long Beans	Ash Plantain	Green Chillies	Lime	Sweet Potatoe	Manioc
Colombo	240.00 - 300.00	180.00 - 200.00	130.00 - 160.00	150.00 - 180.00	120.00 - 140.00	120.00 - 130.00
Meegoda (DEC)	260.00 - 270.00	200.00 - 220.00	170.00 - 190.00	170.00 - 180.00	130.00 - 150.00	170.00 - 170.00
Moneragala	300.00 - 360.00	100.00 - 120.00	150.00 - 200.00	150.00 - 180.00	160.00 - 180.00	-
Dambulla (DEC)	220.00 - 260.00	170.00 - 200.00	110.00 - 140.00	120.00 - 140.00	110.00 - 130.00	100.00 - 120.00
Keppetipola (DEC)	240.00 - 250.00	190.00 - 200.00	170.00 - 190.00	140.00 - 150.00	130.00 - 150.00	100.00 - 120.00
Norochchhole (DEC)	190.00 - 260.00	120.00 - 150.00	110.00 - 150.00	-	120.00 - 150.00	100.00 - 140.00
Nuwara Eliya	250.00 - 260.00	180.00 - 190.00	180.00 - 200.00	140.00 - 160.00	130.00 - 150.00	110.00 - 120.00
Kandy	250.00 - 270.00	160.00 - 190.00	120.00 - 150.00	140.00 - 150.00	130.00 - 150.00	100.00 - 110.00
Hambantota	200.00 - 250.00	110.00 - 150.00	100.00 - 150.00	220.00 - 320.00	150.00 - 170.00	80.00 - 130.00
Thambuththegama (DEC)	250.00 - 280.00	140.00 - 180.00	80.00 - 120.00	100.00 - 120.00	120.00 - 140.00	100.00 - 130.00
Tissamaharama	250.00 - 270.00	140.00 - 150.00	150.00 - 170.00	150.00 - 180.00	140.00 - 150.00	110.00 - 120.00
Jaffna	160.00 - 200.00	120.00 - 150.00	120.00 - 160.00	250.00 - 300.00	130.00 - 170.00	120.00 - 160.00
Bandarawela	-	-	150.00 - 180.00	-	120.00 - 130.00	100.00 - 110.00
Veyangoda	230.00 - 250.00	180.00 - 200.00	150.00 - 180.00	140.00 - 170.00	120.00 - 140.00	120.00 - 160.00

Locations	Leafy Vegetables (Rs/Bundle)			Coconut (Rs/Nut)	
	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	55.00 - 60.00	55.00 - 60.00	220.00 - 240.00	85.00 - 90.00	76.00 - 78.00
Meegoda (DEC)	70.00 - 70.00	70.00 - 70.00	-	95.00 - 95.00	80.00 - 85.00
Norochchhole (DEC)	50.00 - 60.00	50.00 - 60.00	120.00 - 140.00	90.00 - 95.00	70.00 - 85.00
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	30.00 - 35.00	30.00 - 35.00	25.00 - 30.00	75.00 - 80.00	65.00 - 68.00
Kandy	45.00 - 50.00	50.00 - 55.00	210.00 - 220.00	85.00 - 90.00	68.00 - 70.00
Hambantota	40.00 - 50.00	40.00 - 50.00	60.00 - 60.00	-	-
Thambuththegama (DEC)	30.00 - 30.00	30.00 - 30.00	-	75.00 - 80.00	68.00 - 70.00
Tissamaharama	40.00 - 45.00	40.00 - 45.00	45.00 - 50.00	80.00 - 85.00	60.00 - 65.00
Jaffna	55.00 - 60.00	30.00 - 35.00	100.00 - 120.00	70.00 - 90.00	55.00 - 60.00
Tissamaharama	40.00 - 45.00	40.00 - 45.00	45.00 - 50.00	80.00 - 85.00	60.00 - 65.00
Bandarawela	-	-	-	-	-
Veyangoda	40.00 - 50.00	40.00 - 50.00	54.00 - 60.00	85.00 - 100.00	-

Colombo, Meegoda, Norochchhole, Jaffna and Kandy - Gotukola Price Rs/Kg

Table 07: Selected Markets: Retail Price of Vegetables (Rs/Kg)

Week 48: 25 November - 01 December 2022

Table 08: Selected Markets: Retail Price of Fruits (Rs/each & Rs/Kg)

Week 48: 25 November - 01 December 2022

Table 08 (Contd.)

