

WEEKLY FOOD COMMODITIES BULLETIN

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No.03

RETAIL MARKET AT A GLANCE

Summary

Rice/Paddy



Prices of nadu grade II and raw white have decreased by Rs.4.00/kg and Rs.1.00/kg while the prices of other local varieties have not changed significantly. Average farm gate prices of all paddy varieties have decreased in all major producing areas.

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Other Field Crops



Prices of imported red onion and big onion have decreased by Rs.23.00/kg and Rs.21.00/kg. Prices of Nuwara Eliya (Rs.8.00/kg) and imported (Rs.3.00/kg) potatoes have increased.

(Page No.02-04)

Vegetables



Retail prices of most of the vegetables have increased. The highest price range of Rs.780.00 -1,200.00/kg was reported for capsicum, followed by beetroot (Rs.480.00-640.00/kg) in Colombo and suburb markets. Considering up country vegetables, the highest price increase was reported for tomato (Rs.60.00/kg).

(Page No.04-05)

Coconut



Prices of large and small coconut have increased further by Rs.1.00/nut for large nuts and Rs.2.00/nut for small nuts.

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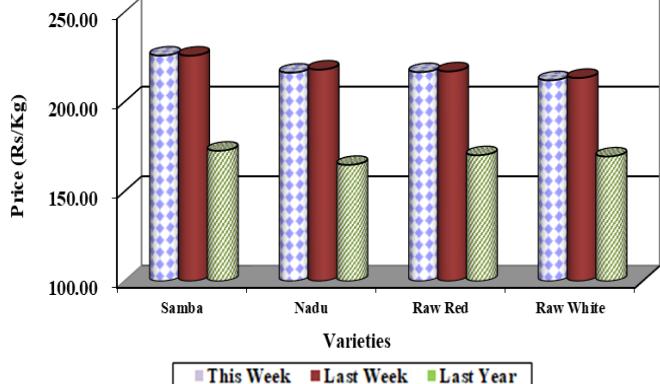
Egg



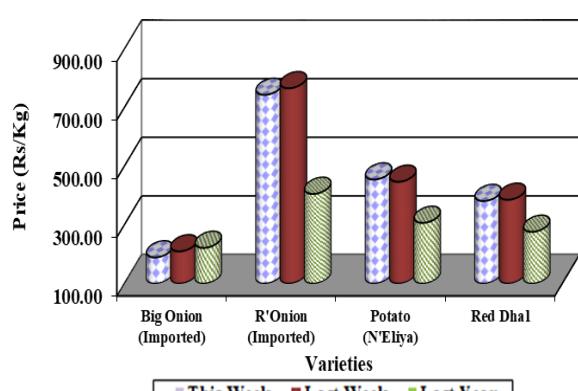
Prices of both brown and white eggs have decreased by Rs.2.00/egg. Prices ranged Rs.55.00-60.00/egg for brown egg and Rs.52.00-56.00/egg for white egg.

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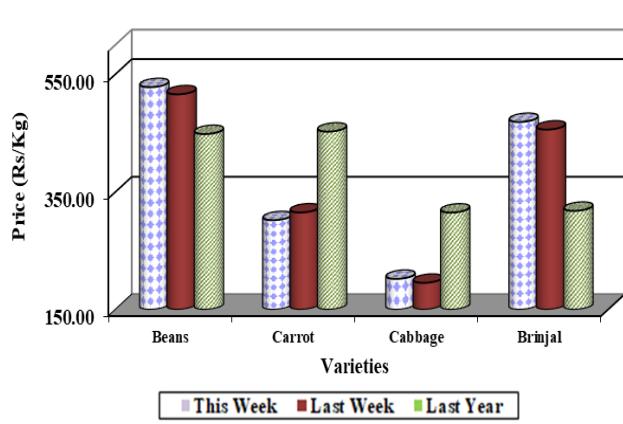
Average Retail Prices of Rice



Average Retail Prices of Other Field Crops



Average Retail Prices of Vegetables



Rice

Wholesale

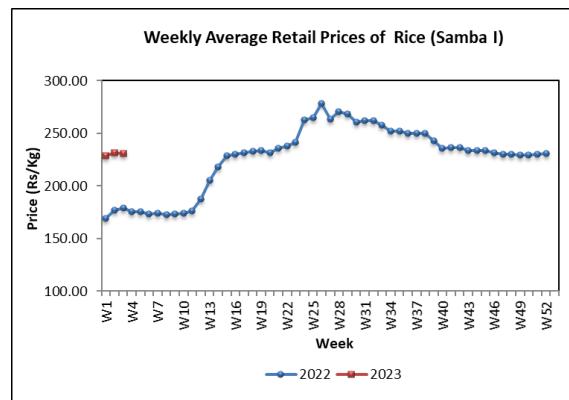
Price of local raw white has decreased by 2% due to increased supply and the price ranged between Rs.185.00-200.00/kg. Prices of all other local rice varieties have not changed significantly. Price ranges of grade II samba, grade II nadu and raw red were Rs.200.00-210.00/kg, Rs.190.00-200.00/kg and Rs.195.00-200.00/kg respectively. Average prices of grade I samba, grade I nadu and keeri samba were Rs.214.00/kg, Rs.203.00/kg and Rs.224.00/kg respectively.

Prices of imported ponni samba, nadu and raw white have changed slightly and their average prices were Rs.206.00/kg, Rs.176.00/kg and Rs.167.00/kg respectively.

Compared to the same period of last year, the current wholesale prices of all types of local rice varieties except keeri samba have increased in the range of 20%-29% while the price of keeri samba has decreased by 3%. Prices of all the types of imported rice varieties have increased in the range of 45%-67%.

Retail

Prices of nadu grade II and raw white rice varieties have decreased by Rs.4.00/kg and Rs.1.00/kg while the price ranges were Rs.210.00-220.00/kg and Rs.200.00-220.00/kg respectively. Other local rice varieties have not changed significantly. Price ranges for samba and nadu rice varieties have ranged between Rs.220.00-240.00/kg and Rs.210.00-230.00/kg respectively.



Further, average prices of keeri samba and raw red was Rs.258.00/kg and Rs.217/kg respectively.

Price of imported samba, imported nadu have increased by Rs.1.00/kg and Rs.3.00/kg respectively. Price ranges were Rs.210.00-220.00/kg and Rs.190.00-210.00/kg. Price of imported raw white has decreased by Rs.1.00/kg and the price range was Rs.180.00-200.00/kg.

Compared to the same period of last year, the current retail prices of all local rice have increased by 5%-32% and all

imported rice varieties have increased by 39%-55%.

Paddy

The average farm gate prices of all major paddy varieties have further decreased in major paddy producing areas. Accordingly, the average price of short grain paddy has decreased by Rs.1.00-6.00/kg and the prices ranged between Rs.90.00-100.00/kg. A slight price decrease of Rs.1.00/kg was also reported for keeri samba paddy and the prices ranged between Rs.94.00-106.00/kg. Further, the average price of long grain white paddy has also decreased by Rs.1.00-7.00/kg and reported Rs.88.00-103.00/kg prices range. Likewise, a price decrease of Rs.3.00-10.00/kg was also reported for long grain red paddy in major producing areas in the Southern province and the prices ranged Rs.100.00-105.00/kg.

Compared to the same period of last year, the current prices of all major paddy varieties except keeri samba have increased in the range of 1%-20% while the prices of keeri samba has decreased by 12%-20%.

Dried Chilies

Wholesale

Price of imported dried chilies has decreased by 3% due to increased supply

and decreased CIF prices and the price ranged between Rs.1200.00-1400.00/kg.

Compared to the same period of last year, the current wholesale price of imported dried chilies has increased by 76%.

Retail

Price of imported dried chilies has decreased by Rs.27.00/kg and the price ranged between Rs.1550.00-1900.00/kg.

Compared to the same period of last year, the current retail price of imported dried chilies has increased by 108%.

Onion

Wholesale

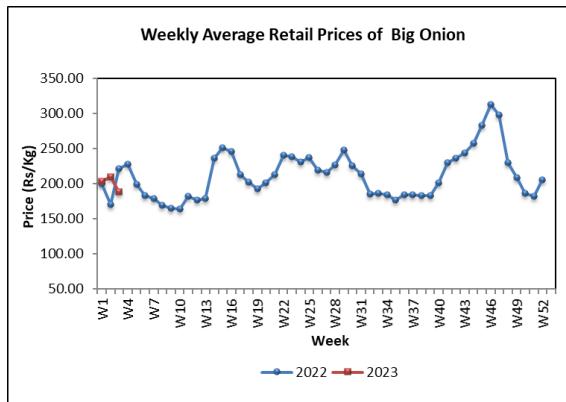
Price of imported red onion has decreased by 14% due to increased supply and low demand and the price ranged between Rs.450.00-560.00/kg. Price of imported big onion has also decreased by 2% due to increased supply of Indian stocks and the price ranged between Rs.140.00-170.00/kg.

