

WEEKLY FOOD COMMODITIES BULLETIN

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No.51

RETAIL MARKET AT A GLANCE

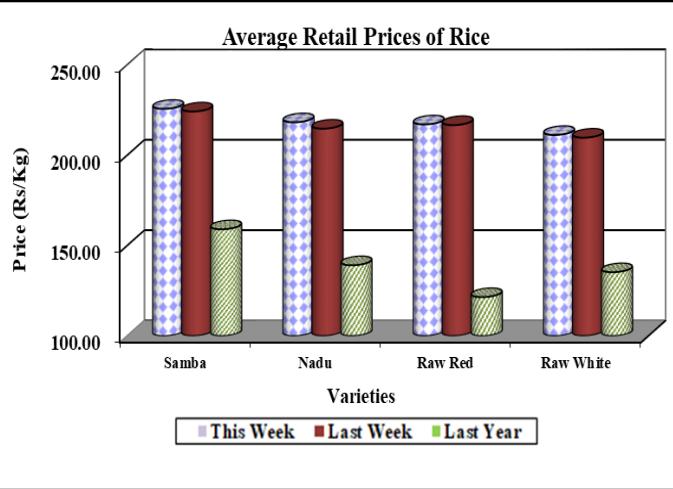
Summary

Rice



Retail prices of all the local rice varieties have increased with the highest price increase of Rs.4.00/kg for nadu grade I. Prices of all the imported rice varieties have increased in the range of Rs.6.00-10.00/kg.

(Page No.01)

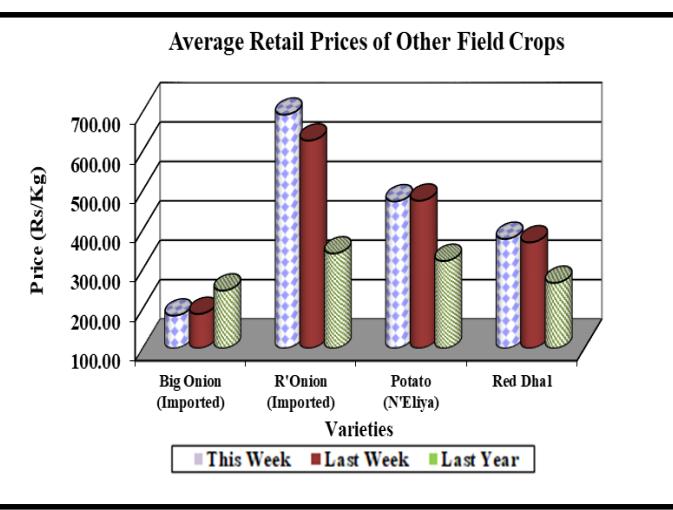


Other Field Crops



Retail prices of both local (vedalan) and imported red onions have increased by Rs.33.00/kg and Rs.65.00/kg respectively due to decreased supplies.

(Page No.02-03)

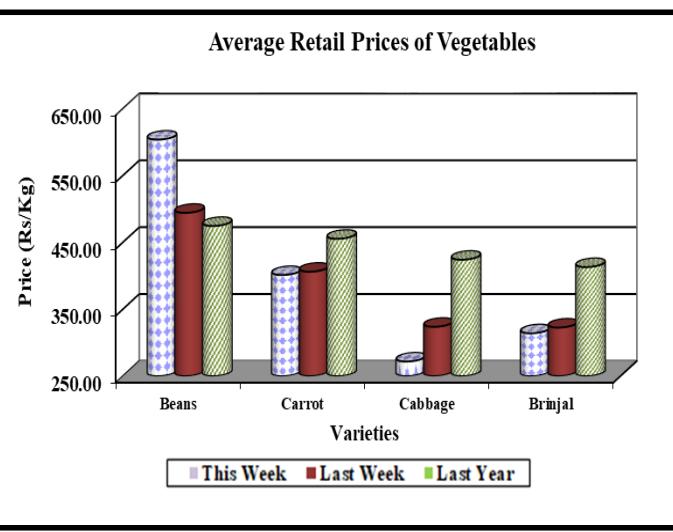


Vegetables



Prices of most of the vegetables (up-country and low country) have increased with the highest price increase of Rs.109.00/kg for beans due to the limited supply in off season.

(Page No.04-05)



Fresh fish & Dried Fish



Retail prices of all the sea fish varieties have increased significantly with the highest price increase of Rs.617.00/kg for Thora.

Retail prices of most of the dried fish varieties have decreased due to increased supplies.

(Page No.07-09)

Egg

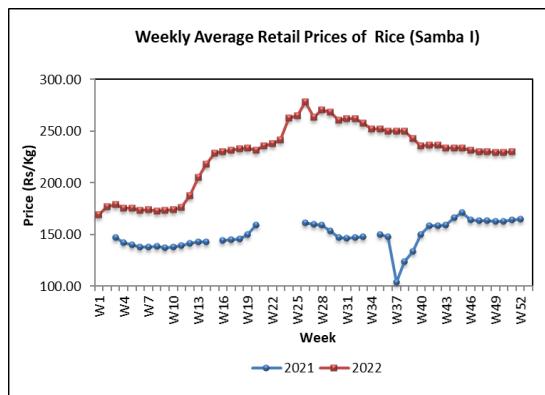


Retail prices of both brown and white eggs have ranged between Rs.55.00-58.00 and Rs.50.00-60.00/egg respectively. Compared for the last year, prices have increased by 117% and 128% respectively the brown and white eggs.

(Page No.09)

Rice **Wholesale**

Prices of most of local rice varieties have increased slightly by less than 2%. Price ranges of grade II samba and grade II nadu were Rs.200.00-210.00/kg and Rs.190.00-200.00/kg respectively. Average prices of grade I samba, grade I nadu and keeri samba were Rs.214.00/kg, Rs.200.00/kg and Rs.223.00/kg respectively. Price ranges of raw red and raw white were Rs.190.00-200.00/kg and Rs.185.00-195.00/kg respectively.



Prices of ponni samba, imported nadu and imported raw white have increased by 7%, 4% and 3% respectively due to decreased supplies and their price ranges were Rs.200.00-216.00/kg, Rs.175.00-183.00/kg and Rs.165.00-170.00/kg respectively.

Compared to the same period of last year, wholesale prices of all types of local rice varieties have increased in the range of

6%-79% and prices of ponni samba, imported raw white and imported nadu have increased by 80%, 65% and 55% respectively.

Retail

Prices of all types of local rice varieties have increased by Rs.1.00-4.00/kg. The highest price increase was reported for nadu grade I and price ranged between Rs.220.00-230.00/kg respectively. The prices for samba and nadu rice varieties were ranged Rs.220.00-240.00/kg and Rs.210.00-230.00/kg. The average prices of keeri samba, raw red and raw white rice varieties were Rs.260.00/kg, Rs.217.00/kg and Rs.211.00/kg respectively.

Compared to the same period of the last year, prices of all the local rice varieties have increased by 11%-79% and price of all the imported rice varieties have increased by 50%-53%.

Paddy

The average farm gate paddy prices of all the major paddy varieties have increased considerably in all most all the major paddy producing areas. Accordingly, the average price of short grain paddy has increased by Rs.3.00-13.00/kg and the prices ranged between Rs.95.00-110.00/kg. Likewise, the price increase of Rs.5.00-14.00/kg was also reported for keeri samba paddy and prices ranged

between Rs.95.00-112.00/kg. Subsequently, the average farm gate price of long grain white paddy also increased by Rs.4.00-13.00/kg and reported Rs.95.00-111.00/kg price range. Further, the average price of long grain red paddy also increased by Rs.6.00/kg and Rs.1.00/kg in Embilipitiya and Matara areas respectively. The average farm gate prices for long grain red paddy ranged between Rs.105.00-112.00/kg in major producing areas in Southern province.

Compared to the same period of last year, average farm gate paddy prices of short grain, long grain white and red paddy varieties have increased in the range of 25%-59%.

Dried Chilies

Wholesale

Price of imported dried chilies has decreased slightly by 1% and the price ranged from Rs.1430.00-1500.00/kg.

Compared to the same period of last year, price of imported dried chilies has increased by 98%.

Retail

Price of imported dried chilies has decreased by Rs.11.00/kg and price ranged between Rs.1550.00-1900.00/kg.

Compared to the same period of last year, price of imported dried chilies has increased by 133%.

Onion

Wholesale

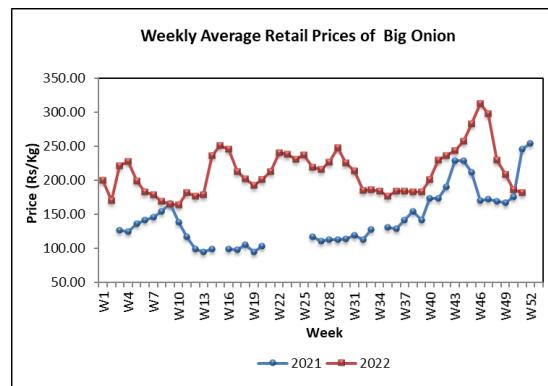
Price of imported red onion has increased by 13% due to availability of high quality stocks and the price ranged between Rs.580.00-620.00/kg.

Price of imported big onion has decreased by 5% due to increased supply and the price ranged Rs.135.00-175.00/kg.

Compared to the same period of last year, price of imported red onion has increased by 98% while price of imported big onion has decreased by 33%.

Retail

Prices of vedalan and imported red onions have increased by Rs.33.00/kg and Rs.65.00/kg respectively. Price of imported big onion has decreased by Rs.4.00/kg and price ranged between Rs.160.00-200.00/kg.



Compared to the same period of last year, price of imported red onion has increased by 103% while the price of Imported big onion has decreased by 26%.

Potato

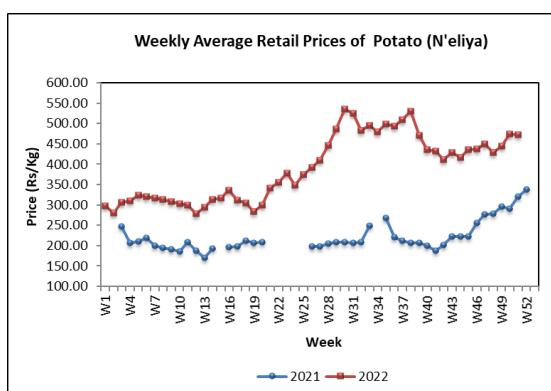
Wholesale

Price of imported potato has increased by 8% due to availability of both high quality Pakistan and Indian stocks in the market. (Price ranges were Rs.145.00-270.00/kg for Pakistan stocks and Rs.250.00-270.00/kg for Indian stocks.) Price of Nuwara Eliya potato has decreased by 3% due to increased supply and the price ranged from Rs.415.00-440.00/kg.

Compared to the same period of last year, prices of Nuwara Eliya and imported potatoes have increased by 60% and 26% respectively.

Retail

Price of Nuwara Eliya potato has decreased by Rs.2.00/kg and price ranged between Rs.450.00-480.00/kg.



Price of imported potato has increased by Rs.2.00/kg and price ranged between Rs.180.00-300.00/kg.

Compared to the same period of last year, prices of Nuwara Eliya and imported potato of have increased by 47% and 25% respectively.

Pulses

Wholesale

Prices of white cowpea and red cowpea have increased by 6% and 4% due to limited supply of local stocks and price ranges were Rs.1200.00-1300.00/kg and Rs.1250.00-1300.00/kg respectively. Prices of both green gram and red dhal have changed slightly and their average prices were Rs.1070.00/kg and Rs.358.00/kg respectively.

Compared to the same period of last year, prices of all types of pulses have increased in the range of 46%-188% and the highest price increase was reported for red cowpea.

Retail

Prices of white cowpea, red cowpea and red dhal have increased by Rs.13.00/kg, Rs.12.00/kg and Rs.9.00/kg while their prices ranged between Rs.1100.00-1400.00/kg, Rs.1300.00-1400.00/kg and Rs.360.00-380.00/kg respectively. Price of

green gram has decreased by Rs.6.00/kg and average price was Rs.1260.00/kg.

Compared to the same period of the last year, prices of all types of pulses have increased by 42%-212% and the highest was reported for cowpea red.

Vegetable

Wholesale

Prices of most of the vegetable varieties have increased due to decrease market supply in the off season.

Considering upcountry vegetable, prices of raddish and knolkhol have increased by 26% and 8% respectively due to sufficient stocks not received from any upcountry or low country producing area. Further the price of beans has increased by 20% due to deceased market supply from Balangoda and Welimada areas. However, prices of carrot and leeks have decreased by 15% and 3% respectively due to low quality stocks received from Welimada and Thalawakele areas. Further, price of cabbage has decreased by 17% due to low quality low country stocks received from Puttalam areas.

Meanwhile, price of tomato has increased by 19% due to decreased market supply from Sooriyawewa area. Further, price of capsicum has increased by 5% due to high

quality stocks received from Nuwara Eliya area.

Considering low country, the highest price increase was reported for pumpkin by 34% due to decreased supply from Monaragala area. The price increase was reported for long beans by 27% due to decreased supply from Balangoda and Puttalam areas. In addition, prices of snaked gourd, ladies fingers, luffa and cucumber have increased by 24%, 18%, 11% and 9% due to decreased supply from Embilipitiya and Thambuttegama producing areas. However, price of brinjal has decreased by 16% due to low quality stocks received from Puttalam and Jaffna producing areas.

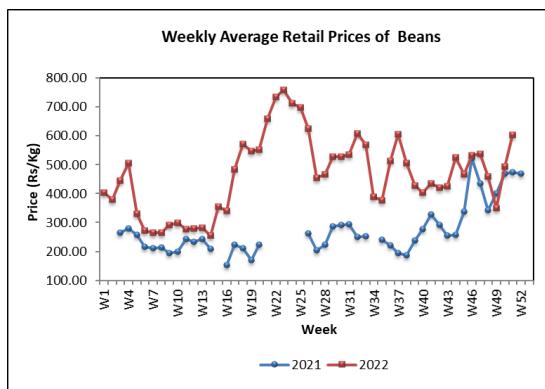
Meanwhile, price of green chilies has increased by 18% due to decreased supply from Puttalam areas. However, price of lime for decreased by 38% due to increased market supply from Monaragala areas.

Compared to the same period of last year, wholesale prices of most of the vegetable varieties have decreased with the highest price decrease of 60% wasreported for cucumber.

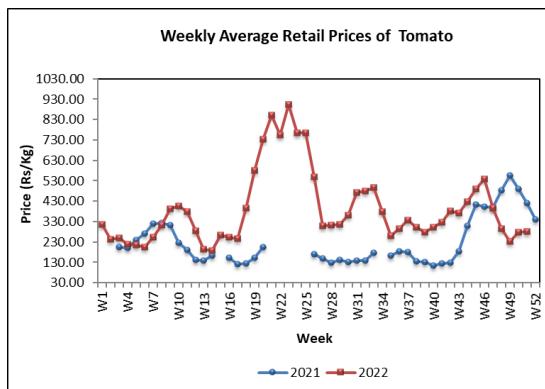
Retail

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

Considering up country varieties, the highest price increase was reported for beans as Rs.109.00/kg, followed by leeks as Rs.38.00/kg. Further, prices of knolkhol and beetroot have increased by Rs.35.00/kg and Rs.20.00/kg respectively. However, price of cabbage has decreased by Rs.52.00/kg.



Prices of capsicum and tomato have increased by Rs.13.00/kg and Rs.6.00/kg respectively.



Considering low country varietes, the highest price increase was reported for snake guard as Rs.34.00/kg, followed by pumpkin as Rs.23.00/kg. Likewise, prices of ladies fingers, cucumber, bitter gourd, luffa, long beans and ash plantain have increased by Rs.4.00-19.00/kg.

Further, price of green chilies has increased by Rs.83.00/kg and price of lime has decreased by Rs.57.00/kg.

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 125%.

Coconut

Wholesale

Prices of both large and small nuts have increased by 8% and 7% respectively. Their prices ranged between Rs.90.00-100.00/nut for a large nut and Rs.80.00-85.00/nut for a small nut.

Compared to the same period of last year, wholesale prices of both large and small nuts have increased by 24% and 20% respectively.