LOCATIONS	Mango		Other Fruits									
	Vilad	Kohu	Papaw (Rs/Kg)	Passion	Wood Apple	Orange	Avocado	Slime Apple	Grapes (Rs/Kg)	King Coconut		
Colombo	70.00 - 100.00	-	220.00 - 500.00	42.00 - 71.00	30.00 - 80.00	120.00 - 180.00	100.00 - 220.00	80.00 - 150.00	1800.00 - 2500.00	110.00 - 150.00		
Gampaha	-	-	400.00 - 450.00	-	50.00 - 60.00	120.00 - 120.00	100.00 - 150.00	60.00 - 100.00	2300.00 - 2300.00	150.00 - 150.00		
Kurunegala	60.00 - 80.00	40.00 - 40.00	250.00 - 300.00	40.00 - 50.00	50.00 - 60.00	80.00 - 100.00	100.00 - 140.00	100.00 - 100.00	2500.00 - 2500.00	100.00 - 100.00		
Nikaweratiya	-	-	180.00 - 200.00	-	30.00 - 40.00	70.00 - 90.00	100.00 - 130.00	50.00 - 60.00	2400.00 - 2500.00	-		
Dambulla	50.00 - 60.00	20.00 - 30.00	200.00 - 240.00	25.00 - 30.00	35.00 - 45.00	60.00 - 80.00	140.00 - 150.00	60.00 - 80.00	2500.00 - 2600.00	90.00 - 100.00		
Anuradhapura	-	-	200.00 - 300.00	-	35.00 - 50.00	90.00 - 120.00	110.00 - 150.00	80.00 - 120.00	2000.00 - 2500.00	100.00 - 120.00		
Thambuththegama	-	-	220.00 - 260.00	-	-	-	-	-	2200.00 - 2800.00	70.00 - 80.00		
Polonnaruwa	40.00 - 60.00	-	200.00 - 240.00	50.00 - 50.00	30.00 - 50.00	60.00 - 80.00	-	-	2800.00 - 3000.00	100.00 - 120.00		
Kaluthara	-	-	320.00 - 340.00	44.00 - 46.00	40.00 - 50.00	120.00 - 140.00	120.00 - 140.00	120.00 - 140.00	2000.00 - 2200.00	100.00 - 120.00		
Badulla	70.00 - 80.00	-	240.00 - 260.00	40.00 - 50.00	35.00 - 40.00	80.00 - 100.00	-	40.00 - 50.00	2500.00 - 2600.00	90.00 - 120.00		
Keppetipola	70.00 - 90.00	-	180.00 - 220.00	32.00 - 36.00	20.00 - 25.00	85.00 - 100.00	100.00 - 130.00	60.00 - 70.00	2300.00 - 2500.00	80.00 - 100.00		
Moneragala	60.00 - 80.00	-	200.00 - 220.00	-	18.00 - 22.00	70.00 - 80.00	100.00 - 120.00	50.00 - 55.00	-	80.00 - 100.00		
Kegalle	-	-	250.00 - 270.00	20.00 - 30.00	40.00 - 60.00	80.00 - 100.00	-	50.00 - 60.00	2000.00 - 2100.00	80.00 - 100.00		
Ampara	-	-	-	-	-	-	-	-	-	-		
Dehiwakkandiya	-	-	200.00 - 250.00	-	40.00 - 60.00	80.00 - 100.00	-	-	2000.00 - 3000.00	100.00 - 120.00		
Nuwaraeliya	70.00 - 90.00	-	200.00 - 220.00	28.00 - 34.00	22.00 - 28.00	90.00 - 100.00	100.00 - 120.00	65.00 - 70.00	2550.00 - 2700.00	80.00 - 100.00		
Kandy	60.00 - 80.00	-	250.00 - 300.00	38.00 - 40.00	35.00 - 50.00	70.00 - 80.00	90.00 - 120.00	60.00 - 80.00	2000.00 - 2200.00	100.00 - 120.00		
Puttalam	-	-	250.00 - 300.00	35.00 - 40.00	-	-	-	-	-	80.00 - 90.00		
Hambantota	-	-	220.00 - 280.00	-	25.00 - 30.00	100.00 - 120.00	-	-	-	80.00 - 100.00		
Rathnapura	50.00 - 60.00	-	280.00 - 300.00	-	50.00 - 60.00	80.00 - 100.00	-	50.00 - 70.00	2000.00 - 2200.00	100.00 - 120.00		
Matara	-	-	260.00 - 280.00	-	25.00 - 28.00	100.00 - 140.00	-	30.00 - 40.00	2000.00 - 2200.00	90.00 - 100.00		
Galle	-	-	300.00 - 360.00	58.00 - 67.00	40.00 - 40.00	160.00 - 180.00	150.00 - 160.00	70.00 - 80.00	2500.00 - 2500.00	100.00 - 120.00		
Tissamaharama	-	-	230.00 - 260.00	-	12.00 - 15.00	90.00 - 100.00	-	-	-	80.00 - 100.00		
Meegoda (DEC)	-	-	250.00 - 260.00	-	40.00 - 45.00	-	-	50.00 - 50.00	2500.00 - 2500.00	100.00 - 100.00		
Embilipitiya	25.00 - 40.00	15.00 - 25.00	250.00 - 280.00	25.00 - 30.00	30.00 - 50.00	90.00 - 110.00	100.00 - 120.00	20.00 - 30.00	2000.00 - 2300.00	90.00 - 120.00		
Jaffna	90.00 - 120.00	-	70.00 - 80.00	-	20.00 - 35.00	60.00 - 80.00	-	-	3200.00 - 3500.00	120.00 - 150.00		
Vavuniya	-	-	300.00 - 380.00	60.00 - 65.00	24.00 - 25.00	120.00 - 140.00	100.00 - 120.00	-	2000.00 - 2000.00	100.00 - 100.00		
Mannar	50.00 - 60.00	-	160.00 - 200.00	-	18.00 - 20.00	-	-	-	2200.00 - 2400.00	120.00 - 150.00		
Killinochchi	-	-	180.00 - 200.00	-	25.00 - 30.00	-	-	-	-	100.00 - 120.00		
Mullaitivu	-	-	160.00 - 180.00	-	25.00 - 30.00	-	-	-	-	100.00 - 120.00		
Batticaloa	-	-	200.00 - 220.00	52.00 - 52.00	28.00 - 30.00	-	150.00 - 155.00	-	2200.00 - 2400.00	120.00 - 130.00		
Trincomalee	-	-	175.00 - 190.00	42.00 - 44.00	22.00 - 25.00	-	-	-	2450.00 - 2600.00	120.00 - 140.00		
Veyangoda	-	-	350.00 - 400.00	50.00 - 50.00	45.00 - 50.00	100.00 - 120.00	120.00 - 150.00	60.00 - 80.00	2000.00 - 3000.00	100.00 - 120.00		
Galenbindunuwewa	-	-	150.00 - 160.00	-	-	-	-	-	2000.00 - 2600.00	-		
Bandarawela	50.00 - 60.00	30.00 - 40.00	240.00 - 260.00	50.00 - 60.00	40.00 - 50.00	100.00 - 120.00	-	60.00 - 80.00	2500.00 - 2600.00	120.00 - 140.00		
Matale	-	-	-	-	-	-	-	-	-	-		

Table 09: Selected Markets: Wholesale Price of Fresh Fish & Eggs (Rs/Kg & Rs/Egg)

Week 48: 25 November - 01 December 2022

Locations	Sea Fish									
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw				
Colombo	300.00 – 450.00	600.00 – 800.00	480.00 – 720.00	1000.00 – 1300.00	1000.00 – 2100.00	1000.00 – 1250.00				
Kandy	400.00 – 450.00	650.00 – 680.00	700.00 – 800.00	1200.00 – 1350.00	1850.00 – 2100.00	1000.00 – 1200.00				
Kaluthara	440.00 – 460.00	620.00 – 650.00	650.00 – 700.00	1400.00 – 1500.00	–	1000.00 – 1100.00				
Puttalam	380.00 – 440.00	580.00 – 650.00	460.00 – 550.00	1700.00 – 1800.00	–	900.00 – 1100.00				
Matara	270.00 – 320.00	530.00 – 550.00	750.00 – 850.00	1200.00 – 1300.00	1450.00 – 1500.00	–				
Hambantota	220.00 – 260.00	600.00 – 650.00	600.00 – 650.00	1000.00 – 1200.00	1400.00 – 1400.00	800.00 – 1000.00				
Galle	–	–	600.00 – 650.00	800.00 – 900.00	1100.00 – 1150.00	900.00 – 1000.00				
Batticaloa	300.00 – 400.00	–	1000.00 – 1000.00	2000.00 – 2000.00	1800.00 – 1800.00	1600.00 – 1700.00				
Trincomalee	350.00 – 400.00	500.00 – 600.00	600.00 – 700.00	1150.00 – 1200.00	1700.00 – 1750.00	1100.00 – 1150.00				
Mannar	200.00 – 250.00	300.00 – 350.00	–	–	–	850.00 – 900.00				

Locations	Sea Fish				Eggs		
	Mora	Shrimps	Thalapath	Teppeli	Brown	White	
Colombo	650.00 – 750.00	1350.00 – 1500.00	1350.00 – 2150.00	–	–	49.00 – 50.00	
Kandy	900.00 – 950.00	1500.00 – 1600.00	1900.00 – 2000.00	–	–	49.00 – 49.00	
Kaluthara	–	–	1600.00 – 1700.00	–	–	–	–
Puttalam	1380.00 – 1450.00	1100.00 – 1200.00	1780.00 – 1870.00	–	49.00 – 49.00	49.00 – 49.00	
Matara	–	1600.00 – 1700.00	–	–	–	–	–
Hambantota	–	2000.00 – 2000.00	–	–	–	–	–
Galle	–	–	1600.00 – 1800.00	–	–	49.00 – 49.00	
Batticaloa	–	1700.00 – 1700.00	1800.00 – 1900.00	–	–	–	–
Trincomalee	1200.00 – 1250.00	650.00 – 750.00	1400.00 – 1500.00	–	–	–	–
Mannar	–	950.00 – 1000.00	–	–	–	–	–

Table 10: Selected Markets: Wholesale Price of Dried Fish (Rs/50Kg)

Week 48: 25 November - 01 December 2022

Locations	Local Dried Fish					
	Sprats	Kattawa	Thora	Mora	Balaya	Anguluwa
Colombo	57500 – 65000	–	–	72500 – 95000	37500 – 45000	–
Kandy	55000 – 60000	–	–	100000 – 102500	40000 – 45000	–
Batticaloa	65000 – 67500	105000 – 110000	–	115000 – 117500	–	60000 – 62500
Trincomalee	57750 – 58500	75000 – 75000	–	72500 – 72500	48500 – 49250	57500 – 58000
Mannar	66000 – 67500	90000 – 92500	–	–	47500 – 50000	35000 – 37500