Compared to the same period of last year, the current wholesale price of imported red onion has increased by 113% while the price of imported big onion has decreased by 15%.

Retail

Prices of both imported red onion and big onion have decreased by Rs.23.00/kg, Rs.21.00/kg respectively. Prices ranged

between Rs.590.00-800.00/kg and Rs.160.00-200.00/kg respectively.



Compared to the same period of last year, retail price of imported red onion has increased by 83% while the price of imported big onion has decreased by 15%.

Potato

Wholesale

Price of imported potato has increased by 10% due to availability of both Indian stocks and Pakistan stocks and the price ranged between Rs.105.00-230.00/kg (Price ranges were Rs.200.00-230.00/kg for Indian stocks and Rs.105.00-115.00/kg for Pakistan stocks). Price of Nuwara Eliya potato has also increased by 3% due to decreased supply and the price ranged between Rs.340.00-390.00/kg.

Compared to the same period of last year, the current wholesale price of Nuwara Eliya potato has increased by 55% while the price of imported potato has decreased by 22%.

Retail

Price of Nuwara Eliya and imported potatoes have increased by Rs.8.00/kg and Rs.3.00/kg and the price ranges were Rs.400.00-480.00/kg and Rs.140.00-220.00/kg respectively.

Compared to the same period of last year, the current retail price of Nuwara Eliya potato has increased by 48% and price of imported potato has decreased by 5%.

Pulses

Wholesale

Prices of white cowpea, red cowpea and red dhal have decreased slightly by 1% due to increased supply and their price ranges were Rs.1250.00-1350.00/kg, Rs.1200.00-1350.00/kg and Rs.350.00-355.00/kg respectively. Price of green gram has increased slightly and the price ranged Rs.1180.00-1280.00/kg.

Compared to the same period of last year, wholesale prices of all types of pulses have increased in the range of 38%-163% and the highest price increase was reported for red cowpea.

Retail

Price of green gram has increased by Rs.35.00/kg and the price range was Rs.1200.00-1400.00/kg. Prices of white cowpea and red cowpea have decreased by

Rs.39.00/kg and Rs.47.00/kg respectively and their price range were Rs.1300.00-1500.00/kg and Rs.1300.00-1500.00/kg. Price of red dhal has also decreased by Rs.4.00/kg and the price range was Rs.370.00-400.00/kg.

Compared to the same period of last year, the current retail prices of all pulses have increased by 38%-139% and the highest price was recorded for cowpea red.

Vegetable

Wholesale

Prices of most of the up country vegetable varieties have decreased due to increased market supply from main supply areas. However, the prices of most of the low country vegetable varieties have increased due to decreased market supply in the off season.

Considering the upcountry vegetables, the prices of raddish, cabbage and carrot have decreased by 13%, 11% and 5% respectively due to increased supply from Nuwara Eliya and Thalawakele areas. Further, the price of beans has decreased by 5% due to low quality stocks received from Kandy area. However, the price of both beetroot and knolkhol have increased by 6% due to limited supply from upcountry and low country producing areas.

Meanwhile, the price of tomato has increased by 54% due to decreased market supply from Sooriyawewa and Kandy producing areas. Further, the price of capsicum has increased by 5% due to low supply from any producing area.

Considering the low country vegetables, the highest price increase was reported for brinjal and luffa by 22% due to decrease market supply from Embilipitiya and other main producing areas. A price increase was reported for ladies fingers by 15% due to low stock position. Further, prices of long beans have increased by 11% due to low supply from Thissamaharama and Puttalam areas. However, the price of ash plantain has decreased by 7% due to increased market supply from Jaffna area.

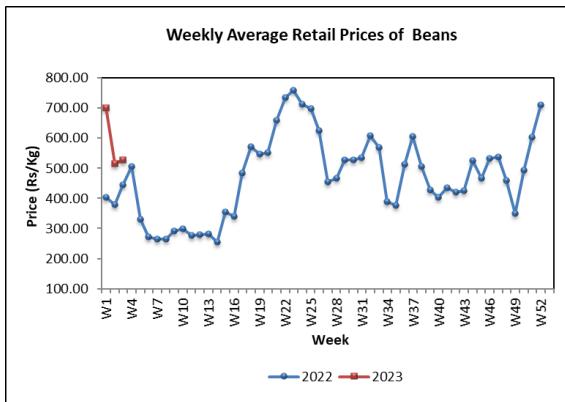
Meanwhile, the price of green chilies has increased by 6% due to decreased market supply from Puttalam area. However, the price of lime has decreased by 13% due to increased supply from Monaragala area.

Compared to the same period of last year, the current wholesale prices of most of the vegetable varieties have increased with the highest price increase of 157% being reported for ash plantain.

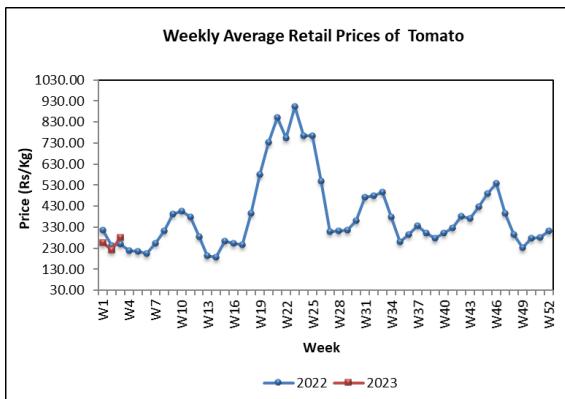
Retail

In line with the increased wholesale prices, retail prices of most of the varieties have increased except for carrot, raddish and capsicum.

Considering the up-country varieties, the highest price increase was reported for knolkhol as Rs.40.00/kg, followed by beet root as Rs.20.00/kg. Further, the prices of leeks, cabbage and beans have increased in the range of Rs.3.00-12.00/kg. However, price of carrot has decreased by Rs.13.00/kg.



Price of tomato has increased by Rs.60.00/kg and the price of capsicum has decreased by Rs.32.00/kg.



Considering the low-country varieties, the highest price increase was reported for ladies fingers as Rs.25.00/kg, followed by cucumber as Rs.14.00/kg. Further, the prices of brinjal, bitter gourd, snake gourd and ash plantain have also increased in the range of Rs.5.00-13.00/kg.

Price of green chilies has increased by Rs.50.00/kg and price of lime has decreased by Rs.18.00/kg.

Compared to the same period of last year, the retail prices of most of the varieties have increased with the highest price increase reported for ash plantain as 122%.

Coconut

Wholesales

Prices of both large and small nut have increased by 1%. Their prices ranged between Rs.95.00-100.00/nut for large nuts and Rs.88.00-90.00/nut for small nuts.

Compared to the same period of last year, wholesale prices of both large and small nuts have increased by 36% and 35% respectively.

Retail

Prices of large and small nuts have increased by Rs.1.00/nut and Rs.2.00/nut respectively. Price ranges were Rs.110.00-130.00/nut for large nuts and Rs.90.00-100.00/nut for small nuts.

Compared to the same period of last year, retail prices of large and small nuts have increased by 31% and 28% respectively.

Fruits

Wholesale

Prices of most of the fruit varieties have decreased due to low demand. The highest price decrease was reported for orange and slime apple by 19% due to availability of low quality stocks and low demand. Price of papaw has decreased by 11% with low demand and availability of small, low quality fruits. Prices of all sizes of pineapple have decreased in the ranged of 2%-7% due to low demand. Further, the price of king coconut has decreased by 6%. In addition to that price of all the varieties of banana have decreased in the range of 2%-7% with low demand.

However, price of passion fruit has increased by 18% with limited supply, while the price of avocado has increased by 15%. Price of mango (karthakolomban) mango-(betti) have increased by 17% and 5% respectively due to limited supply of stocks.

Compared to the same period of last year, wholesale prices of most of the fruit varieties have increased with the highest price increase of 157% reported for banana-(kolikuttu).

Retail

Retail prices of most of the fruits have decreased in line with the decreased wholesale prices. The highest price decrease of Rs.125.00/fruit was reported for avocado due to decrease in demand with price increase. All sizes of pineapple have decreased in the range of Rs.49.00-77.00/fruit due to availability of sufficient stocks. Prices of banana (kolikuttu, seeni and ambul) have decreased in the range of Rs.2.00-24.00/kg due to low demand. Further, prices of king coconut, orange and slime apple have decreased in the range of Rs.2.00-6.00/fruit.

Meanwhile, a price increase of Rs.49.00/kg was reported for imported grapes due to availability of good quality stocks. The price of papaw has increased by Rs.10.00/kg. Prices of passion fruit and mango (karthakolomban) have increased by Rs.7.00/fruit and Rs.4.00/fruit due to limited supply.

Compared to the same period of last year, retail prices of all the fruits except avocado have increased with the highest price increase of 111% was reported for banana-kolikuttu.