Retail

Prices of large and small nuts have increased by Rs.3.00/nut and Rs.1.00/nut respectively. Price ranges were Rs.100.00-120.00/nut for a large nut and Rs.85.00-95.00/nut for a small nut.

Compared to the same period of last year, prices of a large and a small nut have increased by 28% and 23% respectively.

Fruits

Wholesale

Prices of most of the fruit varieties have increased due to limited supply. The highest price increase of 54% was reported for slime apple due to the availability of good quality limited stocks. The price of avocado has increased by 16% due to limited supply at the end of the harvesting season. Prices of the all the sizes of pineapple have increased in the range of 8%-9% due to limited supply with low production. In addition to that prices of all the banana varieties have increased in the range of 1%-7% with limited supply and availability of quality stocks.

However, prices of passion fruit (27%) and mango karthakolomban (23%) have decreased due to the availability of low quality stocks. Further, the price of orange and papaw have decreased by 17% and 11% respectively due to the availability of low quality stocks and low demand.

Compared to the same period of last year, wholesale prices of all fruits have increased with the highest price increase of 185% for pineapple small.

Retail

Retail prices of most of the fruits have increased in line with the increase

wholesale prices. The highest price increase of Rs.31.00/fruit was reported for small sized pineapple due to limited supply. Prices of medium and large sized pineapples have also increased by Rs.3.00/fruit and Rs.2.00/fruit respectively. A price increase of Rs.28.00/kg was reported for imported grapes due to availability of sufficient stocks. Further, prices of avocado, king coconut and slime apple have increased in the range of Rs.5.00-17.00/fruit. Prices of banana varieties ambul, kolikuttu and seeni have increased in the range of Rs.2.00-3.00/kg while prices of anamalu and ambun have increased by Rs.2.00-4.00/fruit due to limited supply. The price of mango vilad has increased by Rs.2.00/fruit.

Meanwhile, price of orange has decreased by Rs.29.00/fruit due to availability of low quality stocks. Price of passion fruit has decreased by Rs.3.00/fruit and the price of papaw has decreased by Rs.3.00/kg.

Compared to the same period of last year, retail prices of all the fruits except avocado have increased and the highest price increase of 134% was reported for pineapple – small.

Fresh Fish

Wholesale

Wholesale prices of most of the fresh fish types have increased due to decreased

wholesale supply.. The highest price increases of 26% was noted for thora due to low supply from Northern areas and the price ranged between Rs.1800.00-2900.00/kg. The price increase of 14% was noted for mora due to low supply from Mannar and Kalpitiya areas and the price ranged between Rs.980.00-1000.00/kg. Likewise, the price increase of 13% was noted for thalpath due to low supply from Negomba, Walachchenai and Kalmunai areas and the price ranged between Rs.1100.00-2200.00/kg. In addition, price of hurulla has increased by 3%.

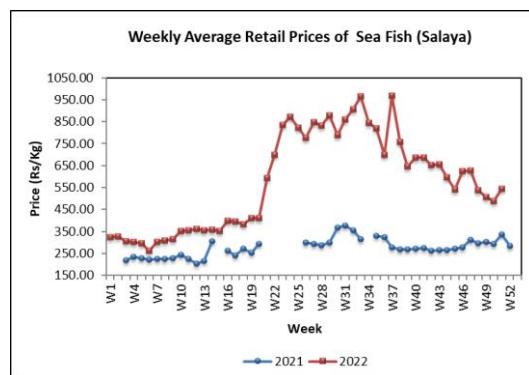
However, price decrease of 6% was noted for shrimps due to high supply from Jaffna areas and the price ranged between Rs.1250.00-1550.00/kg. Likewise, the price decrease of 5% was noted for kelawalla due to high supply from Beruwala and Galle areas and the price ranged between Rs.950.00-1150.00/kg. In addition, price of paraw has decreased by 3%.

Compared to the same period of last year, wholesale prices of all the fresh fish types have increased in the range of 27%-78% and the highest price increase was noted for balaya.

Retail

In line with increased wholesale prices, retail prices of all types of fresh fish

except shrimp have also further increased due to decreased fishing activities with Christmas season. The highest price increase was reported for thora by Rs.617.00/kg. Further, the rest has increased in the range of Rs.30.00-131.00/kg.



However, price of shrimp has decreased by Rs.14.00/kg with low demand.

Compared to the same period of last year, prices of all types of fresh fish have increased in the range of 21%-61% and the highest price increase was reported for salaya.

Dried Fish

Wholesale

Due to increase of local dried fish supply, prices of most of the local and imported dried fish types have decreased. The highest price decrease of 13% was noted for local maduwa due to high supply from Jaffna and Negombo areas and the price ranged between Rs.950.00-1180.00/kg.

The price decrease of 4% was noted for imported sprats due to high supply from Iran and Thailand and the price ranged between Rs.850.00-1000.00/kg. Likewise, price decrease of 3% was noted for local salaya due to high supply from Mannar, Chilaw and Negombao areas and the price ranged between Rs.650.00-800.00/kg. In addition, price of local sprats and imported kattawa have decreased by 1%.

However, price increase of 10% was noted for local mora and local balaya due to low supply from Negombo, Beruwala and Chilaw areas and the price ranged between Rs.1450.00-1800.00/kg and Rs.780.00-900.00/kg respectively. In addition, price of imported anguluwa has increased by 1%.

Compared to the same period of last year, wholesale prices of all the dried fish types have increased in the range of 22%-88% and the highest price increase was reported for local salaya.

Retail

Retail prices of all types of dried fish except balaya have further decreased in line with decreased wholesale prices. The highest price decrease of Rs.220.00/kg was reported for maduwa. Further, prices of both local and imported sprats, kattawa and mora have decreased by Rs.72.00-89.00/kg.

However, price of balaya has increased by Rs.22.00/kg due to limited stocks in the market.

Compared to the same period of last year, prices of all types of dried fish have increased in the range of 40%-109%.

Eggs

Wholesale

Price of a brown egg has increased by 20% and price of a white egg has increased by 11% respectively. A brown egg average price was Rs.60.00 and a white egg price ranged between Rs.54.50-56.00.

Compared to the same period of last year, price of a brown and a white egg has increased by 133% and 123% respectively.

Retail

Price of both a brown and a white egg has increased by Rs.6.00/egg in line with increased wholesale prices due to removing the maximum retail price. Price range of a brown egg was between Rs.55.00-58.00 and Rs.50.00-60.00 for a white egg.

Compared to the same period of last year, price of a both brown and white egg has increased by 117% and 128% respectively.

Meat

Retail

Prices of all types of meat have increased due to Christmas season. Prices of mutton has increased by Rs.43.00/kg. Prices of skin-less curry chicken and skin-less broiler chicken have increased by Rs.23.00/kg and Rs.16.00/kg respectively. Further, price of beef has also increased by Rs.17.00/kg.

Compared to the same period of last year, all types of meat have increased in the range of 52%-123% and the highest price increase was 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 51: 16 - 22 December 2022

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

Week 51: 16 - 22 December 2022

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

Week 51: 16 - 22 December 2022

LOCATION	Dried Chillies	Red Onion			Big Onion	Potato			Pulses					
	Imported	Imported	Local	Imported		Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal	Imported	Local	Imported
	Imported	Imported	Local	Imported		Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal	Imported	Local	Imported
Colombo	71500 - 75000	29000 - 31000	-	6750 - 8750	7250 - 13500	-	20750 - 22000	52000 - 56000	60000 - 65000	17400 - 19600	-	-	-	-
Kurunegala	70000 - 77500	-	-	7250 - 7500	8500 - 9250	-	-	54250 - 57500	-	17750 - 18000	-	-	-	-
Nikaweratiya	70750 - 75500	-	-	7100 - 7350	8250 - 9250	-	-	50000 - 50000	-	17750 - 17900	-	-	-	-
Dehiattakandiya	74500 - 80000	31500 - 32500	-	7400 - 8500	8750 - 9250	-	-	52500 - 52500	-	17500 - 18250	-	-	-	-
Dambulla (DEC)	76500 - 77500	29500 - 30000	-	6500 - 6750	7000 - 7500	-	-	50000 - 52500	47500 - 47500	18000 - 18250	-	-	-	-
Anuradhapura	82500 - 85000	27500 - 30000	-	8000 - 10500	9000 - 10000	-	-	57500 - 60000	-	18000 - 18500	-	-	-	-
Thambuththegama	72500 - 77500	30000 - 32500	-	7000 - 9250	7750 - 10000	-	21500 - 22500	-	-	18000 - 18250	-	-	-	-
Polonnaruwa	85000 - 85500	29500 - 79750	-	10500 - 10750	11000 - 11250	-	22500 - 22500	-	57000 - 57500	18250 - 18500	-	-	-	-
Kaluthara	73000 - 74000	28000 - 29000	-	7000 - 7500	8500 - 8750	-	22500 - 23000	54000 - 55000	50000 - 50000	17750 - 18000	-	-	-	-
Puttalam	76000 - 80000	-	24000 - 27500	7500 - 8250	8750 - 9500	-	24500 - 26000	52500 - 55000	52500 - 55000	17900 - 18250	-	-	-	-
Kandy	75000 - 77500	26000 - 27500	-	7000 - 8750	8250 - 9000	-	21000 - 22000	52500 - 55000	55000 - 57500	18000 - 18500	-	-	-	-
Matara	83000 - 86000	30000 - 31000	-	7250 - 7500	9000 - 9750	-	20000 - 21000	55000 - 56000	54000 - 55000	18250 - 18750	-	-	-	-
Hambantota	77500 - 84000	30000 - 31000	-	7250 - 7500	8250 - 9500	-	-	47500 - 48500	-	18000 - 18750	-	-	-	-
Kegalle	80000 - 82000	27900 - 28000	-	7250 - 7350	9000 - 9100	-	22950 - 23000	57000 - 58000	57000 - 57500	18500 - 19000	-	-	-	-
Galle	77500 - 84000	30000 - 34000	-	7000 - 7500	9000 - 10000	-	21000 - 21000	55000 - 57500	-	18000 - 18250	-	-	-	-
Tissamaharama	77500 - 80000	29000 - 32000	-	7750 - 8500	10000 - 12000	-	-	52500 - 55000	-	18000 - 18500	-	-	-	-
Meegoda (DEC)	72500 - 77500	26000 - 30000	-	6900 - 9000	7500 - 8500	-	22500 - 23000	53000 - 55000	60000 - 62500	17750 - 18250	-	-	-	-
Jaffna	80000 - 85000	31000 - 34000	-	7500 - 8000	7500 - 8000	-	-	50000 - 57500	-	17500 - 18000	-	-	-	-
Vavuniya	79000 - 80000	35000 - 35000	-	9000 - 9000	9000 - 9000	-	-	55000 - 55000	-	18500 - 18500	-	-	-	-
Mannar	77500 - 78000	35000 - 36000	-	7750 - 8000	8500 - 9000	-	-	57500 - 59000	-	18500 - 19000	-	-	-	-
Killinochchi	82000 - 83000	32000 - 33000	-	8500 - 9000	9500 - 10000	-	-	56000 - 57000	-	18500 - 19000	-	-	-	-
Mullattivu	76500 - 80000	-	-	8000 - 8500	8500 - 9000	-	-	55000 - 57500	-	18000 - 18500	-	-	-	-
Batticaloa	82000 - 82500	-	-	10000 - 10150	10000 - 10150	-	27000 - 27500	55250 - 56250	-	18500 - 18750	-	-	-	-
Trincomalee	81000 - 82000	-	32500 - 32500	8000 - 9250	8750 - 9750	-	-	57000 - 58000	62500 - 62500	17400 - 17550	-	-	-	-
Galenbindunuwewa	77500 - 81000	28000 - 31000	-	8000 - 8750	8000 - 8500	-	-	55000 - 57000	-	18000 - 18500	-	-	-	-
Matale	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Table 05: Selected Markets: Retail Price of Subsidiary Food Crops (Rs/Kg)

Week 51: 16 - 22 December 2022

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

Week 51: 16 - 22 December 2022

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	300.00 - 500.00	230.00 - 270.00	300.00 - 350.00	300.00 - 380.00	200.00 - 270.00
Meegoda (DEC)	-	520.00 - 550.00	250.00 - 290.00	350.00 - 380.00	350.00 - 360.00	300.00 - 330.00
Dambulla (DEC)	-	400.00 - 420.00	240.00 - 270.00	300.00 - 330.00	300.00 - 350.00	280.00 - 300.00
Keppetipola (DEC)	-	400.00 - 450.00	190.00 - 220.00	280.00 - 300.00	260.00 - 300.00	200.00 - 220.00
Norochchhole (DEC)	-	-	-	-	270.00 - 320.00	-
Nuwara Eliya	-	400.00 - 440.00	220.00 - 230.00	300.00 - 320.00	280.00 - 300.00	230.00 - 240.00
Kandy	-	430.00 - 450.00	240.00 - 260.00	320.00 - 340.00	340.00 - 350.00	250.00 - 260.00
Hambantota	-	500.00 - 580.00	300.00 - 400.00	320.00 - 420.00	300.00 - 400.00	200.00 - 280.00
Thambuththegama (DEC)	-	320.00 - 350.00	250.00 - 280.00	320.00 - 360.00	320.00 - 360.00	-
Jaffna		300.00 - 350.00	260.00 - 300.00	360.00 - 380.00	400.00 - 430.00	-
Bandarawela		450.00 - 480.00	200.00 - 220.00	300.00 - 320.00	280.00 - 300.00	230.00 - 250.00
Veyangoda	-	450.00 - 500.00	260.00 - 280.00	330.00 - 360.00	320.00 - 370.00	270.00 - 290.00

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	90.00 - 120.00	100.00 - 160.00	170.00 - 200.00	130.00 - 150.00	140.00 - 180.00	650.00 - 750.00
Meegoda (DEC)	110.00 - 130.00	110.00 - 130.00	140.00 - 170.00	180.00 - 200.00	170.00 - 200.00	700.00 - 750.00
Moneragala	120.00 - 150.00	150.00 - 200.00	160.00 - 200.00	150.00 - 180.00	180.00 - 200.00	750.00 - 800.00
Dambulla (DEC)	60.00 - 70.00	80.00 - 110.00	100.00 - 130.00	80.00 - 100.00	120.00 - 150.00	600.00 - 650.00
Keppetipola (DEC)	40.00 - 60.00	70.00 - 80.00	100.00 - 130.00	110.00 - 130.00	150.00 - 160.00	620.00 - 650.00
Norochchhole (DEC)	60.00 - 90.00	50.00 - 80.00	-	120.00 - 150.00	150.00 - 200.00	500.00 - 650.00
Nuwara Eliya	60.00 - 70.00	90.00 - 100.00	120.00 - 130.00	120.00 - 130.00	160.00 - 170.00	640.00 - 660.00
Kandy	45.00 - 60.00	100.00 - 150.00	90.00 - 100.00	120.00 - 140.00	140.00 - 180.00	530.00 - 550.00
Hambantota	160.00 - 200.00	180.00 - 220.00	120.00 - 180.00	150.00 - 180.00	120.00 - 180.00	550.00 - 650.00
Thambuththegama (DEC)	70.00 - 100.00	75.00 - 100.00	100.00 - 120.00	80.00 - 100.00	70.00 - 130.00	500.00 - 570.00
Tissamaharama	120.00 - 140.00	230.00 - 250.00	150.00 - 180.00	120.00 - 140.00	120.00 - 140.00	650.00 - 700.00
Jaffna	150.00 - 180.00	120.00 - 130.00	130.00 - 150.00	150.00 - 180.00	200.00 - 240.00	620.00 - 700.00
Bandarawela	60.00 - 70.00	80.00 - 100.00	120.00 - 140.00	-	130.00 - 150.00	580.00 - 620.00
Veyangoda	80.00 - 110.00	100.00 - 120.00	130.00 - 140.00	130.00 - 150.00	120.00 - 140.00	620.00 - 680.00

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	100.00 - 120.00	40.00 - 60.00	300.00 - 350.00	240.00 - 280.00	-	200.00 - 240.00
Meegoda (DEC)	110.00 - 120.00	60.00 - 70.00	350.00 - 400.00	260.00 - 270.00	-	260.00 - 300.00
Moneragala	110.00 - 120.00	70.00 - 100.00	430.00 - 450.00	300.00 - 350.00	-	320.00 - 360.00
Dambulla (DEC)	80.00 - 100.00	40.00 - 50.00	300.00 - 350.00	170.00 - 200.00	-	200.00 - 230.00
Keppetipola (DEC)	80.00 - 100.00	60.00 - 70.00	300.00 - 320.00	170.00 - 180.00	-	190.00 - 210.00
Norochchhole (DEC)	80.00 - 120.00	40.00 - 60.00	280.00 - 320.00	150.00 - 190.00	-	150.00 - 180.00
Nuwara Eliya	90.00 - 110.00	80.00 - 90.00	320.00 - 330.00	180.00 - 190.00	-	200.00 - 220.00
Kandy	110.00 - 120.00	60.00 - 70.00	280.00 - 300.00	180.00 - 200.00	-	230.00 - 240.00
Hambantota	80.00 - 140.00	50.00 - 80.00	350.00 - 450.00	200.00 - 300.00	-	150.00 - 230.00
Thambuththegama (DEC)	60.00 - 85.00	20.00 - 30.00	260.00 - 300.00	150.00 - 170.00	-	140.00 - 170.00
Tissamaharama	100.00 - 120.00	40.00 - 60.00	350.00 - 390.00	230.00 - 250.00	-	230.00 - 250.00
Jaffna	80.00 - 110.00	70.00 - 80.00	430.00 - 480.00	200.00 - 220.00	-	-
Bandarawela	90.00 - 110.00	60.00 - 70.00	-	-	-	-
Veyangoda	90.00 - 110.00	60.00 - 80.00	300.00 - 350.00	200.00 - 240.00	-	200.00 - 220.00

Table 06 (Contd.)