Locations	Local Dried Fish			Imported Dried Fish		
	Maduwa	Koduwa	Salaya	Sprats	Kattawa	Thora
Colombo	57500 – 62500	–	39000 – 46000	42500 – 55000	82500 – 90000	–
Kandy	–	–	–	50000 – 52500	85000 – 87500	–
Batticaloa	50000 – 51500	–	35000 – 36500	70000 – 70000	–	–
Trincomalee	62500 – 63000	–	42000 – 42500	60000 – 70000	–	–
Mannar	57500 – 60000	52500 – 55000	34000 – 35000	47500 – 50000	–	–

Locations	Imported Dried Fish					
	Mora	Balaya	Anguluwa	Maduwa	Koduwa	Salaya
Colombo	–	–	80000 – 90000	–	–	–
Kandy	–	–	–	–	–	–
Batticaloa	–	–	–	–	–	–
Trincomalee	–	–	–	–	–	–
Mannar	–	–	–	–	–	–

Table 12: Selected Markets: Retail Price of Dried Fish (Rs/Kg)

Week 48: 25 November - 01 December 2022

LOCATIONS	Dried Fish											
	Sprats-Imported	Kattawa	Thora	Mora	Balaya	Anguluwa	Salaya					
23	Colombo	1300.00 – 1800.00	2500.00 – 2800.00	–	2200.00 – 2800.00	1200.00 – 1800.00	2200.00 – 2800.00	1000.00 – 1300.00				
	Gampaha	1200.00 – 1600.00	2400.00 – 2400.00	3200.00 – 3200.00	2400.00 – 2400.00	1200.00 – 1200.00	2200.00 – 2200.00	1200.00 – 1400.00				
	Kurunegala	1400.00 – 1400.00	2400.00 – 2500.00	2500.00 – 2500.00	2400.00 – 2500.00	1400.00 – 1600.00	2000.00 – 2000.00	1000.00 – 1200.00				
	Nikaweratiya	1400.00 – 1600.00	2400.00 – 2400.00	2600.00 – 2600.00	2000.00 – 2200.00	1000.00 – 1200.00	2200.00 – 2200.00	2200.00 – 2200.00	–			
	Dambulla	1400.00 – 1500.00	2500.00 – 2600.00	–	2500.00 – 2600.00	1200.00 – 1300.00	2300.00 – 2500.00	2500.00 – 2500.00	–			
	Anuradhapura	1200.00 – 1600.00	2400.00 – 2600.00	–	2200.00 – 2400.00	1200.00 – 1600.00	2000.00 – 2400.00	1000.00 – 1000.00	1000.00 – 1000.00			
	Thambuththegama	1160.00 – 1200.00	2400.00 – 2400.00	–	–	1300.00 – 1300.00	2400.00 – 2400.00	2400.00 – 2400.00	–			
	Polonnaruwa	1400.00 – 1700.00	2500.00 – 2600.00	–	2700.00 – 2800.00	1400.00 – 1500.00	–	1200.00 – 1300.00				
	Kaluthara	1500.00 – 1700.00	2400.00 – 2600.00	–	2400.00 – 2600.00	1500.00 – 1700.00	2400.00 – 2600.00	1200.00 – 1400.00				
	Badulla	1300.00 – 1400.00	2400.00 – 2500.00	–	2400.00 – 2500.00	1500.00 – 1600.00	–	1200.00 – 1300.00				
	Keppetipola	1300.00 – 1500.00	2500.00 – 2600.00	–	2400.00 – 2500.00	1200.00 – 1300.00	2300.00 – 2400.00	1000.00 – 1000.00				
	Moneragala	1200.00 – 1400.00	2500.00 – 2550.00	2400.00 – 2600.00	2400.00 – 2600.00	1200.00 – 1400.00	2400.00 – 2600.00	–				
	Kegalle	1200.00 – 1400.00	2300.00 – 2400.00	–	2200.00 – 2300.00	1200.00 – 1300.00	–	–				
	Ampara	–	–	–	–	–	–	–				
	Dehiattakandiya	1200.00 – 1400.00	2500.00 – 2600.00	–	2200.00 – 2600.00	1200.00 – 1600.00	–	–				
	Nuwaraeliya	1350.00 – 1500.00	2500.00 – 2700.00	–	2300.00 – 2400.00	1500.00 – 1600.00	2200.00 – 2300.00	1200.00 – 1250.00				
	Kandy	1400.00 – 1500.00	2500.00 – 2600.00	–	2400.00 – 2500.00	1400.00 – 1500.00	2400.00 – 2500.00	–				
	Puttalam	1100.00 – 1200.00	2000.00 – 2250.00	–	2000.00 – 2400.00	1150.00 – 1200.00	1200.00 – 1300.00	–				
	Hambantota	1400.00 – 1500.00	2300.00 – 2400.00	–	–	1200.00 – 1300.00	–	–				
	Rathnapura	1200.00 – 1440.00	2400.00 – 2600.00	3000.00 – 3000.00	2100.00 – 2200.00	–	2360.00 – 2420.00	960.00 – 1000.00				
	Matara	1400.00 – 1550.00	2300.00 – 2450.00	–	2600.00 – 2700.00	1150.00 – 1250.00	2000.00 – 2150.00	–				
	Galle	1500.00 – 1800.00	2300.00 – 2500.00	–	–	1000.00 – 1200.00	2100.00 – 2400.00	–				
	Tissamaharama	1000.00 – 1400.00	–	–	–	1000.00 – 1300.00	–	–				
	Meegoda	1000.00 – 1200.00	2400.00 – 2500.00	–	2400.00 – 2400.00	1400.00 – 1500.00	2400.00 – 2400.00	1000.00 – 1000.00				
	Embilipitiya	1250.00 – 1450.00	2200.00 – 2400.00	2200.00 – 2400.00	2000.00 – 2200.00	1000.00 – 1300.00	2200.00 – 2400.00	1000.00 – 1200.00				
	Jaffna	1400.00 – 1500.00	–	–	–	–	–	–				
	Vavuniya	1600.00 – 1600.00	2000.00 – 2000.00	–	2000.00 – 2000.00	–	–	–	1200.00 – 1200.00			
	Mannar	1400.00 – 1450.00	1900.00 – 2000.00	–	–	1100.00 – 1200.00	850.00 – 900.00	750.00 – 800.00				
	Killinochchi	1400.00 – 1500.00	3000.00 – 3000.00	–	3000.00 – 3000.00	–	–	–	1000.00 – 1100.00			
	Mullaittivu	1400.00 – 1500.00	2800.00 – 3000.00	–	2500.00 – 2800.00	1800.00 – 2000.00	1400.00 – 1500.00	1000.00 – 1000.00				
	Batticaloa	1400.00 – 1500.00	2300.00 – 2400.00	–	2500.00 – 2500.00	–	1300.00 – 1400.00	800.00 – 900.00				
	Trincomalee	1250.00 – 1400.00	–	–	–	1000.00 – 1100.00	1200.00 – 1250.00	900.00 – 950.00				
	Veyangoda	1150.00 – 1400.00	2000.00 – 2400.00	–	2400.00 – 2800.00	1000.00 – 1300.00	1900.00 – 2000.00	900.00 – 1000.00				
	Galenbindunuwewa	1300.00 – 1400.00	2200.00 – 2600.00	–	2400.00 – 2600.00	1400.00 – 1500.00	2500.00 – 2600.00	800.00 – 1000.00				
	Bandarawela	1200.00 – 1400.00	2400.00 – 2500.00	–	2200.00 – 2400.00	1400.00 – 1500.00	–	1200.00 – 1300.00				
	Matale	–	–	–	–	–	–	–				

Table 13: Selected Markets: Retail Price of Meat (Rs/Kg)