Fresh Fish

Wholesale

Wholesale prices of most of the fresh fish types have decreased due to increased supply. The highest price decrease of 16% was noted for salaya due to high supply from Trincomalee and Mannar areas and the price ranged between Rs.280.00-550.00/kg. A price decrease of 8% was noted for kelawalla and paraw due to high supply from Beruwala, Galle and Walachchenai areas and their prices ranged between Rs.950.00-1350.00/kg and Rs.1100.00-1500.00/kg respectively.

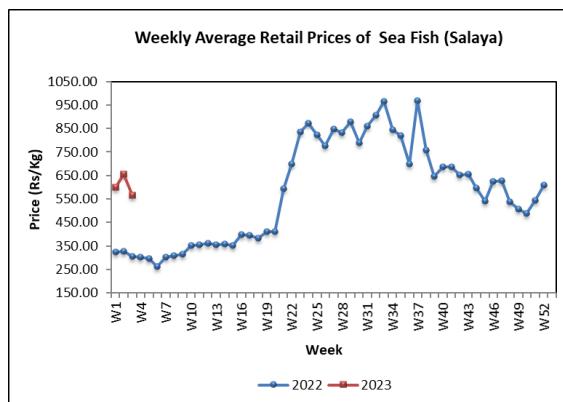
Likewise, a price decrease of 7% was noted for thalaphath and hurulla due to high supply from Kalpitiya, Mullaitivu and Negombo areas and their prices ranged between Rs.1300.00-2200.00/kg and Rs.750.00-950.00/kg respectively.

However, a price increase of 15% was noted for balaya due to low supply from Beruwala and Galle areas and the price ranged between Rs.680.00-940.00/kg. In addition, price of shrimps has increased by 4%.

Compared to the same period of last year, wholesale prices of all fresh fish types have increased in the range of 38%-101% with the highest price increase noted for salaya.

Retail

Retail prices of most types of fresh fish have decreased in line with decreased wholesale prices due to increased supply. The highest price decrease was reported for thalaphath by Rs.170.00/kg, followed by Rs.137.00/kg for kelawalla. Further, the prices of salaya, balaya, kelawalla and paraw have increased by Rs.81.00-137.00/kg. Prices of thora had hurulla have decreased in the range of Rs.16.00-40.00/kg.



However, prices of shrimp and mora have increased by Rs.116.00/kg and Rs.23.00/kg respectively due to limited supply.

Compared to the same period of last year, retail prices of all types of fresh fish have increased in the range of 41%-85% and the highest price increase was reported for salaya.

Dried Fish

Wholesale

Due to decreased supply of local dried fish varieties the prices of most of the local and imported dried fish types have increased. The highest price increase of 10% was noted for local salaya due to low supply from Mannar and Chilaw areas and the price ranged between Rs.740.00-850.00/kg. Likewise, a price increase of 3% was noted for imported and local sprats due to low supply from Trincomalee, Negombo areas (local) and Iran and Thailand (imported) and their prices ranged between Rs.880.00-1050.00/kg and Rs.1240.00-1400.00/kg respectively. In addition, prices of imported kattawa and local maduwa have increased by 1%.

However, a price decrease of 7% was noted for imported anguluwa due to high supply from Oman and Pakistan and the price ranged between Rs.1600.00-1680.00/kg.

Compared to the same period of last year, wholesale prices of all dried fish types have increased in the range of 24%-88% and the highest price increase was reported for local salaya.

Retail

In line with increased wholesale prices, the retail prices of most the dried fish varieties have also increased due to limited supply in the market. The highest price increase was

reported for salaya by Rs.16.00/kg, followed by Rs.13.00/kg for local sprat. Further, prices of imported sprat and kattawa have increased by Rs.6.00/kg and Rs.4.00/kg respectively.

However, prices of balaya and mora have decreased by Rs.88.00/kg and Rs.67.00/kg respectively due to low demand. Price of anguluwa has also decreased by Rs.17.00/kg.

Compared to the same period of last year, retail prices of all types of dried fish have increased in the range of 25%-97% and the highest price increase was report for salaya.

Eggs

Wholesale

Price of brown egg has not changed and the price of a white egg has decreased by 4%. Average price of brown egg was Rs.60.00 and white egg was Rs.54.00

Compared to the same period of last year, prices of brown and white egg have increased by 150% and 135% respectively.

Retail

Prices of both brown and white eggs have further decreased by Rs.2.00/egg in line with decreased wholesale prices. Price range of a brown egg was between

Rs.55.00-60.00 and Rs.51.50-56.00 for a white egg.

Compared to the same period of last year, prices of both brown and white eggs have increased by 133% and 134% respectively.

Meat

Retail

Prices of all types of meat except mutton have further decreased due to low demand. The highest price decrease of Rs.63.00/kg was reported for pork. Further, prices of both beef and skin-less curry chicken have decreased by Rs.25.00/kg. Price of skin-less broiler chicken has also decreased by Rs.9.00/kg.

However, price of mutton has increased by Rs.5.00/kg due to limited supply.

Compared to the same period of last year, prices of all types of meat have increased in the range of 44%-109% and the highest price increase was reported for pork.

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 03: 13 - 19 January 2023

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

Week 03: 13 - 19 January 2023

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

Week 03: 13 - 19 January 2023

LOCATION	Dried Chillies	Red Onion			Big Onion	Potato			Pulses					
	Imported	Imported	Local			Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal			
Colombo	60000 - 70000	22500 - 28000	-	7000 - 8500	5250 - 11500	-	17000 - 19500	59000 - 64000	62500 - 67500	17500 - 17750				
Kurunegala	65000 - 70000	-	-	8400 - 8750	-	-	-	59000 - 60000	-	17750 - 18000				
Nikaweratiya	62000 - 70000	30000 - 30000	-	8000 - 8250	5900 - 6100	-	-	52500 - 52500	-	17600 - 18000				
Dehiattakandiya	62500 - 72500	36500 - 38500	-	8250 - 9750	6000 - 7000	-	-	67500 - 67500	-	17250 - 18250				
Dambulla (DEC)	66500 - 67500	25000 - 25500	-	7250 - 7500	5500 - 5750	-	17000 - 17250	57500 - 60000	49500 - 50000	17250 - 18000				
Anuradhapura	80000 - 82500	31000 - 37500	-	7500 - 9500	6500 - 8500	-	-	57500 - 62500	-	18000 - 19000				
Thambuththegama	70000 - 72500	27500 - 29000	-	7500 - 8000	5750 - 6000	-	-	-	45000 - 50000	17800 - 18250				
Polonnaruwa	85000 - 85500	33250 - 33500	-	9850 - 9900	8000 - 8250	-	20450 - 20500	63500 - 63500	63500 - 63500	18500 - 18600				
Kaluthara	70000 - 72500	26000 - 27000	-	7250 - 7500	6000 - 6500	-	18000 - 18500	62500 - 65000	65000 - 67500	17750 - 18000				
Puttalam	67500 - 75000	-	27500 - 30000	8200 - 8750	7000 - 75000	-	19000 - 21000	-	50000 - 52500	18200 - 18500				
Kandy	67500 - 70000	29500 - 30000	-	8000 - 8500	6000 - 6250	-	17500 - 18000	60000 - 62500	62500 - 65000	18250 - 18500				
Matara	70000 - 72500	30500 - 32500	-	7750 - 8250	6500 - 7000	-	-	57500 - 60000	57500 - 58000	18250 - 18750				
Hambantota	70000 - 72500	29000 - 32500	-	7750 - 8250	6250 - 6750	-	-	-	55000 - 57500	18000 - 18750				
Kegalle	74500 - 76000	26500 - 26650	-	8700 - 8750	5950 - 6100	-	19500 - 20000	57000 - 58000	57500 - 58000	18500 - 21500				
Galle	72500 - 84000	30000 - 39000	-	8750 - 9000	6500 - 7000	-	-	61500 - 62500	65000 - 65000	18000 - 18500				
Tissamaharama	77500 - 80000	32500 - 35000	-	9000 - 9500	7500 - 8000	-	-	52500 - 52500	-	18500 - 19000				
Meegoda (DEC)	67500 - 75000	24000 - 27500	-	7000 - 7500	5500 - 5750	-	17500 - 18000	60000 - 65000	60000 - 62500	17600 - 17750				
Jaffna	70000 - 79000	31000 - 34000	-	7500 - 9000	6000 - 7000	-	-	55000 - 60000	-	17500 - 18000				
Vavuniya	75000 - 75500	27500 - 28000	-	8000 - 8500	6000 - 6750	-	-	-	-	18500 - 18500				
Mannar	75000 - 77500	34000 - 35000	-	8250 - 8500	6750 - 7000	-	-	56000 - 57500	-	18250 - 18750				
Killinochchi	75000 - 77000	35000 - 37000	-	9000 - 9500	7000 - 7500	-	-	57500 - 59000	-	18000 - 18500				
Mullattivu	75000 - 77500	30000 - 32500	-	7500 - 8500	6500 - 6750	-	-	57500 - 60000	-	18000 - 18500				
Batticaloa	78500 - 80000	30000 - 31000	-	8750 - 9000	7500 - 8000	-	25000 - 26000	61000 - 62000	-	18000 - 18000				
Trincomalee	80000 - 81000	-	-	9250 - 9750	6800 - 7250	-	-	62250 - 63200	-	18250 - 18500				
Galenbindunuwewa	67500 - 75000	32000 - 33750	-	9000 - 9250	6500 - 7000	-	-	57500 - 62500	-	18000 - 18500				
Matale	-	-	-	-	-	-	-	-	-	-				