	Long Beans	Ash Plantain	Green Chillies	Lime	Sweet Potatoe	Manioc
Colombo	280.00 - 300.00	200.00 - 220.00	180.00 - 250.00	90.00 - 130.00	120.00 - 140.00	140.00 - 150.00
Meegoda (DEC)	280.00 - 300.00	200.00 - 250.00	350.00 - 400.00	120.00 - 160.00	120.00 - 140.00	170.00 - 170.00
Moneragala	230.00 - 300.00	100.00 - 130.00	200.00 - 300.00	80.00 - 100.00	120.00 - 150.00	-
Dambulla (DEC)	170.00 - 220.00	190.00 - 210.00	300.00 - 330.00	110.00 - 130.00	110.00 - 130.00	110.00 - 130.00
Keppetipola (DEC)	230.00 - 240.00	190.00 - 210.00	260.00 - 300.00	90.00 - 110.00	100.00 - 120.00	80.00 - 90.00
Norochchhole (DEC)	200.00 - 250.00	100.00 - 150.00	180.00 - 250.00	-	130.00 - 150.00	120.00 - 150.00
Nuwara Eliya	250.00 - 260.00	200.00 - 210.00	330.00 - 350.00	110.00 - 130.00	120.00 - 130.00	90.00 - 110.00
Kandy	220.00 - 250.00	150.00 - 180.00	200.00 - 250.00	90.00 - 100.00	120.00 - 140.00	90.00 - 100.00
Hambantota	150.00 - 250.00	110.00 - 150.00	150.00 - 250.00	150.00 - 180.00	150.00 - 190.00	80.00 - 130.00
Thambuththegama (DEC)	130.00 - 160.00	150.00 - 180.00	150.00 - 200.00	50.00 - 70.00	110.00 - 130.00	120.00 - 140.00
Tissamaharama	180.00 - 200.00	150.00 - 160.00	160.00 - 180.00	80.00 - 90.00	130.00 - 150.00	100.00 - 120.00
Jaffna	350.00 - 380.00	120.00 - 140.00	220.00 - 250.00	100.00 - 120.00	170.00 - 190.00	120.00 - 160.00
Bandarawela	-	-	250.00 - 280.00	-	120.00 - 130.00	90.00 - 100.00
Veyangoda	220.00 - 280.00	170.00 - 200.00	230.00 - 280.00	100.00 - 140.00	130.00 - 140.00	140.00 - 160.00

Locations	Leafy Vegetables (Rs/Bundle)			Coconut (Rs/Nut)	
	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	55.00 - 60.00	55.00 - 60.00	230.00 - 250.00	90.00 - 100.00	80.00 - 85.00
Meegoda (DEC)	70.00 - 70.00	70.00 - 70.00	-	100.00 - 100.00	85.00 - 88.00
Norochchhole (DEC)	50.00 - 60.00	50.00 - 60.00	120.00 - 140.00	90.00 - 95.00	72.00 - 80.00
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	25.00 - 30.00	25.00 - 30.00	20.00 - 25.00	70.00 - 75.00	65.00 - 68.00
Kandy	45.00 - 50.00	50.00 - 55.00	210.00 - 220.00	85.00 - 90.00	67.00 - 70.00
Hambantota	45.00 - 50.00	40.00 - 50.00	60.00 - 70.00	-	-
Thambuththegama (DEC)	30.00 - 30.00	30.00 - 30.00	-	73.00 - 80.00	65.00 - 70.00
Tissamaharama	40.00 - 45.00	40.00 - 45.00	50.00 - 55.00	80.00 - 85.00	55.00 - 60.00
Jaffna	55.00 - 60.00	30.00 - 35.00	120.00 - 150.00	80.00 - 90.00	55.00 - 70.00
Tissamaharama	40.00 - 45.00	40.00 - 45.00	50.00 - 55.00	80.00 - 85.00	55.00 - 60.00
Bandarawela	-	-	-	-	-
Veyangoda	40.00 - 50.00	40.00 - 50.00	54.00 - 60.00	90.00 - 100.00	-

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

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

Week 51: 16 - 22 December 2022

Table 07 (Contd.)

LOCATIONS	Low Country Varieties																		
	Ladies Fingers		Brinjal		Capsicum		Pumpkin		Cucumber		Bitter Gourd		Snake Gourd		Drumstick	Luffa		Long Beans	
17	Colombo	200.00 - 320.00	200.00 - 360.00	750.00 - 1000.00	150.00 - 280.00	120.00 - 200.00	320.00 - 600.00	320.00 - 480.00	-	260.00 - 480.00	320.00 - 480.00	320.00 - 480.00	320.00 - 480.00	320.00 - 480.00	320.00 - 480.00	320.00 - 480.00	320.00 - 480.00	320.00 - 480.00	
	Gampaha	240.00 - 280.00	280.00 - 360.00	1000.00 - 1000.00	200.00 - 200.00	160.00 - 180.00	480.00 - 560.00	320.00 - 400.00	-	400.00 - 400.00	400.00 - 400.00	400.00 - 480.00	400.00 - 480.00	400.00 - 480.00	400.00 - 480.00	400.00 - 480.00	400.00 - 480.00	400.00 - 480.00	400.00 - 480.00
	Kurunegala	220.00 - 240.00	280.00 - 320.00	750.00 - 800.00	180.00 - 200.00	120.00 - 160.00	440.00 - 460.00	320.00 - 360.00	450.00 - 500.00	320.00 - 360.00	320.00 - 360.00	320.00 - 360.00	320.00 - 340.00	320.00 - 340.00	320.00 - 340.00	320.00 - 340.00	320.00 - 340.00	320.00 - 340.00	320.00 - 340.00
	Nikaweratiya	200.00 - 280.00	240.00 - 320.00	700.00 - 800.00	160.00 - 200.00	120.00 - 160.00	480.00 - 560.00	320.00 - 360.00	-	320.00 - 360.00	320.00 - 360.00	320.00 - 360.00	320.00 - 360.00	320.00 - 360.00	320.00 - 360.00	320.00 - 360.00	320.00 - 360.00	320.00 - 360.00	320.00 - 360.00
	Dambulla	160.00 - 180.00	280.00 - 300.00	900.00 - 1000.00	160.00 - 200.00	140.00 - 160.00	400.00 - 440.00	300.00 - 340.00	-	320.00 - 340.00	320.00 - 340.00	320.00 - 340.00	320.00 - 340.00	320.00 - 340.00	320.00 - 340.00	320.00 - 340.00	320.00 - 340.00	320.00 - 340.00	320.00 - 340.00
	Anuradhapura	160.00 - 200.00	200.00 - 260.00	750.00 - 800.00	160.00 - 200.00	120.00 - 160.00	450.00 - 560.00	320.00 - 360.00	-	320.00 - 360.00	320.00 - 360.00	320.00 - 360.00	320.00 - 360.00	320.00 - 360.00	320.00 - 360.00	320.00 - 360.00	320.00 - 360.00	320.00 - 360.00	320.00 - 360.00
	Thambuththegama	160.00 - 200.00	180.00 - 240.00	700.00 - 800.00	120.00 - 180.00	60.00 - 100.00	360.00 - 420.00	220.00 - 280.00	-	220.00 - 260.00	220.00 - 260.00	220.00 - 260.00	220.00 - 260.00	220.00 - 260.00	220.00 - 260.00	220.00 - 260.00	220.00 - 260.00	220.00 - 260.00	220.00 - 260.00
	Polonnaruwa	180.00 - 210.00	250.00 - 270.00	730.00 - 760.00	140.00 - 160.00	100.00 - 110.00	380.00 - 400.00	260.00 - 280.00	-	280.00 - 300.00	260.00 - 280.00	280.00 - 300.00	280.00 - 300.00	280.00 - 300.00	280.00 - 300.00	280.00 - 300.00	280.00 - 300.00	280.00 - 300.00	280.00 - 300.00
	Kaluthara	240.00 - 260.00	280.00 - 300.00	880.00 - 900.00	180.00 - 200.00	140.00 - 160.00	560.00 - 580.00	360.00 - 380.00	-	360.00 - 380.00	360.00 - 380.00	360.00 - 380.00	360.00 - 380.00	360.00 - 380.00	360.00 - 380.00	360.00 - 380.00	360.00 - 380.00	360.00 - 380.00	360.00 - 380.00
	Badulla	200.00 - 240.00	280.00 - 320.00	800.00 - 840.00	140.00 - 160.00	140.00 - 160.00	440.00 - 520.00	360.00 - 400.00	-	360.00 - 400.00	360.00 - 400.00	360.00 - 400.00	360.00 - 400.00	360.00 - 400.00	360.00 - 400.00	360.00 - 400.00	360.00 - 400.00	360.00 - 400.00	360.00 - 400.00
	Keppetipola	180.00 - 200.00	200.00 - 220.00	750.00 - 780.00	180.00 - 200.00	150.00 - 160.00	360.00 - 380.00	240.00 - 260.00	-	240.00 - 260.00	240.00 - 260.00	240.00 - 260.00	240.00 - 260.00	240.00 - 260.00	240.00 - 260.00	240.00 - 260.00	240.00 - 260.00	240.00 - 260.00	240.00 - 260.00
	Moneragala	200.00 - 240.00	240.00 - 260.00	800.00 - 900.00	160.00 - 200.00	120.00 - 160.00	560.00 - 580.00	360.00 - 400.00	-	360.00 - 400.00	360.00 - 400.00	360.00 - 400.00	360.00 - 400.00	360.00 - 400.00	360.00 - 400.00	360.00 - 400.00	360.00 - 400.00	360.00 - 400.00	360.00 - 400.00
	Kegalle	220.00 - 240.00	300.00 - 320.00	780.00 - 800.00	180.00 - 200.00	120.00 - 140.00	460.00 - 520.00	300.00 - 320.00	-	300.00 - 320.00	300.00 - 320.00	300.00 - 320.00	300.00 - 320.00	300.00 - 320.00	300.00 - 320.00	300.00 - 320.00	300.00 - 320.00	300.00 - 320.00	300.00 - 320.00
	Ampara	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	Dehiwakkandiya	240.00 - 280.00	200.00 - 300.00	780.00 - 800.00	200.00 - 240.00	120.00 - 160.00	480.00 - 540.00	300.00 - 380.00	-	400.00 - 420.00	300.00 - 360.00	400.00 - 420.00	300.00 - 360.00	400.00 - 420.00	300.00 - 360.00	400.00 - 420.00	300.00 - 360.00	400.00 - 420.00	300.00 - 360.00
	Nuwaraeliya	180.00 - 200.00	220.00 - 240.00	780.00 - 800.00	200.00 - 220.00	160.00 - 180.00	370.00 - 390.00	250.00 - 260.00	-	260.00 - 280.00	330.00 - 340.00	260.00 - 280.00	330.00 - 340.00	260.00 - 280.00	330.00 - 340.00	260.00 - 280.00	330.00 - 340.00	260.00 - 280.00	330.00 - 340.00
	Kandy	240.00 - 280.00	240.00 - 260.00	680.00 - 700.00	160.00 - 200.00	120.00 - 140.00	400.00 - 440.00	300.00 - 340.00	-	320.00 - 360.00	360.00 - 400.00	320.00 - 360.00	360.00 - 400.00	320.00 - 360.00	360.00 - 400.00	320.00 - 360.00	360.00 - 400.00	320.00 - 360.00	360.00 - 400.00
	Puttalam	200.00 - 250.00	300.00 - 360.00	900.00 - 1000.00	150.00 - 200.00	160.00 - 220.00	440.00 - 520.00	320.00 - 400.00	-	320.00 - 360.00	320.00 - 360.00	320.00 - 360.00	320.00 - 360.00	320.00 - 360.00	320.00 - 360.00	320.00 - 360.00	320.00 - 360.00	320.00 - 360.00	320.00 - 360.00
	Rathnapura	180.00 - 200.00	220.00 - 240.00	800.00 - 850.00	180.00 - 200.00	140.00 - 160.00	480.00 - 520.00	300.00 - 320.00	-	320.00 - 320.00	320.00 - 320.00	320.00 - 320.00	320.00 - 320.00	320.00 - 320.00	320.00 - 320.00	320.00 - 320.00	320.00 - 320.00	320.00 - 320.00	320.00 - 320.00
	Hambantota	160.00 - 240.00	160.00 - 240.00	650.00 - 800.00	120.00 - 160.00	80.00 - 120.00	400.00 - 550.00	280.00 - 320.00	-	280.00 - 320.00	280.00 - 320.00	280.00 - 320.00	280.00 - 320.00	280.00 - 320.00	280.00 - 320.00	280.00 - 320.00	280.00 - 320.00	280.00 - 320.00	280.00 - 320.00
	Matara	200.00 - 240.00	200.00 - 240.00	800.00 - 900.00	120.00 - 160.00	80.00 - 100.00	550.00 - 600.00	300.00 - 320.00	-	280.00 - 320.00	280.00 - 320.00	280.00 - 320.00	280.00 - 320.00	280.00 - 320.00	280.00 - 320.00	280.00 - 320.00	280.00 - 320.00	280.00 - 320.00	280.00 - 320.00
	Galle	200.00 - 260.00	260.00 - 320.00	700.00 - 800.00	160.00 - 180.00	160.00 - 160.00	440.00 - 560.00	360.00 - 400.00	-	300.00 - 380.00	320.00 - 340.00	300.00 - 380.00	320.00 - 340.00	300.00 - 380.00	320.00 - 340.00	300.00 - 380.00	320.00 - 340.00	300.00 - 380.00	320.00 - 340.00
	Tissamaharama	160.00 - 200.00	150.00 - 180.00	700.00 - 750.00	140.00 - 160.00	70.00 - 90.00	400.00 - 450.00	270.00 - 300.00	-	280.00 - 300.00	280.00 - 300.00	280.00 - 300.00	280.00 - 300.00	280.00 - 300.00	280.00 - 300.00	280.00 - 300.00	280.00 - 300.00	280.00 - 300.00	280.00 - 300.00
	Meegoda (DEC)	280.00 - 320.00	300.00 - 360.00	900.00 - 1000.00	200.00 - 240.00	140.00 - 200.00	480.00 - 520.00	400.00 - 400.00	-	400.00 - 440.00	400.00 - 440.00	400.00 - 440.00	400.00 - 440.00	400.00 - 440.00	400.00 - 440.00	400.00 - 440.00	400.00 - 440.00	400.00 - 440.00	400.00 - 440.00
	Embilipitiya	180.00 - 240.00	240.00 - 300.00	800.00 - 1000.00	160.00 - 220.00	100.00 - 140.00	480.00 - 600.00	320.00 - 360.00	200.00 - 240.00	400.00 - 480.00	320.00 - 400.00	400.00 - 480.00	320.00 - 400.00	400.00 - 480.00	320.00 - 400.00	400.00 - 480.00	320.00 - 400.00	400.00 - 480.00	320.00 - 400.00
	Jaffna	180.00 - 200.00	240.00 - 260.00	750.00 - 820.00	120.00 - 140.00	90.00 - 110.00	480.00 - 550.00	240.00 - 280.00	-	400.00 - 450.00	400.00 - 450.00	400.00 - 450.00	400.00 - 450.00	400.00 - 450.00	400.00 - 450.00	400.00 - 450.00	400.00 - 450.00	400.00 - 450.00	400.00 - 450.00
	Vavuniya	240.00 - 240.00	150.00 - 240.00	800.00 - 1000.00	180.00 - 200.00	200.00 - 200.00	800.00 - 800.00	320.00 - 400.00	-	300.00 - 300.00	300.00 - 300.00	300.00 - 300.00	300.00 - 300.00	300.00 - 300.00	300.00 - 300.00	300.00 - 300.00	300.00 - 300.00	300.00 - 300.00	300.00 - 300.00
	Mannar	280.00 - 300.00	280.00 - 320.00	750.00 - 800.00	180.00 - 200.00	160.00 - 180.00	580.00 - 600.00	320.00 - 340.00	-	280.00 - 320.00	280.00 - 320.00	280.00 - 320.00	280.00 - 320.00	280.00 - 320.00	280.00 - 320.00	280.00 - 320.00	280.00 - 320.00	280.00 - 320.00	280.00 - 320.00
	Killinochchi	160.00 - 180.00	240.00 - 260.00	740.00 - 760.00	160.00 - 180.00	-	600.00 - 640.00	200.00 - 240.00	-	400.00 - 440.00	400.00 - 440.00	400.00 - 440.00	400.00 - 440.00	400.00 - 440.00	400.00 - 440.00	400.00 - 440.00	400.00 - 440.00	400.00 - 440.00	400.00 - 440.00
	Mullaitivu	160.00 - 200.00	200.00 - 240.00	800.00 - 800.00	160.00 - 180.00	-	600.00 - 650.00	350.00 - 360.00	-	400.00 - 440.00	400.00 - 440.00	400.00 - 440.00	400.00 - 440.00	400.00 - 440.00	400.00 - 440.00	400.00 - 440.00	400.00 - 440.00	400.00 - 440.00	400.00 - 440.00
	Batticaloa	280.00 - 300.00	300.00 - 300.00	760.00 - 800.00	200.00 - 200.00	200.00 - 220.00	600.00 - 600.00	300.00 - 320.00	-	240.00 - 260.00	300.00 -								