Week 48: 25 November - 01 December 2022

LOCATIONS	Meat		Meat (Chicken)		Meat	
	Beef	Broiler	Curry	Mutton	Pork	
Colombo	2000.00 – 2200.00	1080.00 – 1220.00	1500.00 – 1600.00	2700.00 – 3200.00	1450.00 – 2000.00	
Gampaha	–	1200.00 – 1200.00	1200.00 – 1200.00	3000.00 – 3000.00	1600.00 – 1600.00	
Kurunegala	1800.00 – 1900.00	1100.00 – 1150.00	–	2600.00 – 2700.00	1500.00 – 1500.00	
Nikaweratiya	1800.00 – 1800.00	1050.00 – 1090.00	–	–	–	
Dambulla	–	1150.00 – 1200.00	–	–	–	
Anuradhapura	1900.00 – 2000.00	960.00 – 1100.00	–	–	1500.00 – 1600.00	
Thambuththegama	1800.00 – 2000.00	880.00 – 1150.00	–	–	1500.00 – 1600.00	
Polonnaruwa	1850.00 – 2000.00	1250.00 – 1380.00	1500.00 – 1500.00	2600.00 – 2900.00	1600.00 – 1800.00	
Kaluthara	–	1180.00 – 1200.00	1280.00 – 1300.00	–	–	
Badulla	1800.00 – 2000.00	1250.00 – 1380.00	1500.00 – 1600.00	2600.00 – 2800.00	–	
Keppetipola	1900.00 – 2000.00	1150.00 – 1250.00	1260.00 – 1300.00	2800.00 – 2900.00	–	
Moneragala	1800.00 – 1800.00	1000.00 – 1100.00	–	–	1600.00 – 1700.00	
Kegalle	1850.00 – 1900.00	1250.00 – 1300.00	–	2800.00 – 2800.00	1800.00 – 1850.00	
Ampara	–	–	–	–	–	
Dehiattakandiya	–	980.00 – 1180.00	1200.00 – 1300.00	–	1500.00 – 1700.00	
Nuwaraeliya	2000.00 – 2200.00	1150.00 – 1250.00	1250.00 – 1300.00	2800.00 – 2900.00	1800.00 – 1900.00	
Kandy	1900.00 – 2000.00	1080.00 – 1100.00	1400.00 – 1450.00	2600.00 – 2700.00	–	
Puttalam	2000.00 – 2000.00	1150.00 – 1200.00	–	2800.00 – 2800.00	–	
Hambantota	–	1100.00 – 1180.00	–	–	–	
Rathnapura	1800.00 – 1820.00	1060.00 – 1100.00	1500.00 – 1600.00	2950.00 – 3000.00	1560.00 – 1600.00	
Matara	–	1160.00 – 1180.00	–	–	–	
Galle	2000.00 – 2000.00	1050.00 – 1100.00	1450.00 – 1550.00	2900.00 – 3000.00	–	
Tissamaharama	–	1200.00 – 1200.00	–	2800.00 – 2800.00	1800.00 – 1800.00	
Meegoda	–	980.00 – 1100.00	–	–	1650.00 – 1650.00	
Embiliptiya	2100.00 – 2200.00	900.00 – 1100.00	1150.00 – 1250.00	2800.00 – 2900.00	1500.00 – 1700.00	
Jaffna	1450.00 – 1500.00	1500.00 – 1600.00	1400.00 – 1500.00	2350.00 – 2600.00	–	
Vavuniya	1650.00 – 1700.00	1350.00 – 1350.00	–	2800.00 – 2800.00	–	
Mannar	1500.00 – 1600.00	1300.00 – 1300.00	–	–	–	
Killinochchi	1800.00 – 1800.00	1400.00 – 1400.00	1800.00 – 1800.00	2800.00 – 2800.00	–	
Mullaittivu	1600.00 – 1600.00	1500.00 – 1500.00	–	–	–	
Batticaloa	–	1500.00 – 1500.00	1600.00 – 1600.00	–	–	
Trincomalee	1600.00 – 1700.00	1050.00 – 1080.00	1400.00 – 1400.00	–	–	
Veyangoda	1900.00 – 1900.00	1100.00 – 1100.00	1300.00 – 1300.00	2400.00 – 2600.00	1500.00 – 1500.00	
Galenbindunuwewa	1600.00 – 1700.00	1140.00 – 1150.00	–	–	–	
Bandarawela	2000.00 – 2200.00	1200.00 – 1300.00	1500.00 – 1580.00	2800.00 – 3000.00	–	
Matale	–	–	–	–	–	

Table 16: Farmgate/Producer Prices of Food Commodities in Selected Producing Areas (Rs/Kg)
Week 48: 25 November - 01 December 2022