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

Week 03: 13 - 19 January 2023

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

Week 03: 13 - 19 January 2023

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	400.00 - 450.00	120.00 - 160.00	200.00 - 250.00	340.00 - 450.00	230.00 - 260.00
Meegoda (DEC)	-	400.00 - 420.00	170.00 - 220.00	270.00 - 280.00	350.00 - 390.00	280.00 - 320.00
Dambulla (DEC)	-	350.00 - 400.00	120.00 - 140.00	220.00 - 240.00	330.00 - 360.00	260.00 - 280.00
Keppetipola (DEC)	-	300.00 - 340.00	110.00 - 130.00	240.00 - 250.00	320.00 - 330.00	260.00 - 280.00
Norochchhole (DEC)	-	-	-	-	250.00 - 350.00	-
Nuwara Eliya	-	300.00 - 340.00	150.00 - 160.00	230.00 - 240.00	320.00 - 340.00	250.00 - 270.00
Kandy	-	400.00 - 430.00	160.00 - 180.00	260.00 - 280.00	420.00 - 430.00	230.00 - 250.00
Hambantota	-	350.00 - 420.00	200.00 - 250.00	280.00 - 330.00	400.00 - 450.00	350.00 - 380.00
Thambuththegama (DEC)	-	300.00 - 350.00	160.00 - 180.00	250.00 - 280.00	380.00 - 410.00	230.00 - 270.00
Jaffna		320.00 - 380.00	180.00 - 200.00	280.00 - 320.00	320.00 - 350.00	-
Bandarawela		300.00 - 320.00	140.00 - 160.00	240.00 - 260.00	280.00 - 300.00	230.00 - 250.00
Veyangoda	-	400.00 - 450.00	160.00 - 190.00	250.00 - 280.00	330.00 - 380.00	260.00 - 300.00

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	60.00 - 80.00	60.00 - 80.00	120.00 - 230.00	170.00 - 210.00	330.00 - 400.00	650.00 - 800.00
Meegoda (DEC)	90.00 - 100.00	80.00 - 120.00	180.00 - 210.00	230.00 - 250.00	360.00 - 420.00	700.00 - 830.00
Moneragala	60.00 - 80.00	100.00 - 110.00	150.00 - 180.00	240.00 - 260.00	280.00 - 320.00	700.00 - 750.00
Dambulla (DEC)	50.00 - 60.00	35.00 - 50.00	150.00 - 160.00	130.00 - 150.00	360.00 - 400.00	680.00 - 730.00
Keppetipola (DEC)	30.00 - 40.00	60.00 - 80.00	150.00 - 170.00	160.00 - 170.00	350.00 - 370.00	630.00 - 650.00
Norochchhole (DEC)	35.00 - 60.00	25.00 - 50.00	100.00 - 120.00	200.00 - 250.00	280.00 - 350.00	600.00 - 700.00
Nuwara Eliya	45.00 - 55.00	80.00 - 90.00	160.00 - 170.00	170.00 - 180.00	360.00 - 370.00	620.00 - 640.00
Kandy	70.00 - 90.00	50.00 - 100.00	150.00 - 170.00	190.00 - 200.00	350.00 - 400.00	600.00 - 630.00
Hambantota	100.00 - 150.00	100.00 - 130.00	140.00 - 160.00	150.00 - 180.00	300.00 - 350.00	650.00 - 720.00
Thambuththegama (DEC)	50.00 - 80.00	60.00 - 80.00	120.00 - 150.00	160.00 - 180.00	370.00 - 450.00	600.00 - 720.00
Tissamaharama	110.00 - 130.00	140.00 - 160.00	200.00 - 240.00	110.00 - 130.00	310.00 - 340.00	620.00 - 650.00
Jaffna	80.00 - 100.00	50.00 - 100.00	130.00 - 200.00	200.00 - 220.00	520.00 - 600.00	620.00 - 700.00
Bandarawela	40.00 - 60.00	50.00 - 70.00	160.00 - 180.00	-	350.00 - 380.00	600.00 - 650.00
Veyangoda	60.00 - 80.00	60.00 - 90.00	160.00 - 180.00	200.00 - 240.00	400.00 - 450.00	750.00 - 850.00

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	120.00 - 150.00	100.00 - 120.00	280.00 - 330.00	200.00 - 220.00	-	230.00 - 250.00
Meegoda (DEC)	130.00 - 150.00	110.00 - 120.00	350.00 - 400.00	250.00 - 250.00	-	280.00 - 280.00
Moneragala	160.00 - 180.00	130.00 - 150.00	400.00 - 450.00	260.00 - 300.00	-	300.00 - 330.00
Dambulla (DEC)	100.00 - 120.00	90.00 - 110.00	300.00 - 330.00	180.00 - 200.00	-	270.00 - 300.00
Keppetipola (DEC)	140.00 - 150.00	120.00 - 130.00	310.00 - 320.00	180.00 - 190.00	-	230.00 - 240.00
Norochchhole (DEC)	110.00 - 140.00	90.00 - 130.00	280.00 - 350.00	160.00 - 200.00	-	150.00 - 200.00
Nuwara Eliya	130.00 - 140.00	120.00 - 130.00	320.00 - 330.00	190.00 - 200.00	-	240.00 - 250.00
Kandy	120.00 - 140.00	120.00 - 130.00	240.00 - 260.00	180.00 - 200.00	-	240.00 - 260.00
Hambantota	130.00 - 160.00	140.00 - 160.00	400.00 - 500.00	280.00 - 350.00	-	280.00 - 350.00
Thambuththegama (DEC)	80.00 - 120.00	70.00 - 100.00	270.00 - 320.00	150.00 - 170.00	-	250.00 - 300.00
Tissamaharama	120.00 - 140.00	70.00 - 90.00	350.00 - 380.00	170.00 - 200.00	-	230.00 - 250.00
Jaffna	100.00 - 120.00	100.00 - 130.00	430.00 - 480.00	220.00 - 260.00	##### - #####	-
Bandarawela	120.00 - 130.00	90.00 - 100.00	-	-	-	-
Veyangoda	120.00 - 140.00	100.00 - 120.00	350.00 - 380.00	200.00 - 230.00	-	290.00 - 330.00

Table 06 (Contd.)

	Long Beans	Ash Plantain	Green Chillies	Lime	Sweet Potatoe	Manioc
Colombo	200.00 - 300.00	200.00 - 240.00	250.00 - 300.00	80.00 - 100.00	130.00 - 150.00	140.00 - 150.00
Meegoda (DEC)	240.00 - 270.00	220.00 - 240.00	350.00 - 400.00	100.00 - 120.00	120.00 - 130.00	180.00 - 180.00
Moneragala	150.00 - 180.00	80.00 - 100.00	250.00 - 350.00	80.00 - 100.00	150.00 - 200.00	-
Dambulla (DEC)	200.00 - 250.00	180.00 - 190.00	300.00 - 380.00	55.00 - 70.00	90.00 - 110.00	100.00 - 120.00
Keppetipola (DEC)	170.00 - 180.00	190.00 - 210.00	300.00 - 350.00	80.00 - 100.00	120.00 - 130.00	100.00 - 110.00
Norochchhole (DEC)	200.00 - 250.00	140.00 - 160.00	270.00 - 320.00	90.00 - 120.00	140.00 - 150.00	120.00 - 150.00
Nuwara Eliya	180.00 - 200.00	200.00 - 220.00	360.00 - 400.00	90.00 - 120.00	130.00 - 150.00	140.00 - 160.00
Kandy	160.00 - 180.00	180.00 - 210.00	350.00 - 380.00	70.00 - 80.00	120.00 - 140.00	120.00 - 130.00
Hambantota	140.00 - 160.00	130.00 - 150.00	400.00 - 450.00	140.00 - 170.00	130.00 - 180.00	100.00 - 180.00
Thambuththegama (DEC)	180.00 - 200.00	160.00 - 200.00	300.00 - 350.00	50.00 - 70.00	110.00 - 130.00	110.00 - 140.00
Tissamaharama	100.00 - 130.00	150.00 - 170.00	260.00 - 280.00	100.00 - 130.00	140.00 - 160.00	110.00 - 130.00
Jaffna	250.00 - 300.00	120.00 - 180.00	300.00 - 350.00	100.00 - 120.00	190.00 - 210.00	120.00 - 160.00
Bandarawela	-	-	280.00 - 300.00	-	120.00 - 130.00	90.00 - 100.00
Veyangoda	230.00 - 270.00	200.00 - 240.00	350.00 - 400.00	90.00 - 110.00	120.00 - 140.00	150.00 - 170.00