Table 07 (Contd.)

LOCATIONS	Low Country Varieties										Leafy Vegetable				Coconut (Rs/Nut)			
	Ash Plantain	Green Chillies	Lime	Sweet Potato		Manioc		Mukunuwenna	Kankun	Gotukola	Large		Small					
18	Colombo	240.00 - 360.00	240.00 - 600.00	150.00 - 500.00	160.00 - 280.00	160.00 - 240.00	70.00 - 100.00	70.00 - 100.00	100.00 - 160.00	100.00 - 120.00	85.00 - 95.00							
	Gampaha	250.00 - 280.00	400.00 - 400.00	320.00 - 400.00	240.00 - 240.00	200.00 - 200.00	70.00 - 70.00	70.00 - 70.00	30.00 - 30.00	100.00 - 120.00	75.00 - 80.00							
	Kurunegala	260.00 - 280.00	400.00 - 600.00	300.00 - 400.00	220.00 - 240.00	200.00 - 220.00	40.00 - 50.00	40.00 - 50.00	30.00 - 40.00	95.00 - 100.00	70.00 - 75.00							
	Nikaweratiya	200.00 - 240.00	400.00 - 400.00	160.00 - 200.00	200.00 - 240.00	140.00 - 140.00	40.00 - 50.00	40.00 - 50.00	60.00 - 60.00	90.00 - 100.00	65.00 - 75.00							
	Dambulla	280.00 - 320.00	450.00 - 500.00	300.00 - 350.00	220.00 - 240.00	180.00 - 220.00	45.00 - 60.00	45.00 - 60.00	40.00 - 45.00	85.00 - 90.00	70.00 - 75.00							
	Anuradhapura	240.00 - 280.00	350.00 - 400.00	200.00 - 400.00	200.00 - 240.00	180.00 - 200.00	50.00 - 50.00	50.00 - 50.00	50.00 - 50.00	80.00 - 95.00	70.00 - 75.00							
	Thambuththegama	200.00 - 240.00	280.00 - 400.00	160.00 - 200.00	180.00 - 200.00	180.00 - 200.00	40.00 - 40.00	40.00 - 40.00	-	80.00 - 85.00	70.00 - 75.00							
	Polonnaruwa	200.00 - 220.00	450.00 - 470.00	200.00 - 250.00	190.00 - 200.00	120.00 - 180.00	50.00 - 50.00	50.00 - 50.00	50.00 - 50.00	65.00 - 70.00	50.00 - 60.00							
	Kaluthara	240.00 - 260.00	300.00 - 400.00	250.00 - 350.00	200.00 - 220.00	160.00 - 180.00	60.00 - 80.00	60.00 - 80.00	80.00 - 100.00	100.00 - 110.00	85.00 - 95.00							
	Badulla	240.00 - 250.00	400.00 - 500.00	300.00 - 350.00	220.00 - 240.00	180.00 - 220.00	70.00 - 70.00	70.00 - 70.00	70.00 - 80.00	90.00 - 95.00	65.00 - 75.00							
	Keppetipola	260.00 - 280.00	450.00 - 500.00	180.00 - 220.00	180.00 - 200.00	160.00 - 180.00	40.00 - 45.00	40.00 - 45.00	30.00 - 35.00	90.00 - 96.00	78.00 - 85.00							
	Moneragala	140.00 - 200.00	350.00 - 400.00	150.00 - 200.00	180.00 - 200.00	-	60.00 - 70.00	60.00 - 70.00	60.00 - 70.00	80.00 - 85.00	60.00 - 65.00							
	Kegalle	220.00 - 240.00	480.00 - 500.00	250.00 - 300.00	220.00 - 240.00	180.00 - 200.00	60.00 - 70.00	60.00 - 70.00	60.00 - 70.00	100.00 - 110.00	85.00 - 95.00							
	Ampara	-	-	-	-	-	-	-	-	-	-							
	Dehiatkandiya	200.00 - 220.00	600.00 - 600.00	300.00 - 400.00	200.00 - 200.00	140.00 - 160.00	50.00 - 60.00	50.00 - 60.00	50.00 - 60.00	70.00 - 80.00	60.00 - 70.00							
	Nuwaraeliya	260.00 - 280.00	550.00 - 600.00	200.00 - 240.00	200.00 - 220.00	160.00 - 180.00	40.00 - 50.00	45.00 - 50.00	30.00 - 35.00	95.00 - 98.00	80.00 - 85.00							
	Kandy	240.00 - 280.00	320.00 - 400.00	240.00 - 280.00	200.00 - 240.00	180.00 - 200.00	60.00 - 70.00	60.00 - 70.00	50.00 - 60.00	100.00 - 110.00	75.00 - 80.00							
	Puttalam	200.00 - 240.00	300.00 - 400.00	200.00 - 250.00	200.00 - 240.00	180.00 - 220.00	60.00 - 70.00	60.00 - 70.00	40.00 - 40.00	90.00 - 100.00	80.00 - 85.00							
	Rathnapura	210.00 - 230.00	400.00 - 450.00	400.00 - 450.00	200.00 - 230.00	140.00 - 160.00	80.00 - 90.00	80.00 - 85.00	90.00 - 100.00	100.00 - 120.00	80.00 - 90.00							
	Hambanthota	150.00 - 200.00	280.00 - 400.00	240.00 - 320.00	200.00 - 240.00	120.00 - 160.00	50.00 - 60.00	50.00 - 60.00	70.00 - 80.00	80.00 - 100.00	60.00 - 70.00							
	Matara	230.00 - 260.00	300.00 - 400.00	200.00 - 300.00	180.00 - 200.00	150.00 - 170.00	55.00 - 60.00	55.00 - 60.00	75.00 - 80.00	90.00 - 110.00	65.00 - 75.00							
	Galle	180.00 - 220.00	300.00 - 360.00	300.00 - 400.00	200.00 - 260.00	160.00 - 200.00	50.00 - 60.00	50.00 - 60.00	70.00 - 80.00	100.00 - 115.00	75.00 - 85.00							
	Tissamaharama	170.00 - 200.00	240.00 - 280.00	120.00 - 140.00	180.00 - 220.00	140.00 - 160.00	45.00 - 50.00	45.00 - 50.00	55.00 - 60.00	85.00 - 90.00	60.00 - 65.00							
	Meegoda (DEC)	320.00 - 360.00	600.00 - 600.00	400.00 - 400.00	240.00 - 320.00	180.00 - 180.00	80.00 - 80.00	80.00 - 80.00	90.00 - 100.00	100.00 - 120.00	80.00 - 90.00							
	Embilipitiya	180.00 - 220.00	400.00 - 500.00	200.00 - 300.00	200.00 - 240.00	120.00 - 160.00	60.00 - 80.00	50.00 - 70.00	80.00 - 100.00	80.00 - 100.00	50.00 - 70.00							
	Jaffna	160.00 - 180.00	300.00 - 320.00	150.00 - 180.00	200.00 - 220.00	160.00 - 180.00	60.00 - 65.00	35.00 - 40.00	45.00 - 50.00	80.00 - 100.00	65.00 - 75.00							
	Vavuniya	240.00 - 240.00	350.00 - 400.00	100.00 - 120.00	240.00 - 240.00	200.00 - 240.00	60.00 - 60.00	60.00 - 60.00	60.00 - 60.00	65.00 - 70.00	50.00 - 60.00							
	Mannar	200.00 - 220.00	300.00 - 400.00	240.00 - 250.00	180.00 - 200.00	200.00 - 240.00	50.00 - 60.00	50.00 - 60.00	50.00 - 55.00	70.00 - 80.00	60.00 - 65.00							
	Killinochchi	120.00 - 140.00	350.00 - 380.00	180.00 - 220.00	230.00 - 250.00	200.00 - 220.00	50.00 - 60.00	-	40.00 - 50.00	80.00 - 90.00	50.00 - 60.00							
	Mullaitivu	150.00 - 160.00	350.00 - 380.00	150.00 - 160.00	200.00 - 220.00	200.00 - 220.00	50.00 - 50.00	-	40.00 - 50.00	70.00 - 75.00	50.00 - 55.00							
	Batticaloa	240.00 - 240.00	360.00 - 360.00	240.00 - 260.00	220.00 - 240.00	200.00 - 220.00	70.00 - 70.00	-	50.00 - 50.00	70.00 - 75.00	50.00 - 50.00							
	Trincomalee	250.00 - 280.00	340.00 - 360.00	220.00 - 250.00	160.00 - 180.00	240.00 - 260.00	50.00 - 55.00	45.00 - 50.00	45.00 - 55.00	75.00 - 85.00	50.00 - 60.00							
	Hanguranketha	240.00 - 260.00	300.00 - 350.00	200.00 - 300.00	150.00 - 180.00	120.00 - 130.00	-	40.00 - 40.00	35.00 - 40.00	85.00 - 92.00	68.00 - 78.00							
	Veyangoda	240.00 - 280.00	400.00 - 500.00	300.00 - 400.00	200.00 - 240.00	180.00 - 200.00	60.00 - 70.00	60.00 - 70.00	30.00 - 30.00	110.00 - 120.00	90.00 - 100.00							
	Galenbindunuwewa	-	400.00 - 500.00	-	160.00 - 200.00	-	50.00 - 60.00	50.00 - 60.00	-	75.00 - 80.00	60.00 - 70.00							
	Bandarawela	240.00 - 260.00	400.00 - 500.00	300.00 - 350.00	200.00 - 240.00	180.00 - 200.00	50.00 - 60.00	50.00 - 60.00	60.00 - 70.00	80.00 - 90.00	60.00 - 70.00							
	Matale	-	-	-	-	-	-	-	-	-	-							

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

Week 51: 16 - 22 December 2022

Table 08 (Contd.)

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

Week 51: 16 - 22 December 2022

Locations	Sea Fish									
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw				
Colombo	150.00 – 500.00	580.00 – 750.00	650.00 – 800.00	950.00 – 1150.00	1800.00 – 2900.00	1000.00 – 1300.00				
Kandy	380.00 – 420.00	680.00 – 700.00	800.00 – 900.00	1100.00 – 1200.00	1800.00 – 1900.00	1000.00 – 1200.00				
Kaluthara	360.00 – 400.00	820.00 – 860.00	840.00 – 860.00	1200.00 – 1400.00	–	1200.00 – 1400.00				
Puttalam	450.00 – 550.00	600.00 – 720.00	800.00 – 900.00	1350.00 – 1450.00	1500.00 – 1700.00	1200.00 – 1400.00				
Matara	300.00 – 350.00	550.00 – 600.00	860.00 – 900.00	1300.00 – 1350.00	–	1150.00 – 1200.00				
Hambantota	400.00 – 400.00	700.00 – 700.00	1000.00 – 1000.00	–	–	–				
Galle	–	–	850.00 – 900.00	1000.00 – 1200.00	1000.00 – 1200.00	800.00 – 900.00				
Batticaloa	400.00 – 400.00	700.00 – 800.00	1000.00 – 1100.00	1500.00 – 1600.00	1500.00 – 1600.00	1600.00 – 1600.00				
Trincomalee	300.00 – 350.00	–	550.00 – 600.00	1150.00 – 1250.00	–	1200.00 – 1300.00				
Mannar	280.00 – 300.00	500.00 – 550.00	–	–	–	850.00 – 900.00				

Locations	Sea Fish				Eggs		
	Mora	Shrimps	Thalapath	Teppeli	Brown	White	
Colombo	980.00 – 1000.00	1250.00 – 1550.00	1100.00 – 2200.00	–	60.00 – 60.00	54.50 – 56.00	
Kandy	900.00 – 950.00	1500.00 – 1600.00	1800.00 – 2000.00	–	–	52.00 – 53.00	
Kaluthara	–	–	1600.00 – 1800.00	–	–	–	
Puttalam	1650.00 – 1850.00	1100.00 – 1250.00	2000.00 – 2150.00	–	–	58.00 – 59.00	
Matara	–	1650.00 – 1700.00	1300.00 – 1400.00	–	–	–	
Hambantota	–	1800.00 – 1800.00	–	–	–	–	
Galle	–	–	1400.00 – 1400.00	–	–	57.50 – 59.50	
Batticaloa	–	1500.00 – 1600.00	1800.00 – 1900.00	–	60.00 – 62.00	60.00 – 62.00	
Trincomalee	1000.00 – 1100.00	950.00 – 1050.00	2300.00 – 2350.00	–	56.00 – 57.00	54.00 – 54.00	
Mannar	–	1000.00 – 1100.00	–	–	–	–	

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

Week 51: 16 - 22 December 2022

Locations	Local Dried Fish					
	Sprats	Kattawa	Thora	Mora	Balaya	Anguluwa
Colombo	55000 – 65000	–	–	72500 – 90000	39000 – 45000	–
Kandy	63000 – 65000	–	–	90000 – 92500	40000 – 42500	–
Batticaloa	60000 – 65000	100000 – 105000	–	105000 – 106000	52500 – 55000	55000 – 57500
Trincomalee	61000 – 62000	–	–	72750 – 73000	47500 – 48250	42000 – 42500
Mannar	57500 – 60000	90000 – 92500	–	–	42000 – 42500	25000 – 26000