COMMODITY	Range	Average Price	COMMODITY	Range	Average Price	COMMODITY	Range	Average Price
Paddy			Vegetable (Up Country)			Snake Gourd		
Short Grain			Beans			Dambulla	240.00 – 250.00	244.00
A'pura	96.00 – 100.00	97.60	Dambulla	220.00 – 240.00	232.00	Hambantota	160.00 – 180.00	172.50
P'naruwa	103.00 – 105.00	103.75	Wellimada	140.00 – 155.00	149.00	Embilipitiya	200.00 – 220.00	209.00
Kalawewa	90.00 – 97.00	93.00	Badulla	200.00 – 240.00	223.00	Matara	–	
Kurunegala	100.00 – 100.00	100.00	Carrot			A'pura	220.00 – 240.00	228.00
Dehiattakandiya	101.00 – 103.00	102.00	N'Ellya	300.00 – 315.00	308.00	Luffa		
Nikaweratiya	95.00 – 100.00	98.00	Wellimada	245.00 – 255.00	250.00	Dambulla	190.00 – 210.00	200.00
Ampara	–		Hanguranketha	300.00 – 320.00	313.00	Hambantota	120.00 – 150.00	135.00
Long Grain (White)			Leeks			Embilipitiya	195.00 – 215.00	204.00
A'pura	93.00 – 100.00	95.80	N'Ellya	300.00 – 315.00	308.00	Matara	–	
P'naruwa	97.00 – 98.00	97.67	Wellimada	295.00 – 310.00	302.00	A'pura	210.00 – 230.00	218.00
Kalawewa	88.00 – 95.00	91.60	Beetroot			Green Chillies		
Kurunegala	98.00 – 98.00	98.00	N'Ellya	275.00 – 285.00	280.00	Dambulla	100.00 – 115.00	106.00
Dehiattakandiya	94.00 – 96.00	95.00	Dambulla	260.00 – 290.00	277.50	Hambantota	–	
Embilipitiya	–		Kurunegala	–		Embilipitiya	110.00 – 150.00	128.33
Nikaweratiya	95.00 – 100.00	98.00	Wellimada	245.00 – 260.00	253.00	Puttalam	50.00 – 100.00	70.00
Hambantota	–		Hanguranketha	188.00 – 220.00	198.60	A'pura	100.00 – 110.00	104.00
Ampara	–		Knol Khol			Pumpkin		
Long Grain (Red)			N'Ellya	215.00 – 225.00	219.00	Dambulla	57.00 – 76.00	67.40
Matara	114.00 – 116.00	115.00	Wellimada	200.00 – 215.00	207.00	Hambantota	60.00 – 110.00	86.00
Hambantota	114.00 – 115.00	114.50	Hanguranketha	170.00 – 200.00	184.00	Embilipitiya	70.00 – 80.00	75.83
Embilipitiya	117.00 – 120.00	118.40	Raddish			Matara	95.00 – 100.00	97.50
Keeri Samba			N'Ellya	95.00 – 105.00	101.00	A'pura	70.00 – 80.00	74.00
A'pura	97.00 – 100.00	98.20	Wellimada	55.00 – 65.00	59.00	Moneragala	70.00 – 80.00	74.00
P'naruwa	99.50 – 100.00	99.80	Hambantota	100.00 – 130.00	115.00	Cucumber		
Kalawewa	90.00 – 98.00	94.50	Hanguranketha	50.00 – 70.00	59.60	A'pura	50.00 – 60.00	54.00
Kurunegala	–		N'Ellya	175.00 – 185.00	181.00	Dambulla	48.00 – 52.00	50.00
Dehiattakandiya	98.00 – 100.00	99.00	Wellimada	135.00 – 145.00	139.00	Hambantota	30.00 – 40.00	33.00
Red Onion			Badulla	120.00 – 140.00	129.00	Matara	30.00 – 40.00	35.00
Puttalam	350.00 – 450.00	404.00	Hanguranketha	110.00 – 130.00	120.00	Long Beans		
Jaffna	–		Tomato			Dambulla	200.00 – 220.00	208.00
Big Onion			Wellimada	80.00 – 90.00	84.00	Hambantota	110.00 – 150.00	131.67
Dambulla	–		Hambantota	–		Embilipitiya	200.00 – 240.00	220.00
Kalawewa	–		Dambulla	135.00 – 145.00	141.00	Matara	185.00 – 200.00	191.67
A'pura	–		Hanguranketha	115.00 – 140.00	129.00	Ash Plantain		
Potato			Vegetable (Low Country)			Hambantota	60.00 – 90.00	76.00
N'Ellya	365.00 – 375.00	371.00	Ladies Fingers			Embilipitiya	130.00 – 150.00	140.00
Badulla	320.00 – 340.00	329.00	A'pura	70.00 – 90.00	78.00	Matara	95.00 – 105.00	100.00
Wellimada	335.00 – 350.00	342.00	Dambulla	48.00 – 56.00	52.20	Lime		
Pulses			Hambantota	100.00 – 130.00	113.33	Hambantota	–	
Green Gram			Embilipitiya	90.00 – 100.00	97.00	Embilipitiya	140.00 – 160.00	152.00
Hambantota	–		Matara	95.00 – 110.00	101.67	Moneragala	100.00 – 110.00	104.00
Moneragala	850.00 – 900.00	870.00	Brinjal			Fruits (Rs/Kg)		
Embilipitiya	940.00 – 950.00	945.00	A'pura	200.00 – 220.00	208.00	Banana		
Nikaweratiya	–		Dambulla	270.00 – 330.00	296.00	Ambul		
A'pura	900.00 – 950.00	920.00	Hambantota	–		Moneragala	40.00 – 50.00	44.00
Cowpea			Embilipitiya	250.00 – 270.00	258.00	Embilipitiya	80.00 – 100.00	90.00
Hambantota	–		Matara	240.00 – 260.00	250.00	Hambantota	90.00 – 120.00	105.00
Nikaweratiya	–		Wellimada	230.00 – 240.00	235.00	Kolikuttu		
Moneragala	–		Capsicum			Moneragala	150.00 – 170.00	158.00
Embilipitiya	1000.00 – 1020.00	1010.00	Badulla	–		Embilipitiya	260.00 – 300.00	280.00
Maize			Wellimada	660.00 – 680.00	670.00	Hambantota	–	
A'pura	–		Bitter Gourd			Papaw		
Kalawewa	160.00 – 180.00	168.75	A'pura	340.00 – 360.00	348.00	Moneragala	90.00 – 100.00	94.00
Gingelly			Dambulla	340.00 – 360.00	346.00	Embilipitiya	160.00 – 180.00	169.00
A'pura	550.00 – 570.00	558.00	Hambantota	–		Hambantota	100.00 – 130.00	115.00
Kalawewa	–		Embilipitiya	360.00 – 410.00	386.00	Pineapple		
Black Gram			Matara	310.00 – 330.00	320.00	Divulapitiya	–	
A'pura	–							
Kalawewa	800.00 – 900.00	850.00						

Annex 01 - Colombo Markets: Retail Prices of Rice and Subsidiary Food Crops (Rs/Kg)

Week 48: 25 November - 01 December 2022

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NULEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
Rice									
Local									
Samba 1	220.00	-	230.00	230.00	-	240.00	230.00	-	230.00
Samba 2	220.00	-	220.00	220.00	-	230.00	220.00	-	220.00
Keeri Samba	260.00	-	270.00	250.00	-	260.00	250.00	-	260.00
Nadu 1	230.00	-	230.00	230.00	-	230.00	220.00	-	230.00
Nadu 2	215.00	-	220.00	220.00	-	220.00	220.00	-	220.00
Raw (Red)	220.00	-	230.00	210.00	-	210.00	220.00	-	230.00
Raw (White)	210.00	-	220.00	210.00	-	210.00	210.00	-	220.00
Imported									
Samba	200.00	-	210.00	200.00	-	200.00	210.00	-	200.00
Nadu	180.00	-	190.00	200.00	-	200.00	190.00	-	200.00
Raw (Red)	-		-	-		-	-		-
Raw (White)	170.00	-	180.00	180.00	-	180.00	170.00	-	180.00
Dried Chillies									
Imported	1680.00	-	1800.00	1800.00	-	1900.00	1800.00	-	1900.00
Red Onion									
Sinnan	-		-	-		-	-		-
Vedalan	700.00	-	720.00	700.00	-	700.00	700.00	-	760.00
Imported	600.00	-	680.00	680.00	-	680.00	660.00	-	700.00
Big Onion									
Imported	180.00	-	200.00	200.00	-	200.00	240.00	-	260.00
Local	-		-	-		-	-		-
Potato									
Welimada	360.00	-	360.00	340.00	-	360.00	360.00	-	360.00
N'Eliya	400.00	-	400.00	460.00	-	460.00	460.00	-	460.00
Imported	200.00	-	210.00	240.00	-	240.00	200.00	-	220.00
Pulses									
Green Gram	1200.00	-	1300.00	1100.00	-	1200.00	1200.00	-	1300.00
Cowpea (White)	1100.00	-	1200.00	1100.00	-	1200.00	1200.00	-	1200.00
Cowpea (Red)	1100.00	-	1300.00	1200.00	-	1200.00	1100.00	-	1200.00
Red Dhal	340.00	-	360.00	380.00	-	380.00	380.00	-	400.00

Annex 02 - Colombo Markets: Retail Prices of Vegetables (Rs/Kg) and Coconut (Rs/Nut)