Locations	Leafy Vegetables (Rs/Bundle)			Coconut (Rs/Nut)	
	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	55.00 - 60.00	55.00 - 60.00	240.00 - 250.00	95.00 - 100.00	88.00 - 90.00
Meegoda (DEC)	70.00 - 70.00	70.00 - 70.00	-	105.00 - 110.00	85.00 - 90.00
Norochchhole (DEC)	60.00 - 60.00	50.00 - 60.00	120.00 - 140.00	95.00 - 105.00	78.00 - 90.00
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	30.00 - 35.00	30.00 - 35.00	30.00 - 35.00	80.00 - 85.00	70.00 - 75.00
Kandy	45.00 - 50.00	50.00 - 60.00	220.00 - 230.00	90.00 - 95.00	75.00 - 78.00
Hambantota	45.00 - 50.00	40.00 - 50.00	60.00 - 60.00	-	-
Thambuththegama (DEC)	30.00 - 30.00	30.00 - 30.00	-	78.00 - 85.00	70.00 - 75.00
Tissamaharama	40.00 - 45.00	40.00 - 45.00	45.00 - 50.00	80.00 - 85.00	60.00 - 65.00
Jaffna	80.00 - 95.00	30.00 - 35.00	120.00 - 150.00	82.00 - 98.00	45.00 - 58.00
Tissamaharama	40.00 - 45.00	40.00 - 45.00	45.00 - 50.00	80.00 - 85.00	60.00 - 65.00
Bandarawela	-	-	-	-	-
Veyangoda	40.00 - 50.00	40.00 - 50.00	54.00 - 60.00	85.00 - 100.00	-

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

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

Week 03: 13 - 19 January 2023

Table 07 (Contd.)

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	260.00 - 400.00	380.00 - 600.00	150.00 - 400.00	160.00 - 320.00	180.00 - 240.00	70.00 - 100.00	70.00 - 100.00	100.00 - 160.00	110.00 - 130.00	90.00 - 100.00					
	Gampaha	240.00 - 320.00	400.00 - 600.00	200.00 - 400.00	200.00 - 240.00	180.00 - 180.00	60.00 - 70.00	60.00 - 70.00	30.00 - 30.00	110.00 - 130.00	80.00 - 100.00					
	Kurunegala	280.00 - 320.00	500.00 - 600.00	190.00 - 250.00	220.00 - 240.00	190.00 - 200.00	40.00 - 50.00	40.00 - 50.00	30.00 - 30.00	100.00 - 110.00	80.00 - 80.00					
	Nikaweratiya	200.00 - 240.00	400.00 - 500.00	160.00 - 200.00	240.00 - 280.00	180.00 - 240.00	40.00 - 50.00	40.00 - 50.00	60.00 - 60.00	95.00 - 100.00	80.00 - 85.00					
	Dambulla	280.00 - 300.00	400.00 - 500.00	180.00 - 220.00	200.00 - 220.00	200.00 - 220.00	50.00 - 60.00	50.00 - 60.00	45.00 - 50.00	90.00 - 100.00	75.00 - 80.00					
	Anuradhapura	240.00 - 300.00	500.00 - 600.00	200.00 - 400.00	200.00 - 240.00	200.00 - 240.00	50.00 - 60.00	50.00 - 60.00	50.00 - 60.00	90.00 - 100.00	70.00 - 85.00					
	Thambuththegama	-	380.00 - 480.00	180.00 - 200.00	180.00 - 220.00	180.00 - 220.00	40.00 - 40.00	40.00 - 40.00	-	85.00 - 95.00	70.00 - 80.00					
	Polonnaruwa	200.00 - 230.00	590.00 - 620.00	200.00 - 300.00	200.00 - 220.00	180.00 - 200.00	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	380.00 - 400.00	180.00 - 200.00	200.00 - 220.00	180.00 - 200.00	80.00 - 90.00	80.00 - 90.00	90.00 - 100.00	100.00 - 110.00	85.00 - 90.00					
	Badulla	260.00 - 300.00	500.00 - 600.00	200.00 - 250.00	220.00 - 240.00	200.00 - 220.00	70.00 - 70.00	70.00 - 70.00	70.00 - 80.00	95.00 - 105.00	70.00 - 75.00					
	Keppetipola	260.00 - 280.00	450.00 - 500.00	180.00 - 200.00	220.00 - 240.00	180.00 - 200.00	35.00 - 40.00	35.00 - 40.00	25.00 - 35.00	98.00 - 100.00	84.00 - 88.00					
	Moneragala	120.00 - 160.00	400.00 - 500.00	200.00 - 250.00	200.00 - 240.00	-	60.00 - 70.00	60.00 - 70.00	60.00 - 70.00	80.00 - 90.00	70.00 - 75.00					
	Kegalle	220.00 - 240.00	480.00 - 500.00	260.00 - 300.00	220.00 - 240.00	180.00 - 200.00	70.00 - 80.00	70.00 - 80.00	70.00 - 80.00	110.00 - 120.00	90.00 - 100.00					
	Ampara	300.00 - 320.00	500.00 - 600.00	200.00 - 250.00	200.00 - 240.00	120.00 - 120.00	50.00 - 60.00	50.00 - 50.00	40.00 - 50.00	75.00 - 80.00	60.00 - 65.00					
	Dehiattakandiya	200.00 - 240.00	400.00 - 600.00	300.00 - 400.00	160.00 - 200.00	120.00 - 150.00	50.00 - 60.00	50.00 - 60.00	50.00 - 60.00	80.00 - 85.00	55.00 - 70.00					
	Nuwaraeliya	260.00 - 280.00	500.00 - 600.00	200.00 - 220.00	220.00 - 240.00	190.00 - 220.00	35.00 - 40.00	35.00 - 40.00	25.00 - 30.00	98.00 - 100.00	86.00 - 90.00					
	Kandy	320.00 - 360.00	500.00 - 600.00	160.00 - 200.00	180.00 - 200.00	240.00 - 260.00	60.00 - 70.00	60.00 - 70.00	50.00 - 60.00	100.00 - 110.00	80.00 - 85.00					
	Puttalam	200.00 - 250.00	400.00 - 600.00	150.00 - 240.00	200.00 - 250.00	180.00 - 200.00	60.00 - 70.00	60.00 - 70.00	40.00 - 40.00	100.00 - 110.00	85.00 - 95.00					
	Rathnapura	200.00 - 220.00	500.00 - 550.00	300.00 - 350.00	180.00 - 200.00	140.00 - 160.00	80.00 - 90.00	80.00 - 85.00	90.00 - 100.00	120.00 - 130.00	90.00 - 110.00					
	Hambanthota	160.00 - 200.00	500.00 - 600.00	200.00 - 260.00	160.00 - 220.00	140.00 - 160.00	60.00 - 60.00	50.00 - 60.00	70.00 - 80.00	90.00 - 110.00	70.00 - 75.00					
	Matara	280.00 - 320.00	400.00 - 600.00	200.00 - 240.00	180.00 - 200.00	160.00 - 180.00	55.00 - 60.00	55.00 - 60.00	80.00 - 90.00	100.00 - 120.00	70.00 - 80.00					
	Galle	260.00 - 280.00	460.00 - 500.00	250.00 - 250.00	200.00 - 240.00	180.00 - 200.00	60.00 - 70.00	60.00 - 60.00	80.00 - 80.00	100.00 - 120.00	85.00 - 90.00					
	Tissamaharama	190.00 - 220.00	320.00 - 350.00	150.00 - 180.00	180.00 - 200.00	160.00 - 180.00	45.00 - 50.00	45.00 - 50.00	50.00 - 60.00	85.00 - 90.00	65.00 - 70.00					
	Meegoda (DEC)	320.00 - 360.00	600.00 - 600.00	280.00 - 300.00	240.00 - 280.00	190.00 - 190.00	80.00 - 80.00	80.00 - 80.00	90.00 - 100.00	120.00 - 130.00	90.00 - 100.00					
	Embilipitiya	150.00 - 200.00	500.00 - 600.00	300.00 - 350.00	180.00 - 220.00	120.00 - 160.00	60.00 - 80.00	50.00 - 70.00	80.00 - 100.00	90.00 - 120.00	60.00 - 80.00					
	Jaffna	150.00 - 200.00	320.00 - 400.00	150.00 - 220.00	180.00 - 220.00	180.00 - 200.00	80.00 - 100.00	35.00 - 40.00	30.00 - 40.00	80.00 - 100.00	50.00 - 70.00					
	Vavuniya	200.00 - 240.00	700.00 - 720.00	100.00 - 150.00	240.00 - 240.00	240.00 - 240.00	60.00 - 60.00	60.00 - 60.00	60.00 - 60.00	70.00 - 70.00	50.00 - 60.00					
	Mannar	200.00 - 220.00	400.00 - 500.00	200.00 - 250.00	200.00 - 240.00	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	180.00 - 200.00	440.00 - 460.00	160.00 - 180.00	230.00 - 250.00	200.00 - 220.00	50.00 - 60.00	-	40.00 - 50.00	80.00 - 100.00	50.00 - 60.00					
	Mullaitivu	180.00 - 200.00	380.00 - 440.00	160.00 - 180.00	200.00 - 240.00	220.00 - 240.00	50.00 - 50.00	-	40.00 - 50.00	70.00 - 75.00	50.00 - 55.00					
	Batticaloa	240.00 - 250.00	480.00 - 480.00	240.00 - 240.00	220.00 - 240.00	220.00 - 220.00	80.00 - 80.00	-	-	75.00 - 75.00	50.00 - 60.00					
	Trincomalee	250.00 - 280.00	400.00 - 450.00	170.00 - 200.00	190.00 - 220.00	240.00 - 270.00	50.00 - 55.00	45.00 - 50.00	45.00 - 55.00	75.00 - 85.00	50.00 - 60.00					
	Hanguranketha	260.00 - 270.00	380.00 - 450.00	200.00 - 250.00	160.00 - 180.00	150.00 - 160.00	40.00 - 40.00	-	35.00 - 45.00	95.00 - 100.00	90.00 - 94.00					
	Veyangoda	260.00 - 320.00	400.00 - 500.00	300.00 - 400.00	200.00 - 240.00	200.00 - 200.00	70.00 - 80.00	70.00 - 80.00	30.00 - 30.00	120.00 - 130.00	80.00 - 100.00					
	Galenbindunuwewa	-	400.00 - 500.00	-	-	-	50.00 - 60.00	50.00 - 60.00	60.00 - 60.00	75.00 - 80.00	60.00 - 70.00					
	Bandarawela	240.00 - 260.00	400.00 - 500.00	200.00 - 300.00	200.00 - 240.00	180.00 - 200.00	50.00 - 60.00	50.00 - 60.00	60.00 - 60.00	85.00 - 95.00	70.00 - 75.00					
	Matale	-	-	-	-	-	-	-	-	-	-					