Locations	Local Dried Fish			Imported Dried Fish		
	Maduwa	Koduwa	Salaya	Sprats	Kattawa	Thora
Colombo	47500 – 59000	–	32500 – 40000	42500 – 50000	82500 – 87000	–
Kandy	60000 – 62500	–	40000 – 41500	47500 – 55000	85000 – 90000	–
Batticaloa	62500 – 65000	–	35000 – 35500	52500 – 55000	–	–
Trincomalee	72000 – 72000	–	40000 – 40500	50000 – 52500	85000 – 85000	–
Mannar	49000 – 50000	42500 – 45000	25000 – 27500	47500 – 50000	–	–

Locations	Imported Dried Fish					
	Mora	Balaya	Anguluwa	Maduwa	Koduwa	Salaya
Colombo	–	–	82500 – 90000	–	–	–
Kandy	–	–	–	–	–	–
Batticaloa	–	–	–	–	–	–
Trincomalee	–	–	–	–	–	–
Mannar	–	–	–	–	–	–

Table 11: Selected Markets: Retail Price of Fresh Fish & Eggs (Rs/Kg & Rs/Eggs)

Week 51: 16 - 22 December 2022

LOCATIONS	Sea Fish												Eggs	
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw	Mora	Thalapath	Brown	White				
Colombo	320.00 - 800.00	650.00 - 1100.00	960.00 - 1720.00	1200.00 - 2800.00	2720.00 - 3600.00	1440.00 - 2800.00	-	2400.00 - 3000.00	55.00 - 58.00	50.00 - 60.00				
Gampaha	500.00 - 500.00	-	-	-	-	-	-	2000.00 - 2000.00	58.00 - 58.00	55.00 - 55.00				
Kurunegala	500.00 - 520.00	800.00 - 900.00	1400.00 - 1400.00	-	-	1700.00 - 1800.00	1700.00 - 1700.00	2500.00 - 2500.00	-	55.00 - 55.00				
Nikaweratiya	440.00 - 500.00	900.00 - 1000.00	1000.00 - 1200.00	2000.00 - 2200.00	-	1800.00 - 2000.00	-	2400.00 - 2400.00	-	55.00 - 57.00				
Dambulla	400.00 - 450.00	1000.00 - 1100.00	1000.00 - 1200.00	2000.00 - 2200.00	2400.00 - 2500.00	1800.00 - 1900.00	1800.00 - 2000.00	2200.00 - 2300.00	58.00 - 59.00	57.00 - 58.00				
Anuradhapura	460.00 - 500.00	940.00 - 1000.00	1000.00 - 1100.00	1800.00 - 1900.00	2200.00 - 2400.00	1200.00 - 1400.00	1650.00 - 1700.00	2450.00 - 2500.00	-	60.00 - 60.00				
Thambuththegama	400.00 - 600.00	900.00 - 900.00	1100.00 - 1200.00	2600.00 - 2600.00	3000.00 - 3000.00	1400.00 - 1400.00	-	2800.00 - 2800.00	-	55.00 - 57.00				
Polonnaruwa	400.00 - 450.00	800.00 - 900.00	1300.00 - 1400.00	1700.00 - 1800.00	-	1500.00 - 1700.00	1600.00 - 1700.00	2000.00 - 2200.00	-	50.00 - 55.00				
Kaluthara	440.00 - 480.00	980.00 - 1050.00	960.00 - 980.00	1700.00 - 1900.00	-	1800.00 - 2000.00	-	2100.00 - 2300.00	-	56.00 - 57.00				
Badulla	400.00 - 500.00	880.00 - 900.00	1300.00 - 1400.00	1700.00 - 1800.00	-	1600.00 - 1700.00	1600.00 - 1700.00	2200.00 - 2300.00	58.00 - 60.00	55.00 - 58.00				
Keppetipola	550.00 - 560.00	800.00 - 840.00	1200.00 - 1300.00	1600.00 - 1700.00	2600.00 - 2700.00	1500.00 - 1600.00	1600.00 - 1700.00	2100.00 - 2200.00	58.00 - 59.00	59.00 - 60.00				
Moneragala	500.00 - 550.00	900.00 - 1000.00	1100.00 - 1200.00	-	-	1400.00 - 1450.00	-	2600.00 - 2700.00	57.00 - 60.00	55.00 - 57.00				
Kegalle	580.00 - 640.00	1060.00 - 1150.00	1260.00 - 1300.00	1700.00 - 1750.00	-	1780.00 - 1800.00	1400.00 - 1450.00	2000.00 - 2100.00	58.00 - 60.00	55.00 - 55.00				
22 Ampara	-	-	-	-	-	-	-	-	-	-				
Dehiattakandiya	380.00 - 400.00	800.00 - 900.00	1200.00 - 1200.00	-	-	-	-	-	54.00 - 56.00	54.00 - 55.00				
Nuwaraeliya	550.00 - 560.00	840.00 - 860.00	1200.00 - 1300.00	1800.00 - 1900.00	2700.00 - 2800.00	1500.00 - 1600.00	1400.00 - 1500.00	2300.00 - 2400.00	58.00 - 60.00	50.00 - 62.00				
Kandy	550.00 - 600.00	880.00 - 900.00	1100.00 - 1200.00	1900.00 - 2100.00	2500.00 - 2700.00	1500.00 - 1600.00	1400.00 - 1500.00	2340.00 - 2500.00	-	55.00 - 55.00				
Puttalam	500.00 - 650.00	700.00 - 800.00	900.00 - 1000.00	1500.00 - 1550.00	1650.00 - 1800.00	1300.00 - 1500.00	1550.00 - 2000.00	2200.00 - 2450.00	-	58.00 - 65.00				
Hambantota	450.00 - 500.00	800.00 - 900.00	1500.00 - 1600.00	-	-	-	-	-	-	-				
Rathnapura	480.00 - 520.00	800.00 - 900.00	1100.00 - 1200.00	1900.00 - 2000.00	2700.00 - 2800.00	1350.00 - 1400.00	1350.00 - 1400.00	2350.00 - 2400.00	-	55.00 - 56.00				
Matara	400.00 - 500.00	850.00 - 950.00	1550.00 - 1600.00	1950.00 - 2000.00	-	1900.00 - 2000.00	-	2000.00 - 2100.00	-	59.00 - 60.00				
Galle	400.00 - 500.00	-	1000.00 - 1200.00	2000.00 - 2200.00	2200.00 - 2200.00	2000.00 - 2000.00	1600.00 - 1800.00	2200.00 - 2200.00	-	58.00 - 60.00				
Tissamaharama	400.00 - 500.00	900.00 - 950.00	1200.00 - 1300.00	1500.00 - 1700.00	-	1500.00 - 1500.00	-	2000.00 - 2000.00	-	58.00 - 60.00				
Meegoda	500.00 - 500.00	1100.00 - 1200.00	-	-	-	-	-	-	-	-				
Embilipitiya	450.00 - 500.00	850.00 - 1000.00	1300.00 - 1450.00	2200.00 - 2400.00	2200.00 - 2400.00	1500.00 - 1600.00	1500.00 - 1600.00	2200.00 - 2400.00	59.00 - 60.00	55.00 - 60.00				
Jaffna	-	1000.00 - 1200.00	1000.00 - 1500.00	-	-	1450.00 - 1500.00	-	-	61.00 - 62.00	60.00 - 61.00				
Vavuniya	550.00 - 600.00	-	700.00 - 700.00	1300.00 - 1400.00	-	1500.00 - 1600.00	-	-	55.00 - 56.00	50.00 - 55.00				
Mannar	350.00 - 400.00	700.00 - 800.00	-	-	-	1100.00 - 1200.00	-	-	-	62.00 - 65.00				
Killinochchi	500.00 - 550.00	-	850.00 - 900.00	-	-	1400.00 - 1500.00	2400.00 - 2500.00	-	-	-				
Mullaithivu	500.00 - 550.00	-	-	-	-	-	-	-	-	-				
Batticaloa	500.00 - 600.00	1000.00 - 1000.00	1800.00 - 2000.00	2400.00 - 2500.00	2400.00 - 2400.00	2400.00 - 2400.00	-	2500.00 - 2600.00	62.00 - 64.00	62.00 - 64.00				
Trincomalee	400.00 - 450.00	-	650.00 - 700.00	1300.00 - 1400.00	-	1400.00 - 1500.00	-	2400.00 - 2450.00	57.00 - 58.00	55.00 - 56.00				
Veyangoda	600.00 - 600.00	920.00 - 920.00	-	2000.00 - 2000.00	2800.00 - 2800.00	-	1600.00 - 1600.00	2800.00 - 2800.00	-	55.00 - 55.00				
Galenbindunuwewa	400.00 - 400.00	800.00 - 800.00	800.00 - 800.00	1900.00 - 1900.00	2000.00 - 2000.00	1400.00 - 1400.00	1500.00 - 1500.00	2500.00 - 2500.00	-	-				
Bandarawela	400.00 - 500.00	700.00 - 800.00	1300.00 - 1400.00	1700.00 - 1800.00	-	1600.00 - 1700.00	1500.00 - 1600.00	2000.00 - 2200.00	55.00 - 56.00	54.00 - 55.00				
Matale	-	-	-	-	-	-	-	-	-	-				

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

Week 51: 16 - 22 December 2022

LOCATIONS	Dried Fish											
	Sprats-Imported	Kattawa	Thora	Mora	Balaya	Anguluwa	Salaya					
23	Colombo	1000.00 – 1600.00	2200.00 – 3000.00	–	2200.00 – 2600.00	1000.00 – 1800.00	2200.00 – 3000.00	800.00 – 1200.00				
	Gampaha	1200.00 – 1600.00	2600.00 – 2600.00	3200.00 – 3200.00	2600.00 – 2600.00	1200.00 – 1400.00	2000.00 – 2000.00	1000.00 – 1200.00				
	Kurunegala	1200.00 – 1400.00	2400.00 – 2500.00	2400.00 – 2500.00	2400.00 – 2400.00	1200.00 – 1400.00	1800.00 – 2000.00	800.00 – 900.00				
	Nikaweratiya	1300.00 – 1350.00	2200.00 – 2200.00	–	2200.00 – 2200.00	1000.00 – 1200.00	1800.00 – 2200.00	800.00 – 1000.00				
	Dambulla	1200.00 – 1300.00	2500.00 – 2600.00	–	2400.00 – 2500.00	1200.00 – 1300.00	1800.00 – 2200.00	–				
	Anuradhapura	1200.00 – 1300.00	2000.00 – 2400.00	–	2000.00 – 2400.00	1200.00 – 1600.00	1800.00 – 2400.00	800.00 – 1200.00				
	Thambuththegama	1200.00 – 1320.00	2400.00 – 2400.00	–	2600.00 – 2600.00	1000.00 – 1000.00	1000.00 – 1200.00	880.00 – 880.00				
	Polonnaruwa	1200.00 – 1400.00	2500.00 – 2600.00	–	2700.00 – 2800.00	1400.00 – 1400.00	–	1200.00 – 1300.00				
	Kaluthara	1300.00 – 1400.00	2550.00 – 2650.00	–	2400.00 – 2500.00	1300.00 – 1400.00	–	1100.00 – 1200.00				
	Badulla	1200.00 – 1400.00	2300.00 – 2400.00	–	2200.00 – 2300.00	1300.00 – 1400.00	–	900.00 – 1000.00				
	Keppetipola	1200.00 – 1400.00	2500.00 – 2600.00	–	2400.00 – 2500.00	1300.00 – 1400.00	2300.00 – 2400.00	1000.00 – 1100.00				
	Moneragala	1200.00 – 1400.00	2000.00 – 2400.00	–	2000.00 – 2300.00	1200.00 – 1400.00	2000.00 – 2500.00	–				
	Kegalle	1150.00 – 1250.00	2200.00 – 2250.00	–	1800.00 – 1900.00	1100.00 – 1200.00	–	–				
	Ampara	–	–	–	–	–	–	–				
	Dehiattakandiya	1200.00 – 1400.00	2800.00 – 3000.00	2000.00 – 2000.00	2000.00 – 2000.00	1100.00 – 1200.00	–	–				
	Nuwaraeliya	1200.00 – 1350.00	2600.00 – 2700.00	–	2400.00 – 2500.00	1350.00 – 1500.00	2400.00 – 2500.00	1000.00 – 1250.00				
	Kandy	1300.00 – 1500.00	2500.00 – 2600.00	–	2400.00 – 2500.00	1400.00 – 1600.00	2500.00 – 2600.00	1100.00 – 1200.00				
	Puttalam	1200.00 – 1400.00	1800.00 – 2600.00	–	2300.00 – 2800.00	900.00 – 1200.00	1000.00 – 1200.00	720.00 – 800.00				
	Hambantota	1400.00 – 1500.00	2300.00 – 2400.00	–	–	1200.00 – 1300.00	–	–				
	Rathnapura	1040.00 – 1200.00	2350.00 – 2400.00	–	1860.00 – 2120.00	–	2350.00 – 2400.00	880.00 – 960.00				
	Matara	1400.00 – 1600.00	2300.00 – 2400.00	–	2200.00 – 2500.00	1100.00 – 1200.00	2000.00 – 2200.00	–				
	Galle	1300.00 – 1400.00	2300.00 – 2400.00	2200.00 – 2200.00	2200.00 – 2400.00	1200.00 – 1400.00	2000.00 – 2200.00	1000.00 – 1200.00				
	Tissamaharama	1100.00 – 1300.00	–	–	–	1000.00 – 1300.00	–	–				
	Meegoda	1000.00 – 1200.00	2400.00 – 2400.00	–	2400.00 – 2400.00	1400.00 – 1600.00	2400.00 – 2400.00	1000.00 – 1000.00				
	Embilipitiya	1300.00 – 1450.00	2300.00 – 2500.00	2300.00 – 2450.00	2200.00 – 2400.00	1200.00 – 1500.00	2200.00 – 2450.00	950.00 – 1200.00				
	Jaffna	1400.00 – 1500.00	–	–	–	–	–	–				
	Vavuniya	1200.00 – 1200.00	–	–	1800.00 – 1800.00	1400.00 – 1400.00	1100.00 – 1100.00	1000.00 – 1000.00				
	Mannar	1300.00 – 1400.00	1900.00 – 2000.00	–	–	950.00 – 1000.00	–	650.00 – 700.00				
	Killinochchi	1500.00 – 1600.00	3000.00 – 3000.00	–	3000.00 – 3000.00	–	–	900.00 – 1000.00				
	Mullaittivu	1000.00 – 1500.00	2000.00 – 2500.00	–	2000.00 – 2000.00	1300.00 – 1400.00	1000.00 – 1200.00	1000.00 – 1000.00				
	Batticaloa	1400.00 – 1500.00	2000.00 – 2100.00	–	2000.00 – 2200.00	1200.00 – 1200.00	1250.00 – 1350.00	800.00 – 900.00				
	Trincomalee	1300.00 – 1400.00	1800.00 – 1850.00	–	–	1000.00 – 1100.00	950.00 – 980.00	900.00 – 950.00				
	Veyangoda	1000.00 – 1200.00	1850.00 – 2200.00	–	1900.00 – 2400.00	1000.00 – 1100.00	2000.00 – 2100.00	700.00 – 1000.00				
	Galenbindunuwewa	1200.00 – 1400.00	2200.00 – 2600.00	–	2200.00 – 2400.00	1400.00 – 1600.00	2400.00 – 2600.00	1000.00 – 1200.00				
	Bandarawela	1200.00 – 1400.00	2200.00 – 2400.00	–	2000.00 – 2200.00	1200.00 – 1400.00	–	800.00 – 900.00				
	Matale	–	–	–	–	–	–	–				