Week 48: 25 November - 01 December 2022

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Vegetable</u>									
Beans	400.00	- 450.00	480.00	- 520.00	480.00	- 520.00	480.00	- 520.00	440.00 - 480.00
Carrot	380.00	- 400.00	520.00	- 560.00	480.00	- 520.00	480.00	- 560.00	440.00 - 480.00
Leeks	440.00	- 450.00	480.00	- 560.00	480.00	- 520.00	560.00	- 600.00	400.00 - 480.00
Beetroot	400.00	- 450.00	480.00	- 560.00	480.00	- 520.00	400.00	- 560.00	440.00 - 520.00
Knolkhol	400.00	- 400.00	400.00	- 440.00	480.00	- 480.00	420.00	- 500.00	360.00 - 400.00
Raddish	180.00	- 200.00	280.00	- 280.00	240.00	- 280.00	240.00	- 280.00	240.00 - 280.00
Cabbage	260.00	- 280.00	400.00	- 400.00	320.00	- 400.00	320.00	- 320.00	320.00 - 400.00
Tomato	240.00	- 240.00	380.00	- 380.00	360.00	- 360.00	380.00	- 380.00	240.00 - 320.00
Ladies Fingers	200.00	- 240.00	280.00	- 320.00	320.00	- 320.00	240.00	- 280.00	240.00 - 320.00
Brinjal	360.00	- 400.00	440.00	- 480.00	480.00	- 520.00	420.00	- 480.00	400.00 - 440.00
Capsicum	800.00	- 900.00	900.00	- 1100.00	1000.00	- 1200.00	1000.00	- 1200.00	900.00 - 1200.00
Pumpkin	140.00	- 160.00	240.00	- 280.00	240.00	- 280.00	200.00	- 240.00	180.00 - 240.00
Cucumber	100.00	- 120.00	180.00	- 200.00	120.00	- 200.00	160.00	- 180.00	140.00 - 200.00
Bitter Gourd	460.00	- 500.00	500.00	- 560.00	600.00	- 600.00	560.00	- 600.00	480.00 - 520.00
Snake Gourd	320.00	- 360.00	400.00	- 480.00	440.00	- 480.00	480.00	- 480.00	420.00 - 480.00
Drumstick	400.00	- 400.00	640.00	- 720.00	480.00	- 640.00	-	350.00 - 360.00	600.00 - 600.00
Luffa	300.00	- 360.00	320.00	- 400.00	400.00	- 480.00	480.00	- 480.00	300.00 - 420.00
Long Beans	320.00	- 360.00	440.00	- 480.00	400.00	- 480.00	440.00	- 450.00	360.00 - 400.00
Ash Plantain	240.00	- 240.00	320.00	- 320.00	320.00	- 320.00	240.00	- 240.00	320.00 - 320.00
Green Chillies	240.00	- 250.00	400.00	- 500.00	400.00	- 500.00	400.00	- 500.00	300.00 - 400.00
Lime	300.00	- 320.00	500.00	- 600.00	600.00	- 600.00	500.00	- 600.00	300.00 - 400.00
<u>Root Crops</u>									
Sweet Potato	200.00	- 200.00	240.00	- 320.00	280.00	- 280.00	240.00	- 240.00	280.00 - 320.00
Manioc	170.00	- 180.00	200.00	- 220.00	200.00	- 200.00	240.00	- 220.00	200.00 - 240.00
<u>Leafy Vegetable</u>									
Mukunuwenna	80.00	- 80.00	80.00	- 80.00	70.00	- 70.00	80.00	- 80.00	70.00 - 80.00
Kankun	80.00	- 80.00	80.00	- 80.00	70.00	- 70.00	80.00	- 80.00	70.00 - 80.00
Gotukola	100.00	- 100.00	100.00	- 100.00	100.00	- 100.00	160.00	- 150.00	100.00 - 150.00
<u>Coconut</u>									
Large	100.00	- 100.00	110.00	- 110.00	100.00	- 100.00	100.00	- 100.00	110.00 - 110.00
Small	85.00	- 85.00	85.00	- 90.00	80.00	- 90.00	85.00	- 95.00	85.00 - 90.00

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Annex 03 - Colombo Markets: Retail Prices of Fruits (Rs/Fruit)

Week 48: 25 November - 01 December 2022

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Plantain</u>									
Ambul (Rs/Kg)	140.00	-	150.00	180.00	-	220.00	200.00	-	220.00
Kolikuttu (Rs/Kg)	400.00	-	420.00	400.00	-	430.00	420.00	-	450.00
Seeni (Rs/Kg)	150.00	-	160.00	200.00	-	220.00	200.00	-	220.00
Anamalu	25.00	-	28.00	26.00	-	28.00	28.00	-	25.00
Ambun	21.00	-	25.00	32.00	-	35.00	35.00	-	38.00
<u>Pineapple</u>									
Large	520.00	-	550.00	550.00	-	560.00	540.00	-	560.00
Medium	440.00	-	480.00	440.00	-	450.00	450.00	-	450.00
30 Small	350.00	-	400.00	400.00	-	400.00	300.00	-	400.00
<u>Mango</u>									
Betti	-	-	-	-	-	-	-	-	-
Karthakolomban	130.00	-	180.00	150.00	-	180.00	150.00	-	180.00
Vilad	70.00	-	100.00	70.00	-	80.00	100.00	-	100.00
Kohu	-	-	-	-	-	-	-	-	-
<u>Other Fruits</u>									
Wood Apple	30.00	-	50.00	40.00	-	60.00	50.00	-	70.00
Orange	140.00	-	150.00	150.00	-	160.00	150.00	-	180.00
Avocado	120.00	-	130.00	180.00	-	200.00	200.00	-	220.00
Slime Apple	80.00	-	100.00	100.00	-	140.00	100.00	-	150.00
Grapes (Rs/Kg)	-	-	2000.00	-	2200.00	2000.00	-	2500.00	2300.00
Papaw (Rs/Kg)	220.00	-	260.00	480.00	-	500.00	450.00	-	500.00
Passion	46.00	-	50.00	63.00	-	67.00	67.00	-	71.00
King Coconut	110.00	-	120.00	140.00	-	150.00	130.00	-	150.00

Annex 04 - Colombo Markets: Retail Prices of Sea Fish and Dried Fish (Rs/Kg)

Week 48: 25 November - 01 December 2022

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Sea Fish</u>									
Salaya	600.00	625.00	520.00	520.00	600.00	600.00	700.00	700.00	400.00
Hurulla	875.00	920.00	900.00	900.00	800.00	900.00	900.00	900.00	640.00
Balaya	800.00	840.00	-	-	1500.00	1600.00	-	-	1000.00
Kelawalla	1400.00	1560.00	2520.00	2520.00	1800.00	2000.00	2600.00	2600.00	1400.00
Thora	2400.00	2700.00	2720.00	2720.00	3200.00	3300.00	3400.00	3400.00	3300.00
Paraw	1440.00	1680.00	1800.00	1800.00	2300.00	2400.00	2600.00	2600.00	2300.00
Mora	1020.00	1060.00	-	-	-	-	-	-	-
Shrimps Small	1900.00	2100.00	1560.00	1600.00	2000.00	2000.00	1800.00	1600.00	1600.00
Talapath	2100.00	2600.00	2800.00	2800.00	2800.00	3000.00	3000.00	2800.00	2600.00
31 <u>Eggs (Rs/Egg)</u>									
Brown	-	-	-	-	50.00	50.00	-	-	-
White	49.50	50.00	50.00	50.00	50.00	50.00	50.00	50.00	50.00
<u>Dried Fish</u>									
Sprats	1600.00	1800.00	2000.00	2000.00	1800.00	1800.00	1800.00	1900.00	-
Kattawa	2500.00	2600.00	2600.00	2600.00	2500.00	2600.00	2600.00	2500.00	-
Thora	-	-	-	-	-	-	-	-	-
Mora	2200.00	2700.00	2600.00	2600.00	2600.00	2800.00	2200.00	2400.00	-
Balaya	1200.00	1600.00	1600.00	1600.00	1600.00	1600.00	1300.00	1400.00	-
Anguluwa	2200.00	2200.00	2600.00	2600.00	2700.00	2800.00	-	-	-
Salaya	1200.00	1300.00	1000.00	1200.00	1000.00	1200.00	1000.00	1300.00	-
<u>Meat</u>									
Beef (without Bones)	-	2100.00	2100.00	2200.00	2200.00	-	2100.00	2100.00	-
Chicken (Broiler)	-	1150.00	1150.00	1180.00	1180.00	1180.00	1150.00	1150.00	1080.00
Chicken (Curry)	-	-	-	1500.00	1500.00	1550.00	1550.00	-	-
Mutton	-	2800.00	2800.00	2800.00	2800.00	-	3000.00	3000.00	2800.00
Pork	-	1800.00	1800.00	2000.00	2000.00	-	-	-	1650.00