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

Week 03: 13 - 19 January 2023

LOCATIONS	Banana					Pineapple			Mango	
	Ambul (Rs/Kg)	Kolikuttu (Rs/Kg)	Seeni (Rs/Kg)	Anamalu	Ambun	Large	Medium	Small	Betti	Karthakolomban
Colombo	180.00 - 300.00	380.00 - 500.00	150.00 - 250.00	20.00 - 35.00	25.00 - 40.00	500.00 - 650.00	400.00 - 550.00	300.00 - 400.00	-	100.00 - 200.00
Gampaha	230.00 - 250.00	450.00 - 480.00	180.00 - 200.00	25.00 - 30.00	30.00 - 38.00	450.00 - 500.00	400.00 - 400.00	250.00 - 300.00	-	120.00 - 150.00
Kurunegala	200.00 - 250.00	500.00 - 550.00	150.00 - 200.00	20.00 - 30.00	38.00 - 45.00	500.00 - 560.00	300.00 - 350.00	160.00 - 200.00	70.00 - 80.00	100.00 - 150.00
Nikaweratiya	200.00 - 220.00	450.00 - 500.00	180.00 - 200.00	-	40.00 - 44.00	550.00 - 620.00	450.00 - 500.00	200.00 - 300.00	-	60.00 - 80.00
Dambulla	220.00 - 240.00	440.00 - 450.00	160.00 - 180.00	-	42.00 - 43.00	650.00 - 680.00	500.00 - 550.00	350.00 - 400.00	50.00 - 60.00	160.00 - 180.00
Anuradhapura	200.00 - 260.00	400.00 - 500.00	160.00 - 200.00	24.00 - 28.00	35.00 - 40.00	720.00 - 800.00	520.00 - 630.00	380.00 - 450.00	-	120.00 - 170.00
Thambuththegama	240.00 - 280.00	450.00 - 500.00	160.00 - 200.00	25.00 - 28.00	45.00 - 48.00	800.00 - 850.00	600.00 - 675.00	480.00 - 550.00	-	150.00 - 190.00
Polonnaruwa	180.00 - 200.00	450.00 - 460.00	130.00 - 150.00	19.00 - 21.00	-	800.00 - 850.00	680.00 - 750.00	400.00 - 500.00	-	170.00 - 200.00
Kaluthara	240.00 - 260.00	400.00 - 420.00	160.00 - 180.00	25.00 - 30.00	30.00 - 32.00	-	480.00 - 500.00	400.00 - 420.00	-	130.00 - 150.00
Badulla	180.00 - 200.00	420.00 - 450.00	130.00 - 140.00	19.00 - 21.00	30.00 - 32.00	-	480.00 - 520.00	380.00 - 400.00	-	120.00 - 130.00
Keppetipola	200.00 - 220.00	420.00 - 440.00	160.00 - 180.00	20.00 - 22.00	40.00 - 44.00	-	600.00 - 640.00	400.00 - 430.00	-	150.00 - 170.00
Moneragala	120.00 - 150.00	400.00 - 450.00	120.00 - 150.00	18.00 - 20.00	23.00 - 25.00	-	600.00 - 670.00	-	-	100.00 - 120.00
Kegalle	180.00 - 200.00	470.00 - 500.00	180.00 - 200.00	30.00 - 40.00	35.00 - 40.00	650.00 - 700.00	350.00 - 580.00	100.00 - 250.00	-	100.00 - 130.00
Ampara	180.00 - 180.00	350.00 - 500.00	120.00 - 150.00	18.00 - 25.00	30.00 - 38.00	700.00 - 700.00	600.00 - 600.00	550.00 - 550.00	-	183.00 - 183.00
Dehiattakandiya	160.00 - 220.00	400.00 - 450.00	150.00 - 180.00	-	40.00 - 50.00	540.00 - 620.00	400.00 - 480.00	200.00 - 360.00	-	100.00 - 180.00
Nuwaraeliya	190.00 - 210.00	430.00 - 450.00	160.00 - 180.00	22.00 - 24.00	44.00 - 46.00	-	580.00 - 620.00	420.00 - 440.00	-	130.00 - 150.00
Kandy	240.00 - 250.00	500.00 - 520.00	180.00 - 200.00	22.00 - 25.00	30.00 - 35.00	650.00 - 700.00	480.00 - 520.00	200.00 - 300.00	-	120.00 - 150.00
Puttalam	180.00 - 200.00	450.00 - 500.00	180.00 - 200.00	20.00 - 22.00	-	-	-	300.00 - 350.00	-	70.00 - 85.00
Rathnapura	190.00 - 200.00	330.00 - 360.00	180.00 - 200.00	-	-	500.00 - 580.00	300.00 - 360.00	100.00 - 160.00	-	100.00 - 120.00
Hambantota	200.00 - 210.00	360.00 - 400.00	180.00 - 200.00	22.00 - 24.00	24.00 - 27.00	500.00 - 550.00	400.00 - 450.00	300.00 - 350.00	-	100.00 - 120.00
Matara	190.00 - 200.00	380.00 - 400.00	180.00 - 200.00	22.00 - 23.00	32.00 - 34.00	750.00 - 760.00	560.00 - 630.00	300.00 - 450.00	30.00 - 40.00	100.00 - 130.00
Galle	200.00 - 260.00	400.00 - 450.00	180.00 - 200.00	25.00 - 28.00	31.00 - 35.00	-	-	380.00 - 480.00	80.00 - 100.00	150.00 - 160.00
Tissamaharama	150.00 - 180.00	350.00 - 400.00	100.00 - 130.00	-	-	560.00 - 580.00	440.00 - 460.00	350.00 - 370.00	-	90.00 - 100.00
Meegoda (DEC)	240.00 - 250.00	400.00 - 420.00	160.00 - 180.00	-	-	700.00 - 750.00	-	-	-	100.00 - 120.00
Embilipitiya	160.00 - 180.00	300.00 - 350.00	110.00 - 130.00	20.00 - 30.00	25.00 - 35.00	500.00 - 600.00	350.00 - 450.00	200.00 - 300.00	25.00 - 40.00	60.00 - 80.00
Jaffna	180.00 - 200.00	250.00 - 300.00	100.00 - 140.00	-	-	550.00 - 620.00	450.00 - 500.00	350.00 - 420.00	-	150.00 - 200.00
Vavuniya	200.00 - 200.00	360.00 - 400.00	150.00 - 150.00	25.00 - 25.00	-	500.00 - 650.00	400.00 - 450.00	350.00 - 350.00	-	120.00 - 150.00
Mannar	150.00 - 160.00	350.00 - 400.00	120.00 - 150.00	18.00 - 20.00	-	-	450.00 - 500.00	320.00 - 400.00	-	100.00 - 150.00
Killinochchi	200.00 - 220.00	350.00 - 400.00	140.00 - 160.00	24.00 - 26.00	24.00 - 26.00	600.00 - 660.00	480.00 - 520.00	400.00 - 440.00	-	150.00 - 160.00
Mullaithivu	130.00 - 180.00	280.00 - 300.00	140.00 - 180.00	20.00 - 22.00	22.00 - 25.00	-	-	-	-	-
Batticaloa	180.00 - 200.00	380.00 - 400.00	150.00 - 160.00	25.00 - 25.00	-	-	460.00 - 480.00	350.00 - 400.00	-	100.00 - 120.00
Trincomalee	190.00 - 210.00	320.00 - 390.00	140.00 - 165.00	28.00 - 29.00	24.00 - 27.00	-	380.00 - 420.00	200.00 - 280.00	-	100.00 - 120.00
Veyangoda	250.00 - 300.00	480.00 - 520.00	180.00 - 200.00	20.00 - 25.00	30.00 - 40.00	500.00 - 650.00	350.00 - 400.00	270.00 - 270.00	-	80.00 - 140.00
Galenbindunuwewa	160.00 - 200.00	350.00 - 400.00	120.00 - 150.00	30.00 - 40.00	40.00 - 50.00	800.00 - 850.00	670.00 - 750.00	540.00 - 600.00	-	-
Bandarawela	200.00 - 220.00	400.00 - 450.00	150.00 - 160.00	18.00 - 20.00	28.00 - 30.00	-	500.00 - 550.00	380.00 - 420.00	-	120.00 - 150.00
Matale	-	-	-	-	-	-	-	-	-	-