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

Week 51: 16 - 22 December 2022

LOCATIONS	Meat		Meat (Chicken)		Meat	
	Beef		Broiler	Curry	Mutton	Pork
Colombo	2000.00	– 2200.00	1250.00	– 1350.00	1550.00	– 1700.00
Gampaha	–		1300.00	– 1350.00	1350.00	– 1350.00
Kurunegala	2000.00	– 2000.00	1250.00	– 1260.00	–	
Nikaweratiya	1800.00	– 1800.00	1100.00	– 1190.00	–	–
Dambulla	–		1280.00	– 1300.00	–	–
Anuradhapura	1800.00	– 1900.00	1200.00	– 1250.00	–	1500.00
Thambuththegama	1800.00	– 2000.00	1000.00	– 1080.00	–	1500.00
Polonnaruwa	2000.00	– 2000.00	1250.00	– 1380.00	1500.00	– 1500.00
Kaluthara	–		1360.00	– 1400.00	1560.00	– 1600.00
Badulla	1800.00	– 2000.00	1300.00	– 1400.00	1500.00	– 1600.00
Keppetipola	1900.00	– 2000.00	1250.00	– 1360.00	1300.00	– 1400.00
Moneragala	1800.00	– 1800.00	1200.00	– 1300.00	–	1600.00
Kegalle	1850.00	– 1900.00	1250.00	– 1300.00	–	1750.00
Ampara	–		–	–	–	–
Dehiattakandiya	–		1000.00	– 1280.00	1300.00	– 1300.00
Nuwaraeliya	2000.00	– 2200.00	1280.00	– 1350.00	1300.00	– 1400.00
Kandy	1800.00	– 1900.00	1220.00	– 1240.00	1500.00	– 1550.00
Puttalam	2000.00	– 2000.00	1150.00	– 1250.00	–	2800.00
Hambantota	–		1300.00	– 1300.00	–	–
Rathnapura	1900.00	– 2000.00	1180.00	– 1250.00	–	2950.00
Matara	–		1270.00	– 1300.00	–	–
Galle	2000.00	– 2000.00	1250.00	– 1300.00	1550.00	– 1550.00
Tissamaharama	–		1150.00	– 1200.00	1400.00	– 1400.00
Meegoda	–		1100.00	– 1150.00	–	1650.00
Embiliptiya	2100.00	– 2200.00	1040.00	– 1100.00	1150.00	– 1250.00
Jaffna	1450.00	– 1500.00	1500.00	– 1600.00	1400.00	– 1500.00
Vavuniya	1700.00	– 1700.00	1350.00	– 1350.00	–	2700.00
Mannar	1500.00	– 1600.00	1400.00	– 1500.00	–	–
Killinochchi	1800.00	– 1800.00	1400.00	– 1400.00	1800.00	– 1800.00
Mullaittivu	1600.00	– 1600.00	1500.00	– 1500.00	–	–
Batticaloa	1600.00	– 1800.00	1500.00	– 1500.00	1600.00	– 1600.00
Trincomalee	1800.00	– 1850.00	1200.00	– 1300.00	1100.00	– 1100.00
Veyangoda	1900.00	– 1900.00	1250.00	– 1250.00	1400.00	– 1400.00
Galenbindunuwewa	1700.00	– 1700.00	1260.00	– 1260.00	–	–
Bandarawela	2000.00	– 2200.00	1250.00	– 1300.00	1450.00	– 1500.00
Matale	–		–	–	–	–

Table 14: Colombo: Wholesale Prices (Rs/Kg or Rs/Pieces)
Week 51: 16 - 22 December 2022

COMMODITY	Range	Average Price			Change Compared to		COMMODITY	Range	Average Price			Change Compared to	
		This Week	Last Week	Last Year	Last Week (%)	Last Year (%)			This Week	Last Week	Last Year	Last Week (%)	Last Year (%)
Rice							Coconut						
Local							Large	90.00 - 100.00	95.00	87.60	76.80	8.45	23.70
Samba 1	210.00 - 220.00	213.70	213.00	145.80	0.33	46.57	Small	80.00 - 85.00	82.92	77.30	69.20	7.27	19.82
Samba 2	200.00 - 210.00	206.60	205.10	142.20	0.73	45.29							
Keeri Samba	215.00 - 225.00	223.00	222.50	210.00	0.22	6.19	Fruits (Rs/Fruit)						
Nadu 1	195.00 - 205.00	200.22	197.30	134.60	1.48	48.75	Plantain						
Nadu 2	190.00 - 200.00	194.60	192.00	128.90	1.35	50.97	Ambul (Rs/Kg)	120.00 - 180.00	154.17	144.17	55.00	6.94	180.30
Raw (Red)	190.00 - 200.00	197.00	195.00	109.80	1.03	79.42	Kolikuttu (Rs/Kg)	320.00 - 380.00	357.50	353.33	132.50	1.18	169.81
Raw (White)	185.00 - 195.00	189.20	187.50	126.80	0.91	49.21	Seeni (Rs/Kg)	100.00 - 150.00	124.17	123.33	62.50	0.68	98.67
Imported							Anamalu	17.00 - 20.00	18.50	18.00	11.00	2.78	68.18
Samba	200.00 - 216.00	209.75	195.20	116.30	7.45	80.35	Ambun	20.00 - 23.00	21.50	21.00	13.58	2.38	58.28
Nadu	175.00 - 183.00	178.00	171.20	115.20	3.97	54.51	Papaw(Rs/Kg)	120.00 - 280.00	180.83	202.73	122.50	-10.80	47.62
Raw (Red)							Passion Fruit	25.00 - 30.00	27.78	38.18	12.33	-27.25	125.23
Raw (White)	165.00 - 170.00	167.60	162.60	101.40	3.08	65.29	Pineapple Large	620.00 - 660.00	645.00	592.00	296.36	8.95	117.64
Dried Chillies							Pineapple Medium	520.00 - 560.00	545.00	501.67	228.00	8.64	139.04
Imported	1430.00 - 1500.00	1459.00	1470.83	737.78	-0.80	97.76	Pineapple Small	420.00 - 460.00	445.00	413.33	156.00	7.66	185.26
Onion							Mango						
Sinnan				210.00			Betti	10.00 - 12.00	11.33				
Vedalan							Karthakolamban	60.00 - 100.00	75.56	97.78	36.00	-22.73	109.88
Imported	580.00 - 620.00	596.00	527.22	300.91	13.05	98.07	Vilad	45.00 - 60.00	51.25	48.89		4.83	
Big Onion							Kohu						
Imported	135.00 - 175.00	154.50	162.90	232.00	-5.16	-33.41	Other						
Local				268.33			Wood Apple	18.00 - 26.00	22.42	23.17	16.00	-3.24	40.10
Potato							Orange	50.00 - 90.00	68.00	81.82	54.17	-16.89	25.54
Wellimada				243.75			Avocado	100.00 - 220.00	159.23	137.50	144.17	15.80	10.45
N'Eliya	415.00 - 440.00	427.50	440.00	267.50	-2.84	59.81	Slime Apple	30.00 - 65.00	46.50	30.25	36.58	53.72	27.11
Imported	145.00 - 270.00	202.50	187.50	161.11	8.00	25.69	Grapes (Imp., Rs/Kg)	1500.00 - 1500.00	1500.00	1440.00	827.91	4.17	81.18
Pulses							King Coconut	90.00 - 120.00	104.44	95.56	58.75	9.30	77.78
Green Gram	1040.00 - 1120.00	1070.00	1078.89	425.00	-0.82	151.76							
Cowpea (White)	1200.00 - 1300.00	1237.50	1170.00	661.25	5.77	87.15	Sea Fish						
Cowpea (Red)	1250.00 - 1300.00	1270.00	1225.00	441.00	3.67	187.98	Salaya	150.00 - 500.00	350.00	349.09	248.00	0.26	41.13
Red Dhal	348.00 - 392.00	357.78	351.80	244.40	1.70	46.39	Hurulla	580.00 - 750.00	668.00	648.00	415.00	3.09	60.96
Vegetable							Balaya	650.00 - 800.00	721.00	720.00	406.00	0.14	77.59
Beans (Butter)							Kelawalla	950.00 - 1150.00	1013.00	1066.00	788.33	-4.97	28.50
Beans(Green)	300.00 - 500.00	405.00	338.00	402.00	19.82	0.75	Thora	1800.00 - 2900.00	2245.00	1775.00	1650.00	26.48	36.06
Carrot	230.00 - 270.00	252.00	298.00	358.00	-15.44	-29.61	Paraw	1000.00 - 1300.00	1125.00	1156.00	850.00	-2.68	32.35
Leeks	300.00 - 350.00	333.00	344.00	260.00	-3.20	28.08	Mora	980.00 - 1000.00	993.33	875.00	735.00	13.52	35.15
Beetroot	300.00 - 380.00	337.00	333.64	262.00	1.01	28.63	Shrimps	1250.00 - 1550.00	1380.00	1475.00	1046.67	-6.44	31.85
Knolkhol	200.00 - 270.00	237.00	219.00	240.00	8.22	-1.25	Thalaphath	1100.00 - 2200.00	1730.00	1525.00	1364.29	13.44	26.81
Raddish	90.00 - 120.00	103.00	82.00	168.00	25.61	-38.69	Eggs						
Cabbage	100.00 - 160.00	128.00	155.00	250.00	-17.42	-48.80	Brown	60.00 - 60.00	60.00	50.00	25.75	20.00	133.01
Tomato	170.00 - 200.00	184.00	155.00	309.00	18.71	-40.45	White	54.50 - 56.00	55.00	49.75	24.63	10.55	123.35
Ladies Fingers	130.00 - 150.00	141.00	119.00	176.00	18.49	-19.89	Dried Fish						
Brinjal	140.00 - 180.00	157.00	188.00	317.00	-16.49	-50.47	Sprats	1100.00 - 1300.00	1206.00	1216.36	980.00	-0.85	23.06
Capsicum	650.00 - 750.00	690.00	655.00	667.00	5.34	3.45	Sprats (Imported)	850.00 - 1000.00	934.17	970.00	557.00	-3.69	67.71
Pumpkin	100.00 - 120.00	110.00	82.00	50.00	34.15	120.00	Kattawa						
Cucumber	40.00 - 60.00	48.00	44.00	121.00	9.09	-60.33	Kattawa (Imported)	1650.00 - 1740.00	1671.82	1686.00		-0.84	
Bitter Gourd	300.00 - 350.00	317.00	312.00	247.00	1.60	28.34	Thora						
Snake Gourd	240.00 - 280.00	257.00	207.00	256.00	24.15	0.39	Thora (Imported)						
Drumstick							Mora	1450.00 - 1800.00	1639.00	1488.00	1338.33	10.15	22.47
Luffa	200.00 - 240.00	216.00	195.00	189.00	10.77	14.29	Mora (Imported)						
Long Beans	280.00 - 300.00	290.00	229.00	247.00	26.64	17.41	Balaya	780.00 - 900.00	830.00	757.00	620.00	9.64	33.87
Ash Plantain	200.00 - 220.00	210.00	202.00	65.45	3.96	220.83	Balaya (Imported)						
Green Chillies	180.00 - 250.00	212.00	180.00	746.00	17.78	-71.58	Anguluwa						
Lime	90.00 - 130.00	100.00	161.00	186.00	-37.89	-46.24	Anguluwa (Imported)	1650.00 - 1800.00	1733.33	1708.33		1.46	
Root Crops							Maduwa	950.00 - 1180.00	1053.00	1210.00	800.00	-12.98	31.63
Sweet Potato	120.00 - 140.00	132.00	145.00	132.00	-8.97	0.00	Maduwa (Imported)						
Manioc	140.00 - 150.00	148.00	146.00	34.00	1.37	335.29	Koduwa						
Leafy Vegetable							Koduwa (Imported)						
Mukunuwenna	55.00 - 60.00	59.00	58.00	37.00	1.72	59.46	Salaya	650.00 - 800.00	722.00	747.27	384.44	-3.38	87.80
Kankun	55.00 - 60.00	59.00	58.00	37.00	1.72	59.46	Salaya (Imported)						
Gotukola (Rs/Kg)	230.00 - 250.00	241.00	233.00	153.00	3.43	57.52							

This Week: Week 51: 16 - 22 December 2022
Last Week: Week 50: 09 - 15 December 2022

Table 15: Colombo &Suburbs: Retail Prices (Rs/Kg or Rs/Piece)