Annex 05 : Food Composition of Selected Food Commodities

Commodity	Energy (kcal/100g)	Protein (g/100g)	Total fat (g/100g)	Retinol Eq (μ g/100g)		Vit B2 (mg/100g)	Vit B6 (mg/100g)	Folate (μ g/100g)	Vit C (mg/100g)	Calcium (mg/100g)	Magnesium (mg/100g)	Iron (mg/100g)	Zinc(mg/100g)
				Vit A (μ g/100g)	Vit D (μ g/100g)								
Rice													
Rice - (white Kekulu - normal)	361	9.88	1.52	-	0.03	0.09	10.67	-	6.94	26.29	1.22	1.5	
Rice - (white Kekulu Samba)	355	8.81	1.53	-	0.03	0.09	8.11	-	9.82	30.48	0.92	1.7	
Rice - (Red Kekulu - normal)	366	8.64	2.12	-	0.05	0.1	8.39	-	4.73	31.7	0.88	1.84	
Rice -Samba	369	6.86	2.45	-	0.05	0.13	12.79	-	8.71	37.26	1.18	1.49	
Rice - Nadu White	366	7.76	1.48	-	0.03	0.12	9.35	-	4.57	20.1	0.64	1.61	
Dried chilies													
Dried chilies	233	12.68	6.41	437	0.84	0.42	46.83	NA	107	231	5.39	1.65	
Onion													
Big onions	48	1.67	0.24	0.16	0.01	0.1	32.99	7.58	14.82	16.94	0.45	0.25	
Red onions	55	2.13	0.15	0.18	0.02	0.13	30.15	14.26	20.37	19.32	0.31	0.28	
Potatoes													
Potatoes	71	1.67	0.25		0.01	0.09	14.31	20.5	9.83	23.84	0.46	0.29	
Pulses													
Green gram	290	21.97	0.93	19.5	0.28	0.33	135	NA	98.96	146	4.15	2.86	
White cowpea	320	21.25	1.14	1.36	0.09	0.26	249	NA	84.1	213	5.04	3.57	
Red cowpea	320	20.24	1.08	0.96	0.11	0.27	273	NA	81.83	194	4.95	3.4	
Red Dhal	319	23.09	0.77	1.06	1.6	0.22	55	NA	41.27	66.63	7.45	3.34	
Vegetables													
Beans	46	3.95	0.15	6.64	0.1	0.3	45.2	7.02	35.68	45.56	0.7	0.59	
Carrot	30	0.85	0.45	1240	0.03	0.1	24.71	5.93	27.65	11.7	0.59	0.25	
Leeks	30	1.74	0.49	18.56	0.02	0.19	42.63	4.65	29.28	11.77	1.49	0.43	
Beetroot	31	2.12	0.15	1.52	0.01	0.09	108	4.51	20.29	34.88	0.77	0.29	

Knolkhol	16	1.69	0.34		0.05	0.19	12.7	77.64	40.09	19.35	0.23
Radish	29	0.75	0.11		0.02	0.09	18.09	12.13	35.64	13.56	0.38
Cabbage	21	1.35	0.14	3.35	0.05	0.14	52.66	29.62	56.85	18.47	0.33
Tomatoes	20	0.88	0.56	165	0.03	0.09	20.16	25.58	9.69	14.93	0.31
Ladies fingers	26	2.06	0.19	12.41	0.08	0.28	70.62	24.48	92.26	55.23	0.96
Brinjal (Pandora Striped)	29	1.49	0.31	23	0.12	0.09	30.99	1.49	18.95	18	0.32
Brinjal (Chinese eggplant)	24	1.28	0.33	16.83	0.12	0.11	32.94	3.37	14.4	21.18	0.28
Capsicum	23	1.22	0.34	38.96	0.03	0.29	28.65	49.63	12.65	11.21	0.21
Pumpkin (Common)	31	0.86	0.3	30.41	0.02	0.09	17.72	8.73	18.75	9.93	0.49
Cucumber	19	0.98	0.24	0.58	0.01	0.08	19.66	4.08	22.1	18.22	0.67
Bitter gourd	19	1.47	0.23	55.08	0.05	0.06	53.1	46.89	25.19	35.81	1.75
Snake gourd (Dark green)											0.26
Snake gourd (Pale green)	11	0.82	0.25	10.41	0.03	0.12	18.09	3.54	26.83	25.84	0.41
Drumstick	30	2.48	0.12	3.13	0.06	0.12	60.48	92.33	22.27	28.51	0.5
Watakolu	12	0.86	0.15	59.33	0.01	0.07	25.48	6.41	14.67	14.01	4.42
Long beans	24	3.36	0.3	-	0.06	0.11	99.98	8.93	44.22	33.17	1.01
Ash Plantain	76	2.84	0.56	0.06	0.02	0.07	6.82	4.49	5.19	22.55	0.39
Green chillies	39	2.28	0.76	38.16	0.08	0.25	21.29	98.61	20.25	36.91	1.25
Limes	26	0.66	0.26	0.36	0.01	0.05	12.1	38.05	26	15.25	0.12
Kekiri	17	1.01	0.25	0.76	0.01	0.07	17.34	8.07	25.72	26.2	0.63
Ash pumpkin (Ash guord)	18	0.8	0.15		0.01	0.15	14.17	9.14	19.27	23.62	0.48
Cho-Cho	19	0.58	0.12	0.3	0.04	0.07	63.81	23.76	20.55	13.02	0.49
Thalana batu (Little prince)	21	1.28	0.39	24.33	0.12	0.09	38.63	2.4	12.38	19.62	0.31
Thalana batu (Thai eggplant)	21	1.45	0.26	18.33	0.11	0.09	31.18	2.71	17.24	37.22	0.37
Thibbatu	61	1.66	1.96	15.89	0.03	1.02	72.39	10.8	105	57.46	1.06
Kohila yams	27	0.64	0.16	1.72	0.01	0.14	4.64	1.67	52.33	33.95	0.61
Kehel muwa	19	1.36	0.63	4.27	0.02	0.12	40.51	8.16	35.09	31.43	0.38
Ambaralla	37	0.73	0.44	3.36	0.01	0.1	44.49	35.51	20.7	9.28	0.7
											0.12

Mango	50	0.75	0.09	14.5	0.02	0.14	34.89	91.63	28.56	17.74	0.5	0.09
Mushroom	27	2.54	0.42	-	0.15	0.13	7.81	11.56	0.9	14.42	1.32	0.79
Dambala	21	1.84	0.2	38.74	0.08	0.4	33.69	19.82	68.24	31.38	1.2	0.44
Coconuts nuts	390	3.67	39.92	-	0.05	0.11	14.86	-				
Root Crop												
Sweet potato	108	1.27	0.33	NA	0.04	0.09	14.44	22.2	28.93	21.05	0.51	0.14
Manioc	78	0.92	0.19	NA	0.07	0.2	0.1	1.95	25.31	19.08	19.78	23.73
Nelum ala/Lotus root	79	1.94	0.93	NA	0.05	0.19	26.49	26.63	37.71	26.58	3.34	0.35
Kiriala	87	3.96	0.15	1.19	0.03	0.16	20.17	2.71	30.79	41.52	0.6	0.42
Iniala	103	3.2	0.3	33.14	0.01	0.22	22.19	13.03	40.99	28.98	1.31	0.29
Leafy Vegetables												
Mukunuwanna	28	3.15	0.55	92.25	0.09	0.27	96.14	3.24	135	45.38	1.7	1.03
Gotukola	15	0.64	0.47	226	0.07	0.23	70.11	6.74	96.31	41.42	1.25	0.66
Kankun	15	0.47	0.37	1614	0.08	0.4	33.69	19.82	49.21	18.35	1.32	0.44
Kathurumurunga	70	8.01	1.35	2097	0.33	0.22	120	121	901	96.64	4.36	0.53
Nivithi	22	2.2	0.47	959	0.06	0.11	74.05	10.26	163	61.37	1.49	0.67
Thampala	32	3.55	0.72	1474	0.21	0.22	74.27	82	258	209	3.5	1.4
Sarana	20	2.42	0.21	1149	0.03	0.13	58.54	9.89	59.57	42.93	0.13	0.75
Kohila leaves	33	4.1	0.83	300	0.02	0.17	56.76	5.56	19.5	20.32	0.25	0.3
Onion leaves	27	2.01	0.26	NA	0.04	0.18	56.8	23.38	35.21	74.95	3.15	0.77
Cabbage leaves	30	3.63	0.27	8.66	0.05	0.24	63.46	40.76	170	18.47	2.67	0.35
Salad leaves	19	1.05	0.24	NA	0.1	0.06	37.48	11.64	58.23	36.89	2.07	0.27
Cauliflower	23	2.09	0.48	0.14	0.06	0.11	46.67	50.17	22.44	18.52	0.76	0.27
Jackfruit pods	25	2.14	0.34	NA	0.03	0.04	30.7	24.77	37.32	26.08	0.3	0.17
Jackfruit seeds	77	5.66	0.44	NA	0.02	0.08	58.91	15.24	40.87	50.14	0.52	0.42