Table 08 (Contd.)

LOCATIONS	Mango		Other Fruits									
	Vilad	Kohu	Papaw (Rs/Kg)	Passion	Wood Apple	Orange	Avocado	Slime Apple	Grapes (Rs/Kg)	King Coconut		
Colombo	-	-	280.00 - 360.00	46.00 - 67.00	40.00 - 120.00	40.00 - 150.00	120.00 - 130.00	30.00 - 120.00	1800.00 - 3000.00	120.00 - 150.00		
Gampaha	-	-	280.00 - 300.00	50.00 - 60.00	100.00 - 120.00	100.00 - 100.00	120.00 - 120.00	70.00 - 80.00	2400.00 - 2400.00	120.00 - 150.00		
Kurunegala	60.00 - 80.00	-	180.00 - 240.00	50.00 - 60.00	60.00 - 60.00	60.00 - 80.00	-	80.00 - 100.00	2400.00 - 2500.00	100.00 - 100.00		
Nikaweratiya	-	-	200.00 - 220.00	-	-	80.00 - 100.00	200.00 - 230.00	50.00 - 80.00	2500.00 - 2500.00	100.00 - 100.00		
Dambulla	50.00 - 60.00	30.00 - 35.00	200.00 - 250.00	35.00 - 40.00	50.00 - 60.00	60.00 - 80.00	160.00 - 180.00	50.00 - 60.00	2500.00 - 2600.00	100.00 - 120.00		
Anuradhapura	-	-	160.00 - 250.00	-	50.00 - 80.00	60.00 - 100.00	150.00 - 170.00	60.00 - 120.00	2000.00 - 3000.00	100.00 - 120.00		
Thambuththegama	-	-	200.00 - 250.00	-	-	70.00 - 100.00	-	-	2200.00 - 2500.00	60.00 - 80.00		
Polonnaruwa	-	-	250.00 - 300.00	-	45.00 - 60.00	-	-	50.00 - 60.00	3000.00 - 3000.00	100.00 - 120.00		
Kaluthara	-	-	240.00 - 260.00	50.00 - 52.00	50.00 - 60.00	60.00 - 70.00	-	50.00 - 60.00	2000.00 - 2200.00	120.00 - 130.00		
Badulla	60.00 - 80.00	-	200.00 - 240.00	40.00 - 60.00	45.00 - 60.00	75.00 - 90.00	-	40.00 - 50.00	2500.00 - 2600.00	120.00 - 130.00		
Keppetipola	80.00 - 90.00	-	220.00 - 240.00	42.00 - 45.00	60.00 - 70.00	110.00 - 130.00	170.00 - 180.00	80.00 - 90.00	2200.00 - 2400.00	110.00 - 120.00		
Moneragala	-	-	150.00 - 180.00	-	25.00 - 28.00	60.00 - 100.00	-	50.00 - 60.00	-	80.00 - 90.00		
Kegalle	-	-	220.00 - 250.00	25.00 - 30.00	40.00 - 60.00	80.00 - 100.00	-	50.00 - 60.00	2450.00 - 2500.00	90.00 - 100.00		
Ampara	60.00 - 60.00	-	140.00 - 250.00	-	20.00 - 32.00	40.00 - 60.00	183.00 - 183.00	30.00 - 40.00	2000.00 - 2000.00	100.00 - 150.00		
Dehiwakkandiya	-	-	160.00 - 200.00	-	50.00 - 80.00	80.00 - 100.00	-	80.00 - 120.00	2400.00 - 3000.00	100.00 - 130.00		
Nuwaraeliya	85.00 - 90.00	-	220.00 - 240.00	45.00 - 48.00	46.00 - 50.00	110.00 - 140.00	180.00 - 200.00	80.00 - 100.00	2200.00 - 2300.00	110.00 - 120.00		
Kandy	70.00 - 80.00	-	250.00 - 300.00	43.00 - 45.00	70.00 - 80.00	60.00 - 70.00	130.00 - 150.00	70.00 - 80.00	2000.00 - 2300.00	100.00 - 120.00		
Puttalam	-	-	150.00 - 220.00	48.00 - 55.00	-	50.00 - 80.00	-	-	-	90.00 - 100.00		
Hambantota	-	-	180.00 - 200.00	-	30.00 - 40.00	-	-	30.00 - 40.00	-	80.00 - 100.00		
Rathnapura	40.00 - 60.00	-	180.00 - 220.00	-	50.00 - 60.00	80.00 - 100.00	-	50.00 - 70.00	2000.00 - 2200.00	100.00 - 120.00		
Matara	-	-	190.00 - 200.00	35.00 - 40.00	40.00 - 44.00	100.00 - 130.00	-	30.00 - 36.00	2000.00 - 2000.00	85.00 - 100.00		
Galle	80.00 - 100.00	-	280.00 - 320.00	50.00 - 50.00	60.00 - 64.00	100.00 - 140.00	-	80.00 - 90.00	2400.00 - 2500.00	100.00 - 120.00		
Tissamaharama	50.00 - 60.00	20.00 - 25.00	150.00 - 170.00	25.00 - 30.00	30.00 - 35.00	80.00 - 90.00	-	25.00 - 30.00	2200.00 - 2200.00	90.00 - 100.00		
Meegoda (DEC)	-	-	200.00 - 200.00	-	-	80.00 - 90.00	-	40.00 - 50.00	2500.00 - 2500.00	100.00 - 100.00		
Embilipitiya	25.00 - 40.00	10.00 - 20.00	180.00 - 200.00	20.00 - 30.00	60.00 - 70.00	90.00 - 110.00	100.00 - 120.00	25.00 - 40.00	2400.00 - 2800.00	90.00 - 120.00		
Jaffna	-	-	80.00 - 120.00	-	30.00 - 50.00	-	-	-	2000.00 - 2500.00	120.00 - 150.00		
Vavuniya	-	-	240.00 - 250.00	60.00 - 60.00	45.00 - 50.00	40.00 - 50.00	200.00 - 200.00	-	2000.00 - 2000.00	100.00 - 120.00		
Mannar	-	-	160.00 - 180.00	50.00 - 52.00	20.00 - 22.00	70.00 - 100.00	100.00 - 150.00	-	2200.00 - 2400.00	150.00 - 150.00		
Killinochchi	-	-	150.00 - 170.00	30.00 - 40.00	50.00 - 60.00	-	-	-	2400.00 - 2500.00	100.00 - 120.00		
Mullaitivu	-	-	160.00 - 180.00	-	40.00 - 50.00	-	-	-	-	100.00 - 120.00		
Batticaloa	-	-	200.00 - 220.00	-	45.00 - 45.00	40.00 - 40.00	-	-	2200.00 - 2200.00	120.00 - 130.00		
Trincomalee	-	-	170.00 - 190.00	55.00 - 65.00	35.00 - 40.00	-	100.00 - 120.00	-	2450.00 - 2550.00	120.00 - 130.00		
Veyangoda	-	-	280.00 - 330.00	50.00 - 50.00	50.00 - 60.00	80.00 - 100.00	120.00 - 160.00	40.00 - 60.00	2500.00 - 3000.00	130.00 - 150.00		
Galenbindunuwewa	-	-	150.00 - 200.00	-	-	-	-	-	2000.00 - 2600.00	-		
Bandarawela	60.00 - 80.00	-	200.00 - 240.00	50.00 - 60.00	50.00 - 60.00	80.00 - 100.00	-	50.00 - 60.00	2400.00 - 2500.00	120.00 - 140.00		
Matale	-	-	-	-	-	-	-	-	-	-		