Week 51: 16 - 22 December 2022

Commodity	Range	Average Price			Change Compared to		Commodity	Range	Average Price			Change Compared to		
		This Week	Last Week	Last Year	Last Week	Last Year (%)			This Week	Last Week	Last Year	Last Week	Last Year (%)	
Rice Local							Coconut		100.00 - 120.00	110.91	107.75	86.56	3.16	28.13
Samba 1	220.00 - 240.00	230.15	229.39	164.40	0.76	39.99	Large	85.00 - 95.00	91.35	90.56	74.38	0.79	22.82	
Samba 2	220.00 - 230.00	221.11	219.00	153.64	2.11	43.91	Small							
Keeri Samba	250.00 - 265.00	259.72	257.86	233.25	1.87	11.35	Fruits (Rs/Fruit)							
Nadu 1	220.00 - 230.00	223.44	219.70	143.24	3.74	55.99	Plantain							
Nadu 2	210.00 - 220.00	212.96	209.66	135.00	3.31	57.75	Ambul (Rs/Kg)	140.00 - 250.00	196.39	194.44	114.24	1.94	71.91	
Raw (Red)	210.00 - 220.00	217.03	216.67	121.50	0.36	78.63	Kolikuttu (Rs/Kg)	380.00 - 480.00	440.00	437.22	211.82	2.78	107.73	
Raw (White)	200.00 - 220.00	211.18	209.69	135.27	1.49	56.11	Seeni (Rs/Kg)	150.00 - 220.00	186.94	184.24	128.53	2.70	45.45	
Imported							Anamalu	24.00 - 30.00	27.11	25.18	19.09	1.94	42.03	
Samba	200.00 - 220.00	213.71	203.33	142.26	10.38	50.22	Ambun	30.00 - 38.00	34.03	30.35	23.76	3.68	43.19	
Nadu	190.00 - 210.00	200.81	194.85	134.11	5.96	49.74	Papaw(Rs/Kg)	300.00 - 420.00	372.26	375.29	226.00	-3.04	64.72	
Raw (Red)	-	-	-	118.38	-	-	Passion Fruit	50.00 - 67.00	55.27	58.70	23.80	-3.43	132.24	
Raw (White)	170.00 - 190.00	182.27	175.47	119.00	6.80	53.17	Pineapple Large	580.00 - 700.00	636.15	634.14	342.00	2.02	86.01	
Dried Chillies							Pineapple Medium	500.00 - 600.00	550.63	547.59	266.13	3.04	106.90	
Imported	1550.00 - 1900.00	1769.35	1780.65	760.26	-11.29	132.73	Pineapple Small	400.00 - 550.00	477.73	447.14	204.14	30.58	134.02	
Onion							Mango							
Sinnan	-	-	-	324.85	-	-	Betti	-	-	-	-	-	-	
Vedalan	700.00 - 750.00	726.00	693.33	-	32.67	-	Karthakolomban	100.00 - 200.00	142.00	142.68	64.06	-0.68	121.66	
Imported	600.00 - 750.00	692.12	626.80	340.26	65.32	103.41	Vilad	60.00 - 100.00	78.00	76.15	-	1.85	-	
Big Onion							Kohu	-	-	-	-	-	-	
Imported	160.00 - 200.00	182.42	186.76	246.05	-4.34	-25.86	Other							
Local	-	-	-	310.56	-	-	Wood Apple	35.00 - 80.00	54.00	54.06	48.57	-0.06	11.18	
Potato							Orange	80.00 - 160.00	118.33	146.84	94.55	-28.51	25.16	
Welimada	-	-	-	264.12	-	-	Avocado	120.00 - 240.00	183.85	167.27	235.00	16.57	-21.77	
N'Eliya	450.00 - 480.00	472.35	474.17	321.11	-1.81	47.10	Slime Apple	50.00 - 130.00	92.50	88.00	72.41	4.50	27.74	
Imported	180.00 - 300.00	231.72	229.38	185.37	2.35	25.01	Grapes (Imp., Rs/Kg)	1600.00 - 2500.00	2100.00	2072.22	1259.52	27.78	66.73	
Pulses							King Coconut	120.00 - 160.00	139.52	133.81	73.00	5.71	91.13	
Green Gram	1100.00 - 1400.00	1260.34	1266.67	562.50	-6.32	124.06	Sea Fish							
Cowpea (White)	1100.00 - 1400.00	1267.31	1254.17	667.74	13.14	89.79	Salaya	320.00 - 800.00	544.80	489.20	337.50	55.60	61.42	
Cowpea (Red)	1300.00 - 1400.00	1331.82	1320.00	427.14	11.82	211.80	Hurulla	650.00 - 1100.00	930.48	844.44	550.83	86.03	68.92	
Red Dhal	360.00 - 380.00	377.06	368.28	265.48	8.78	42.03	Balaya	960.00 - 1720.00	1315.00	1213.68	1012.38	101.32	29.89	
Vegetable							Kelawalla	1200.00 - 2800.00	2025.83	1937.08	1466.25	88.75	38.16	
Beans (Butter)	-	-	-	-	-	-	Thora	2720.00 - 3600.00	3296.00	2679.13	2140.48	616.87	53.98	
Beans(Green)	520.00 - 650.00	603.70	494.23	474.62	109.47	27.20	Paraw	1440.00 - 2800.00	2054.40	1923.68	1567.08	130.72	31.10	
Carrot	280.00 - 480.00	401.20	406.15	455.38	-4.95	-11.90	Mora	-	-	1588.89	-	-	-	
Leeks	420.00 - 560.00	480.77	442.59	395.77	38.18	21.48	Shrimps	1500.00 - 2080.00	1749.60	1763.18	1223.33	-13.58	43.02	
Beetroot	400.00 - 600.00	488.40	468.46	491.15	19.94	-0.56	Thalapath	2400.00 - 3000.00	2620.83	2590.38	2166.40	30.45	20.98	
Knolkhол	300.00 - 600.00	453.64	419.13	327.92	34.51	38.34	Eggs							
Raddish	150.00 - 280.00	226.92	223.33	256.80	3.59	-11.63	Brown	55.00 - 58.00	56.40	50.00	25.97	6.40	117.16	
Cabbage	200.00 - 360.00	271.85	323.70	424.07	-51.85	-35.90	White	50.00 - 60.00	55.96	50.25	24.53	5.71	128.18	
Tomato	200.00 - 360.00	281.48	275.93	420.38	5.56	-33.04	Dried Fish							
Ladies Fingers	200.00 - 320.00	260.00	254.81	293.60	5.19	-11.44	Sprats	1200.00 - 2000.00	1748.00	1836.00	1251.72	-88.00	39.65	
Brinjal	200.00 - 360.00	314.07	322.59	413.08	-8.52	-23.97	Sprats (Imported)	1000.00 - 1600.00	1304.00	1392.59	718.33	-88.59	81.53	
Capsicum	750.00 - 1000.00	884.44	871.15	865.00	13.29	2.25	Kattawa	2200.00 - 3000.00	2528.00	2600.00	1541.67	-72.00	63.98	
Pumpkin	150.00 - 280.00	211.85	188.52	113.46	23.33	86.72	Thora	-	-	-	2160.00	-	-	
Cucumber	120.00 - 200.00	162.96	156.30	186.92	6.67	-12.82	Mora	2200.00 - 2600.00	2379.17	2462.50	1613.46	-83.33	47.46	
Bitter Gourd	320.00 - 600.00	495.77	483.46	436.54	12.31	13.57	Balaya	1000.00 - 1800.00	1437.50	1416.00	1003.33	21.50	43.27	
Snake Gourd	320.00 - 480.00	406.25	372.59	361.60	33.66	12.35	Anguluwa	2200.00 - 3000.00	2557.14	2560.00	1511.76	-2.86	69.15	
Drumstick	-	-	-	-	-	-	Maduwa	2000.00 - 2000.00	2000.00	2220.00	955.56	-220.00	109.30	
Luffa	260.00 - 480.00	381.85	362.69	332.00	19.16	15.02	Koduwa	-	-	-	-	-	-	
Long Beans	320.00 - 480.00	391.54	378.85	355.38	12.69	10.17	Salaya	800.00 - 1200.00	1047.62	1142.86	638.00	-95.24	64.20	
Ash Plantain	240.00 - 360.00	305.38	301.85	135.56	3.53	125.28	Meat							
Green Chillies	240.00 - 600.00	453.33	370.00	972.31	83.33	-53.38	Beef (without Bones)	2000.00 - 2200.00	2066.67	2050.00	1216.67	16.67	69.86	
Lime	150.00 - 500.00	324.44	381.11	376.92	-56.67	-13.92	Chicken (Broiler)	1250.00 - 1350.00	1296.15	1280.00	791.00	16.15	63.86	
Root Crops							Chicken (Curry)	1550.00 - 1700.00	1592.86	1570.00	714.00	22.86	123.09	
Sweet Potato	160.00 - 280.00	226.67	258.52	187.69	-31.85	20.77	Mutton	2800.00 - 3200.00	3014.29	2971.43	1977.78	42.86	52.41	
Manioc	160.00 - 240.00	220.77	219.20	86.40	1.57	155.52	Pork	1450.00 - 2000.00	1725.00	1725.00	842.00	0.00	104.87	
Leafy Vegetable														
Mukunuwenna	70.00 - 100.00	81.25	81.18	63.68	0.07	27.58								
Kankun	70.00 - 100.00	81.25	81.18	63.68	0.07	27.58								
Gotukola	100.00 - 160.00	120.00	123.33	67.65	-3.33	77.39								

This Week: Week 51: 16 - 22 December 2022

Last Week: Week 50: 09 - 15 December 2022

Table 16: Farmgate/Producer Prices of Food Commodities in Selected Producing Areas (Rs/Kg)
Week 51: 16 - 22 December 2022

COMMODITY	Range	Average Price	COMMODITY	Range	Average Price	COMMODITY	Range	Average Price
Paddy			Vegetable (Up Country)			Snake Gourd		
Short Grain			Beans			Dambulla	152.50 – 182.50	168.50
A'pura	100.00 – 107.00	102.80	Dambulla	380.00 – 410.00	396.00	Hambantota	160.00 – 190.00	176.00
P'naruwa	109.00 – 109.50	109.17	Wellimada	370.00 – 390.00	378.00	Embilipitiya	200.00 – 220.00	208.00
Kalawewa	100.00 – 110.00	106.60	Badulla	380.00 – 440.00	412.00	Matara	–	
Kurunegala	105.00 – 108.00	106.00	Carrot			A'pura	180.00 – 190.00	184.00
Dehiattakandiya	95.00 – 104.00	99.67	N'Ellya	190.00 – 200.00	195.00	Luffa		
Nikaweratiya	100.00 – 108.00	104.83	Wellimada	160.00 – 175.00	167.00	Dambulla	190.00 – 205.00	199.00
Ampara	–		Hanguranketha	220.00 – 250.00	233.00	Hambantota	120.00 – 140.00	130.00
Long Grain (White)			Leeks			Embilipitiya	260.00 – 280.00	272.00
A'pura	100.00 – 107.00	102.80	N'Ellya	275.00 – 285.00	279.00	Matara	–	
P'naruwa	98.00 – 111.00	108.25	Wellimada	260.00 – 270.00	265.00	A'pura	160.00 – 170.00	164.00
Kalawewa	100.00 – 110.00	105.60	Beetroot			Green Chillies		
Kurunegala	105.00 – 108.00	106.00	N'Ellya	255.00 – 265.00	261.00	Dambulla	290.00 – 310.00	298.00
Dehiattakandiya	95.00 – 104.00	99.67	Dambulla	280.00 – 290.00	285.00	Hambantota	–	
Embilipitiya	–		Kurunegala	–		Embilipitiya	230.00 – 250.00	242.00
Nikaweratiya	100.00 – 108.00	104.83	Wellimada	260.00 – 270.00	266.00	Puttalam	160.00 – 200.00	180.00
Hambantota	–		Hanguranketha	250.00 – 270.00	263.00	A'pura	180.00 – 200.00	188.00
Ampara	–		Knol Khol			Pumpkin		
Long Grain (Red)			N'Ellya	205.00 – 215.00	212.00	Dambulla	76.00 – 86.00	81.20
Matara	105.00 – 112.00	109.25	Wellimada	195.00 – 210.00	202.00	Hambantota	60.00 – 80.00	68.33
Hambantota	105.00 – 110.00	107.50	Hanguranketha	190.00 – 220.00	204.00	Embilipitiya	80.00 – 110.00	96.00
Embilipitiya	108.00 – 112.00	110.00	Raddish			Matara	60.00 – 70.00	63.75
Keeri Samba			N'Ellya	35.00 – 45.00	40.00	A'pura	80.00 – 90.00	84.00
A'pura	100.00 – 107.00	102.80	Wellimada	25.00 – 35.00	31.00	Moneragala	40.00 – 50.00	44.00
P'naruwa	110.00 – 111.50	110.67	Hambantota	70.00 – 120.00	95.00	Cucumber		
Kalawewa	100.00 – 110.00	106.25	Hanguranketha	30.00 – 45.00	37.60	A'pura	35.00 – 40.00	37.00
Kurunegala	–		N'Ellya	65.00 – 75.00	69.00	Dambulla	38.00 – 48.00	43.40
Dehiattakandiya	95.00 – 104.00	99.67	Wellimada	50.00 – 60.00	54.00	Hambantota	30.00 – 40.00	33.00
Red Onion			Badulla	70.00 – 90.00	77.00	Matara	25.00 – 35.00	30.00
Puttalam	450.00 – 520.00	484.00	Hanguranketha	60.00 – 100.00	78.00	Long Beans		
Jaffna	–		Tomato			Dambulla	145.00 – 167.50	158.00
Big Onion			Wellimada	75.00 – 85.00	79.00	Hambantota	120.00 – 140.00	128.33
Dambulla	–		Hambantota	–		Embilipitiya	240.00 – 270.00	254.00
Kalawewa	–		Dambulla	95.00 – 110.00	103.00	Matara	160.00 – 170.00	166.25
A'pura	–		Hanguranketha	80.00 – 100.00	89.60	A'pura	160.00 – 180.00	168.00
Potato			Vegetable (Low Country)			Ash Plantain		
N'Ellya	385.00 – 400.00	394.00	Ladies Fingers			Hambantota	60.00 – 90.00	76.00
Badulla	350.00 – 375.00	363.00	A'pura	80.00 – 90.00	84.00	Embilipitiya	100.00 – 125.00	115.00
Wellimada	345.00 – 355.00	351.00	Dambulla	76.00 – 95.00	83.80	Matara	110.00 – 130.00	120.00
Pulses			Hambantota	90.00 – 130.00	108.33	Lime		
Green Gram			Embilipitiya	90.00 – 110.00	100.00	Hambantota	–	
Hambantota	–		Matara	110.00 – 120.00	115.00	Embilipitiya	130.00 – 150.00	142.00
Moneragala	850.00 – 900.00	870.00	Brinjal			Moneragala	70.00 – 80.00	74.00
Embilipitiya	940.00 – 950.00	945.00	A'pura	110.00 – 120.00	114.00	Fruits (Rs/Kg)		
Nikaweratiya	800.00 – 850.00	825.00	Dambulla	120.00 – 140.00	128.00	Banana		
A'pura	850.00 – 900.00	870.00	Hambantota	–		Ambul		
Cowpea			Embilipitiya	120.00 – 150.00	134.00	Moneragala	40.00 – 50.00	44.00
Hambantota	–		Matara	120.00 – 135.00	127.50	Embilipitiya	100.00 – 120.00	109.00
Nikaweratiya	–		Wellimada	80.00 – 90.00	84.00	Hambantota	100.00 – 120.00	112.50
Moneragala	–		Capsicum			Kolikuttu		
Embilipitiya	1000.00 – 1020.00	1010.00	Badulla	–		Moneragala	150.00 – 170.00	158.00
Maize			Wellimada	560.00 – 580.00	572.00	Embilipitiya	280.00 – 310.00	296.00
A'pura	160.00 – 180.00	168.00	Bitter Gourd			Hambantota	–	
Kalawewa	150.00 – 170.00	162.50	A'pura	290.00 – 300.00	294.00	Papaw		
Gingelly			Dambulla	290.00 – 320.00	304.00	Moneragala	100.00 – 110.00	104.00
A'pura	530.00 – 550.00	538.00	Hambantota	–		Embilipitiya	140.00 – 160.00	148.00
Kalawewa	–		Embilipitiya	310.00 – 370.00	335.00	Hambantota	150.00 – 170.00	162.50
Black Gram			Matara	300.00 – 325.00	313.75	Pineapple		
A'pura	800.00 – 850.00	820.00	Divulapitiya	–		Divulapitiya	–	
Kalawewa	780.00 – 850.00	807.50						

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

Week 51: 16 - 22 December 2022

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NULEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
Rice									
Local									
Samba 1	230.00	-	240.00	230.00	-	230.00	220.00	-	230.00
Samba 2	220.00	-	220.00	220.00	-	230.00	220.00	-	220.00
Keeri Samba	250.00	-	265.00	260.00	-	260.00	250.00	-	260.00
Nadu 1	230.00	-	230.00	220.00	-	220.00	220.00	-	220.00
Nadu 2	210.00	-	210.00	210.00	-	210.00	210.00	-	210.00
Raw (Red)	210.00	-	220.00	210.00	-	210.00	210.00	-	210.00
Raw (White)	200.00	-	220.00	210.00	-	210.00	200.00	-	210.00
Imported									
Samba	210.00	-	220.00	200.00	-	200.00	220.00	-	220.00
Nadu	190.00	-	210.00	200.00	-	200.00	200.00	-	200.00
Raw (Red)	-		-	-		-	-		-
Raw (White)	175.00	-	190.00	180.00	-	180.00	180.00	-	180.00
Dried Chillies									
Imported	1550.00	-	1700.00	1900.00	-	1900.00	1800.00	-	1900.00
Red Onion									
Sinnan	-		-	-		-	-		-
Vedalan	-		-	-		-	-	720.00	-
Imported	600.00	-	700.00	700.00	-	700.00	700.00	-	700.00
Big Onion									
Imported	160.00	-	180.00	180.00	-	180.00	180.00	-	180.00
Local	-		-	-		-	-	-	-
Potato									
Welimada	-		-	-		-	-	-	-
N'Eliya	450.00	-	460.00	-	-	480.00	-	480.00	-
Imported	180.00	-	200.00	240.00	-	260.00	200.00	-	200.00
Pulses									
Green Gram	1100.00	-	1250.00	1300.00	-	1400.00	1400.00	-	1400.00
Cowpea (White)	1100.00	-	1200.00	1300.00	-	1300.00	1300.00	-	1400.00
Cowpea (Red)	1300.00	-	1300.00	1300.00	-	1300.00	1400.00	-	1400.00
Red Dhal	370.00	-	380.00	380.00	-	380.00	360.00	-	380.00