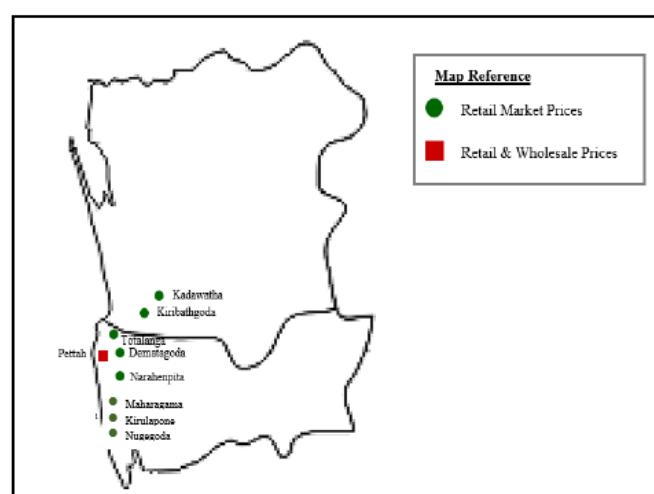
Meat

Chicken	176	23.14	9.24	6.88	0.07	0.49	10.09	-	15.06	20.18	0.75	0.64
Beef	160	23.3	7.45	2.15	0.08	0.32	1.93	-	4.8	28.54	2.41	3.31
Mutton	138	20.37	6.23	2.7	0.13	0.28	1.73	-	7.58	19.5	1.62	5.05
Pork	161	18.83	9.5	1.9	0.09	0.28	8.15	-	6.58	8.9	0.79	0.8
Fish												
Balaya	96	21.28	1.12	21.01	0.15	0.12	7.89		6.45	26.02	0.68	0.46
Seer	136	22.28	5.18	81.9	0.07	0.16	15.45		9.85	36.73	0.41	0.74
Shark	95	21.6	0.83	1.11	0.04	0.11	8.57		8.44	32.58	0.41	0.74
Paraw	87	20.02	0.7	1.49	0.02	0.16	6.77		8.17	31.68	0.67	0.41
Thalapath	91	16.04	2.88	12.03	0.1	0.13	78.22		7.64	24.89	0.71	0.67
Kelawalla	109	21.47	2.55	15.95	0.17	0.73	77.39		13.35	33.82	0.68	0.64
Haedaella	87	19.88	0.78	12.18	0.04	0.06	11.7		36.6	53	0.54	0.65
Hurulla Karalla / Katuwalla	88	17.08	2.18	10.02	0.14	1.66	61.66		103	35.45	1.24	1.05
Kumbala / Angila	97	21.8	1.06	1.25	0.02	0.1	14.38		37.06	39.05	0.24	0.42
Salaya / Sudaya Theppli / Telapiya / Korali	101	21.51	1.53	16.34	0.1	0.1	7.13		31.27	37.46	1.46	0.67
Prawns	83	18.48	1.08	17.14	0.18	0.18	8.29		99.39	24.96	2.84	0.88
Crabs	65	14.85	0.56	1.24	0.03	0.1	15.37		37.81	30.5	0.73	1.1
Cuttle fish	45	10	0.55	8.33	0.14	0.18	13.83		37.81	45.93	0.73	1.1
Linna	76	16.82	0.93	1.93	0.02	0.04	6.22		8.73	35.46	0.62	1.3
Coppara	112	20.3	3.37	15.78	0.23	0.68	59.78					
Ray (Maduwa)	97	22.89	0.56	21.51	0.04	0.12	8.08		7.2	30.08	1.2	0.58
Dried sprats	97	23.98	0.68	7.55	0.02	0.21	25.59		9.16	24.61	0.74	0.44
Dried Fish												
Dried sprats	259	51.16	5.92	12.83	0.25	0.62	438		1178	162	3.06	4.2

Dried keeramin	311	49.6	12.42	12.92	0.13	2.41	144	555	166	2.58	3.19
Dried thalapath	289	54.68	8.04	9.38	0.04	0.43	97.8	62.75	110	1.96	1.45
Dried katta	275	50.04	8.31	2.48	0.03	0.35	80.4	86.55	92.17	1.47	1.16
Dried balaya	282	63.79	3.37	14.32	0.12	1.98	213	83.48	83.45	3.6	1.44
Dried shark / keelan	267	55.03	5.25	10.31	0.04	0.32	187	42.24	92.94	1.48	0.66
Eggs											
Hen eggs (Country)	170	13.14	13	208	0.08	0.18	54.6	50.14	11.04	1.64	1.12
Hen eggs (Table)	135	13.55	9.03	200	0.19	0.19	49.46	63.3	12	2.39	1.73
Quail eggs	153	12.39	11.46	153	0.11	0.17	54.86	60.67	11.21	2.55	1.51
Fruits											
Banana Embul	109	1.11	1.09	9.68	0.05	0.64	32.98	13.61	9.39	25.67	0.51
Anamaalu	102	1.04	0.72	16.4	0.04	0.65	21.07	3.66	8.06	27.02	0.51
Koli kuttu	107	1.38	0.34	8.8	0.03	0.47	18.12	7.71	8.56	38	0.32
Pineapple	37	0.41	0.17	5.76	0.04	0.12	17.86	39.36	10.37	10.71	0.3
Papaya	26	0.42	0.16	171	0.11	0.04	54.85	48.62	16.77	8.9	0.23
Mangoes (Karthakolomban)	79	0.8	0.92	259	0.01	0.1	35.52	17.74	3.12	6.72	0.1
Mangoes (Vilad)	44	0.76	0.58	146	0.05	0.26	67.6	29.97	16.93	14.79	0.65
Apple	62	0.29	0.64	0.36	0.02	0.08	3.43	2.9	3.12	6.72	0.1
Avocado	144	2.95	13.86	2	0.08	0.18	67.17	9.36	28.48	48.14	0.81
Wood apple	78	3.09	3.62	0.46	0.01	0.14	6.07	13.58	59.15	25.16	0.45
Orange	46	1.07	0.37	23.44	0.01	0.28	14.46	20.19	31.18	20.36	0.81
Guava	39	1.53	0.38	19.67	0.01	0.11	25.24	30.88	6.59	12.02	0.53
Grapes	49	0.95	10.69	3.22	0.04	0.1	7.07	20.51	7.27	6.86	0.28
Melon	19	0.65	0.16	130	0.02	0.11	6	8.24	4.05	9.76	0.15

Source: Sri Lanka Food Composition Tables, Ministry of Health - 2021.

Price Collecting Areas





HARTI



Ministry of Agriculture

Food Systems and Market Research Division & Information Division

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