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

Week 51: 16 - 22 December 2022

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA										
<u>Vegetable</u>																			
Beans	540.00	- 600.00	620.00	- 640.00	600.00	- 640.00	600.00	- 620.00	650.00	- 650.00	520.00	- 550.00	600.00	- 620.00	600.00	- 600.00			
Carrot	280.00	- 320.00	440.00	- 480.00	440.00	- 480.00	400.00	- 480.00	400.00	- 480.00	440.00	- 480.00	350.00	- 360.00	440.00	- 480.00			
Leeks	420.00	- 450.00	520.00	- 560.00	440.00	- 480.00	480.00	- 560.00	420.00	- 480.00	440.00	- 480.00	420.00	- 420.00	480.00	- 520.00			
Beetroot	400.00	- 450.00	520.00	- 560.00	440.00	- 480.00	600.00	- 600.00	400.00	- 550.00	440.00	- 480.00	400.00	- 400.00	560.00	- 600.00			
Knolkhol	300.00	- 320.00	440.00	- 480.00	400.00	- 480.00	480.00	- 600.00	350.00	- 400.00	600.00	- 600.00	320.00	- 360.00	600.00	- 600.00			
Raddish	150.00	- 160.00	240.00	- 280.00	200.00	- 280.00	240.00	- 280.00	240.00	- 280.00	160.00	- 180.00	150.00	- 160.00	160.00	- 180.00			
Cabbage	200.00	- 240.00	360.00	- 360.00	280.00	- 360.00	240.00	- 320.00	240.00	- 320.00	300.00	- 320.00	200.00	- 240.00	240.00	- 280.00			
Tomato	240.00	- 240.00	360.00	- 360.00	320.00	- 320.00	320.00	- 360.00	240.00	- 320.00	240.00	- 280.00	200.00	- 220.00	200.00	- 240.00			
Ladies Fingers	200.00	- 220.00	280.00	- 320.00	240.00	- 320.00	240.00	- 320.00	200.00	- 320.00	320.00	- 320.00	220.00	- 240.00	240.00	- 240.00			
Brinjal	200.00	- 280.00	360.00	- 360.00	320.00	- 360.00	320.00	- 320.00	280.00	- 320.00	360.00	- 360.00	280.00	- 360.00	320.00	- 360.00			
Capsicum	750.00	- 780.00	900.00	- 1000.00	800.00	- 1000.00	900.00	- 1000.00	800.00	- 1000.00	800.00	- 850.00	850.00	- 900.00	900.00	- 1000.00			
Pumpkin	150.00	- 180.00	200.00	- 240.00	240.00	- 280.00	240.00	- 280.00	200.00	- 200.00	240.00	- 240.00	150.00	- 160.00	240.00	- 240.00			
Cucumber	120.00	- 120.00	200.00	- 200.00	160.00	- 200.00	140.00	- 160.00	160.00	- 200.00	160.00	- 160.00	140.00	- 160.00	160.00	- 160.00			
Bitter Gourd	320.00	- 400.00	520.00	- 560.00	520.00	- 600.00	480.00	- 600.00	380.00	- 480.00	600.00	- 600.00	420.00	- 480.00	520.00	- 600.00			
Snake Gourd	320.00	- 350.00	440.00	- 480.00	400.00	- 480.00	440.00	- 480.00	320.00	- 400.00	480.00	- 480.00	320.00	- 360.00	400.00	- 400.00			
Drumstick	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
Luffa	320.00	- 360.00	400.00	- 440.00	400.00	- 440.00	480.00	- 480.00	320.00	- 400.00	360.00	- 480.00	320.00	- 360.00	400.00	- 400.00			
Long Beans	350.00	- 400.00	440.00	- 480.00	400.00	- 480.00	400.00	- 480.00	320.00	- 400.00	400.00	- 400.00	350.00	- 380.00	320.00	- 360.00			
Ash Plantain	240.00	- 250.00	360.00	- 360.00	280.00	- 320.00	360.00	- 360.00	240.00	- 320.00	320.00	- 320.00	250.00	- 280.00	320.00	- 320.00			
Green Chillies	240.00	- 280.00	550.00	- 600.00	400.00	- 600.00	500.00	- 600.00	300.00	- 500.00	500.00	- 600.00	300.00	- 330.00	500.00	- 600.00			
Lime	150.00	- 200.00	400.00	- 400.00	400.00	- 500.00	400.00	- 500.00	200.00	- 350.00	240.00	- 300.00	180.00	- 200.00	300.00	- 400.00			
<u>Root Crops</u>																			
Sweet Potato	180.00	- 180.00	240.00	- 280.00	240.00	- 280.00	220.00	- 240.00	200.00	- 240.00	160.00	- 180.00	200.00	- 240.00	240.00	- 240.00	240.00	- 240.00	
Manioc	160.00	- 180.00	220.00	- 240.00	220.00	- 240.00	240.00	- 240.00	240.00	- 240.00	200.00	- 200.00	200.00	- 200.00	220.00	- 240.00	220.00	- 240.00	
<u>Leafy Vegetable</u>																			
Mukunuwenna	80.00	- 80.00	80.00	- 80.00	70.00	- 70.00	80.00	- 80.00	80.00	- 80.00	80.00	- 80.00	70.00	- 70.00	100.00	- 100.00	80.00	- 80.00	
Kankun	80.00	- 80.00	80.00	- 80.00	70.00	- 70.00	80.00	- 80.00	80.00	- 80.00	80.00	- 80.00	70.00	- 70.00	100.00	- 100.00	80.00	- 80.00	
Gotukola	100.00	- 100.00	100.00	- 100.00	100.00	- 100.00	160.00	- 160.00	150.00	- 150.00	100.00	- 100.00	100.00	- 100.00	150.00	- 150.00	100.00	- 100.00	
<u>Coconut</u>																			
Large	100.00	- 110.00	120.00	- 120.00	100.00	- 110.00	100.00	- 110.00	120.00	- 120.00	100.00	- 100.00	120.00	- 120.00	110.00	- 120.00	110.00	- 120.00	
Small	85.00	- 95.00	90.00	- 95.00	85.00	- 90.00	85.00	- 90.00	90.00	- 95.00	85.00	- 90.00	90.00	- 95.00	90.00	- 95.00	90.00	- 95.00	

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

Week 51: 16 - 22 December 2022

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NULEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA																					
<u>Plantain</u>																														
Ambul (Rs/Kg)	180.00	-	200.00	220.00	-	240.00	230.00	-	250.00	220.00	-	240.00	200.00	-	220.00	180.00	-	200.00	160.00	-	200.00	140.00	-	160.00	140.00	-	150.00			
Kolikuttu (Rs/Kg)	400.00	-	440.00	450.00	-	460.00	440.00	-	450.00	400.00	-	420.00	400.00	-	450.00	420.00	-	450.00	450.00	-	480.00	380.00	-	400.00	460.00	-	480.00			
Seeni (Rs/Kg)	160.00	-	180.00	200.00	-	220.00	200.00	-	220.00	180.00	-	200.00	170.00	-	180.00	160.00	-	180.00	200.00	-	220.00	150.00	-	160.00	150.00	-	160.00			
Anamalu	26.00	-	30.00	28.00	-	30.00	28.00	-	30.00	24.00	-	27.00	24.00	-	25.00	26.00	-	30.00	25.00	-	28.00	25.00	-	28.00	26.00	-	28.00			
Ambun	33.00	-	38.00	34.00	-	38.00	34.00	-	38.00	30.00	-	34.00	30.00	-	32.00	33.00	-	38.00	31.00	-	35.00	33.00	-	35.00	33.00	-	35.00			
<u>Pineapple</u>																														
Large	630.00	-	650.00	620.00	-	650.00	650.00	-	700.00	620.00	-	650.00	600.00	-	620.00	580.00	-	580.00	580.00	-	580.00	600.00	-	600.00	580.00	-	600.00			
Medium	540.00	-	580.00	550.00	-	600.00	550.00	-	600.00	580.00	-	600.00	550.00	-	580.00	500.00	-	550.00	500.00	-	550.00	500.00	-	550.00	520.00	-	560.00			
30 Small	440.00	-	520.00	490.00	-	550.00	500.00	-	500.00	450.00	-	550.00	500.00	-	540.00	400.00	-	400.00	400.00	-	400.00	400.00	-	420.00	450.00	-	550.00			
<u>Mango</u>																														
Betti	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Karthakoloman	120.00	-	150.00	120.00	-	150.00	120.00	-	180.00	120.00	-	180.00	150.00	-	180.00	100.00	-	120.00	180.00	-	200.00	100.00	-	100.00	150.00	-	200.00			
Vilad	60.00	-	80.00	-	-	-	-	-	-	-	-	-	80.00	-	100.00	-	-	70.00	-	80.00	-	-	70.00	-	80.00	-	-	70.00	-	80.00
Kohu	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
<u>Other Fruits</u>																														
Wood Apple	40.00	-	60.00	60.00	-	75.00	60.00	-	80.00	60.00	-	80.00	50.00	-	70.00	35.00	-	50.00	40.00	-	60.00	50.00	-	80.00	40.00	-	60.00			
Orange	80.00	-	100.00	120.00	-	130.00	150.00	-	160.00	100.00	-	160.00	100.00	-	110.00	-	-	-	-	-	100.00	-	120.00	80.00	-	100.00				
Avocado	150.00	-	200.00	-	-	200.00	-	200.00	240.00	-	240.00	200.00	-	220.00	-	-	-	-	-	-	120.00	-	130.00	150.00	-	200.00				
Slime Apple	70.00	-	100.00	80.00	-	120.00	100.00	-	130.00	100.00	-	130.00	70.00	-	100.00	50.00	-	70.00	90.00	-	100.00	60.00	-	70.00	100.00	-	130.00			
Grapes (Rs/Kg)	1600.00	-	1600.00	2000.00	-	2000.00	2000.00	-	2000.00	2500.00	-	-	-	-	-	2300.00	-	2300.00	2000.00	-	2000.00	2000.00	-	2000.00	2500.00	-	2500.00			
Papaw (Rs/Kg)	320.00	-	380.00	340.00	-	350.00	380.00	-	420.00	300.00	-	380.00	350.00	-	400.00	400.00	-	420.00	380.00	-	420.00	340.00	-	360.00	380.00	-	400.00			
Passion	50.00	-	54.00	50.00	-	54.00	50.00	-	66.00	50.00	-	54.00	50.00	-	54.00	63.00	-	67.00	-	-	50.00	-	54.00	63.00	-	67.00				
King Coconut	120.00	-	130.00	140.00	-	150.00	130.00	-	150.00	130.00	-	140.00	120.00	-	130.00	140.00	-	150.00	140.00	-	150.00	140.00	-	150.00	150.00	-	160.00			

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

Week 51: 16 - 22 December 2022

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Sea Fish</u>									
Salaya	580.00	650.00	710.00	720.00	500.00	720.00	800.00	800.00	640.00
Hurulla	650.00	1050.00	960.00	960.00	900.00	1000.00	1000.00	1000.00	1100.00
Balaya	960.00	1080.00	1720.00	1720.00	-	-	-	-	1200.00
Kelawalla	1200.00	1400.00	2400.00	2400.00	2000.00	2000.00	2800.00	2800.00	2500.00
Thora	3500.00	3600.00	2720.00	2720.00	3500.00	3600.00	3600.00	3600.00	-
Paraw	1440.00	1560.00	2400.00	2400.00	2000.00	2400.00	2800.00	2800.00	2500.00
Mora	-	-	-	-	-	-	-	-	-
Shrimps Small	2000.00	2080.00	1520.00	1520.00	2000.00	2000.00	1700.00	1700.00	1900.00
Talapath	2400.00	2700.00	2600.00	2600.00	2600.00	2800.00	3000.00	3000.00	-
31 <u>Eggs (Rs/Egg)</u>									
Brown	56.00	56.00	-	-	58.00	58.00	-	-	55.00
White	55.50	56.00	55.00	55.00	57.00	57.00	60.00	60.00	58.00
<u>Dried Fish</u>									
Sprats	1200.00	1600.00	1800.00	2000.00	1600.00	1900.00	1700.00	2000.00	1800.00
Kattawa	2200.00	2400.00	2600.00	2600.00	2400.00	2400.00	2600.00	2700.00	2800.00
Thora	-	-	-	-	-	-	-	-	-
Mora	2200.00	2400.00	2400.00	2400.00	2400.00	2500.00	2200.00	2500.00	2600.00
Balaya	1000.00	1400.00	1600.00	1600.00	1400.00	1600.00	1200.00	1500.00	1400.00
Anguluwa	2200.00	2300.00	2600.00	2600.00	-	-	2800.00	3000.00	-
Salaya	800.00	1000.00	1000.00	1000.00	1100.00	1200.00	1000.00	1100.00	1000.00
<u>Meat</u>									
Beef (without Bones)	-	2000.00	2000.00	2200.00	2200.00	2000.00	2000.00	-	-
Chicken (Broiler)	1280.00	1300.00	1280.00	1280.00	1340.00	1340.00	1280.00	1280.00	1300.00
Chicken (Curry)	1550.00	1600.00	-	-	1600.00	1600.00	1550.00	1550.00	1550.00
Mutton	-	2800.00	2800.00	3000.00	3000.00	3000.00	3100.00	3100.00	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 B2 (mg/100g)	Vit B6 (mg/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

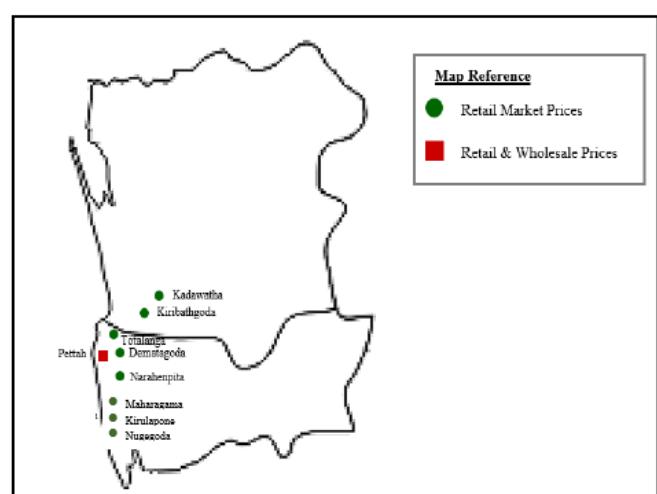
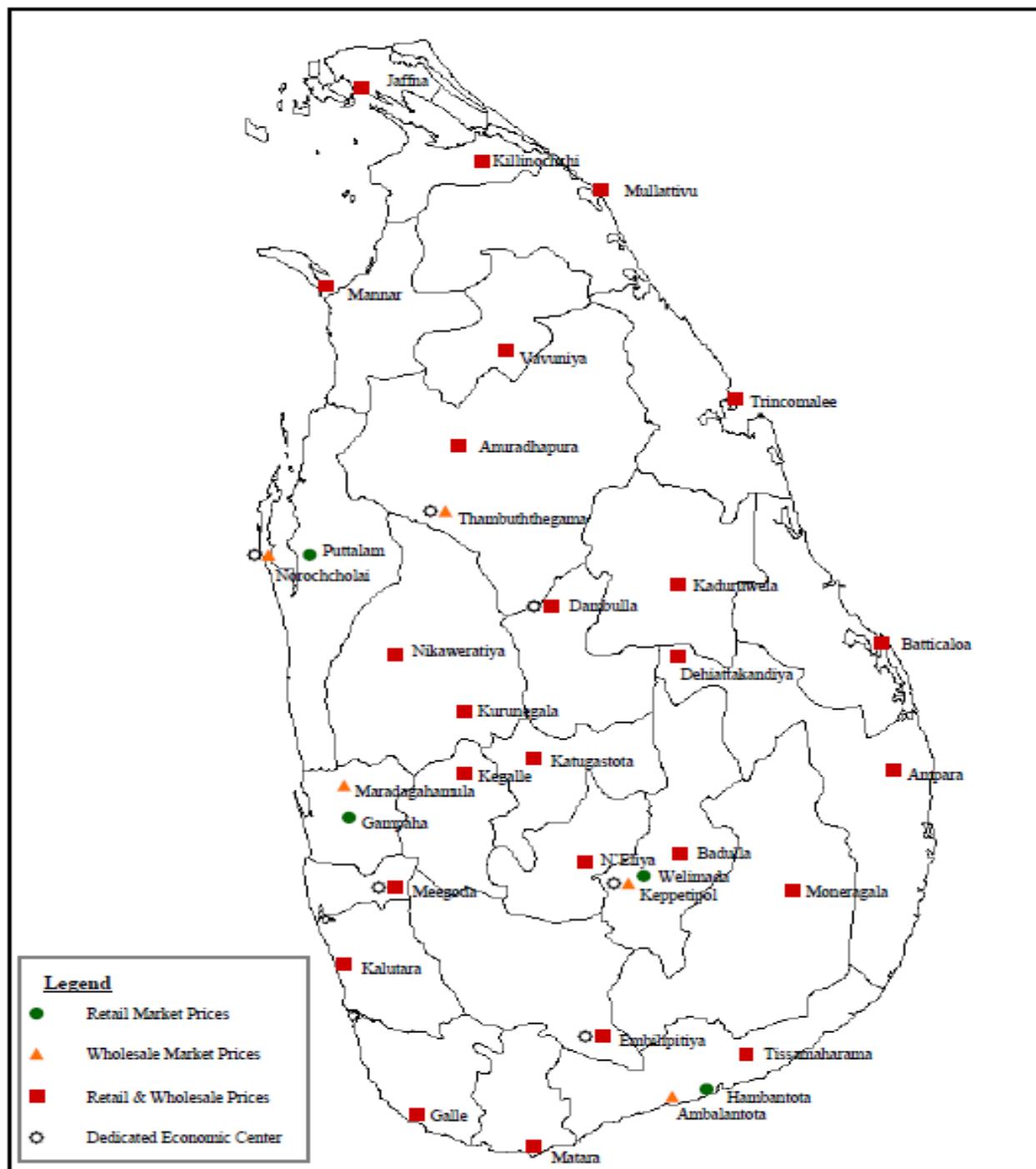
Meat

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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