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

Week 03: 13 - 19 January 2023

Locations	Sea Fish									
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw				
Colombo	280.00 – 550.00	750.00 – 950.00	680.00 – 940.00	950.00 – 1350.00	2000.00 – 3000.00	1100.00 – 1500.00				
Kandy	430.00 – 450.00	800.00 – 850.00	900.00 – 1000.00	1350.00 – 1500.00	2000.00 – 2400.00	1300.00 – 1400.00				
Kaluthara	450.00 – 500.00	800.00 – 850.00	700.00 – 750.00	1200.00 – 1300.00	–	1400.00 – 1420.00				
Puttalam	400.00 – 450.00	850.00 – 900.00	700.00 – 1000.00	1700.00 – 1900.00	1800.00 – 1850.00	1300.00 – 1700.00				
Matara	280.00 – 330.00	–	750.00 – 800.00	1500.00 – 1600.00	–	–				
Hambantota	300.00 – 350.00	600.00 – 650.00	650.00 – 800.00	1200.00 – 1300.00	–	–				
Galle	300.00 – 350.00	–	700.00 – 750.00	1000.00 – 1200.00	–	900.00 – 1000.00				
Batticaloa	350.00 – 400.00	800.00 – 900.00	850.00 – 900.00	1800.00 – 1900.00	1800.00 – 1900.00	1500.00 – 1600.00				
Trincomalee	250.00 – 300.00	850.00 – 950.00	550.00 – 600.00	1250.00 – 1400.00	2350.00 – 2450.00	1200.00 – 1300.00				
Mannar	280.00 – 300.00	550.00 – 600.00	–	–	–	1100.00 – 1200.00				

Locations	Sea Fish				Eggs		
	Mora	Shrimps	Thalapath	Teppeli	Brown	White	
Colombo	850.00 – 1000.00	1380.00 – 1550.00	1300.00 – 2200.00	–	60.00 – 60.00	51.00 – 56.00	
Kandy	1000.00 – 1100.00	1650.00 – 1750.00	2000.00 – 2100.00	–	59.00 – 60.00	54.00 – 56.00	
Kaluthara	–	1400.00 – 1500.00	1500.00 – 1600.00	–	–	–	
Puttalam	1700.00 – 1850.00	1000.00 – 1350.00	1800.00 – 2250.00	–	55.00 – 55.50	54.00 – 55.00	
Matara	–	1800.00 – 1900.00	–	–	–	–	
Hambantota	–	1700.00 – 1700.00	–	–	–	53.00 – 54.00	
Galle	–	–	–	–	–	52.00 – 52.50	
Batticaloa	–	1000.00 – 1000.00	1700.00 – 1800.00	–	58.00 – 58.00	58.00 – 58.00	
Trincomalee	1800.00 – 1850.00	950.00 – 1050.00	2150.00 – 2300.00	–	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 03: 13 - 19 January 2023

Locations	Local Dried Fish					
	Sprats	Kattawa	Thora	Mora	Balaya	Anguluwa
Colombo	62000 – 70000	–	–	80000 – 90000	39000 – 47000	–
Kandy	65000 – 70000	–	–	90000 – 95000	45000 – 47500	–
Batticaloa	–	97500 – 100000	–	95000 – 97500	65000 – 68000	50000 – 51500
Trincomalee	52500 – 55000	74000 – 75000	–	60000 – 60500	39000 – 40500	35000 – 36000
Mannar	52500 – 55000	90000 – 92500	–	–	42500 – 45000	35000 – 37500

Locations	Local Dried Fish			Imported Dried Fish		
	Maduwa	Koduwa	Salaya	Sprats	Kattawa	Thora
Colombo	57500 – 62000	–	37000 – 42500	44000 – 52500	82500 – 88000	–
Kandy	60000 – 62500	–	38000 – 40000	45000 – 50000	90000 – 92500	–
Batticaloa	62500 – 65000	–	50000 – 51500	62000 – 62500	–	–
Trincomalee	50000 – 51000	55000 – 55000	30000 – 30000	48750 – 50000	71000 – 71500	–
Mannar	49000 – 50000	50000 – 52500	30000 – 32500	55000 – 57500	–	–

Locations	Imported Dried Fish					
	Mora	Balaya	Anguluwa	Maduwa	Koduwa	Salaya
Colombo	–	–	80000 – 84000	–	–	–
Kandy	–	–	90000 – 97500	–	–	–
Batticaloa	–	–	–	–	–	–
Trincomalee	–	–	–	–	–	–
Mannar	–	–	–	–	–	–

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

Week 03: 13 - 19 January 2023

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

Week 03: 13 - 19 January 2023

LOCATIONS	Dried Fish											
	Sprats-Imported	Kattawa		Thora		Mora		Balaya		Anguluwa		Salaya
Colombo	1000.00 – 1600.00	2200.00 – 2800.00	–	2000.00 – 2600.00	1200.00 – 1600.00	2400.00 – 2600.00	1100.00 – 1300.00					
Gampaha	1200.00 – 1400.00	2600.00 – 2800.00	–	2400.00 – 2600.00	1200.00 – 1200.00	2200.00 – 2200.00	1000.00 – 1200.00					
Kurunegala	1300.00 – 1400.00	2400.00 – 2500.00	2400.00 – 2400.00	2300.00 – 2400.00	1200.00 – 1400.00	–	900.00 – 1000.00					
Nikaweratiya	1200.00 – 1300.00	2200.00 – 2200.00	–	2000.00 – 2200.00	1200.00 – 1200.00	2200.00 – 2200.00	1200.00 – 1200.00					
Dambulla	1200.00 – 1300.00	2400.00 – 2600.00	–	2400.00 – 2500.00	1200.00 – 1300.00	2000.00 – 2200.00	–					
Anuradhapura	1100.00 – 1500.00	2200.00 – 2400.00	–	2300.00 – 2400.00	1150.00 – 1600.00	2400.00 – 2500.00	1200.00 – 1200.00					
Thambuththegama	1200.00 – 1200.00	2000.00 – 2400.00	–	–	1000.00 – 1600.00	2400.00 – 2400.00	1000.00 – 1200.00					
Polonnaruwa	1200.00 – 1400.00	2400.00 – 2500.00	–	2200.00 – 2300.00	1200.00 – 1400.00	–	1200.00 – 1300.00					
Kaluthara	1100.00 – 1300.00	2200.00 – 2400.00	–	2300.00 – 2400.00	1300.00 – 1400.00	2500.00 – 2600.00	1000.00 – 1250.00					
Badulla	1200.00 – 1400.00	2400.00 – 2500.00	–	2200.00 – 2300.00	1200.00 – 1400.00	–	1000.00 – 1100.00					
Keppetipola	1200.00 – 1300.00	2500.00 – 2600.00	–	2300.00 – 2400.00	1200.00 – 1300.00	2300.00 – 2400.00	1200.00 – 1250.00					
Moneragala	1200.00 – 1400.00	2200.00 – 2400.00	2200.00 – 2300.00	2200.00 – 2400.00	1200.00 – 1400.00	2200.00 – 2300.00	–					
Kegalle	1150.00 – 1250.00	2250.00 – 2400.00	–	2000.00 – 2200.00	1100.00 – 1200.00	–	–					
Ampara	1000.00 – 1250.00	2000.00 – 2400.00	–	2200.00 – 2200.00	1200.00 – 1400.00	–	1200.00 – 1200.00					
Dehiwakkandiya	1000.00 – 1400.00	2600.00 – 2800.00	–	2000.00 – 2400.00	1400.00 – 1800.00	–	1000.00 – 1000.00					
Nuwaraeliya	1250.00 – 1300.00	2300.00 – 2400.00	–	2200.00 – 2300.00	1200.00 – 1300.00	2350.00 – 2400.00	1100.00 – 1200.00					
Kandy	1000.00 – 1200.00	2600.00 – 2800.00	–	2300.00 – 2500.00	1400.00 – 1500.00	2400.00 – 2500.00	1200.00 – 1300.00					
Puttalam	950.00 – 1200.00	1900.00 – 2200.00	–	2000.00 – 2200.00	1000.00 – 1200.00	–	800.00 – 800.00					
Hambantota	1300.00 – 1500.00	2200.00 – 2500.00	–	–	1200.00 – 1300.00	2200.00 – 2300.00	–					
Rathnapura	1120.00 – 1200.00	2200.00 – 2560.00	–	1920.00 – 2120.00	–	2350.00 – 2400.00	960.00 – 1060.00					
Matara	1300.00 – 1500.00	2000.00 – 2400.00	–	–	1150.00 – 1250.00	2000.00 – 2250.00	–					
Galle	1300.00 – 1600.00	2300.00 – 2500.00	2400.00 – 2600.00	2200.00 – 2600.00	1000.00 – 1200.00	2200.00 – 2400.00	–					
Tissamaharama	1200.00 – 1300.00	–	–	–	1000.00 – 1200.00	–	–					
Meegoda	1120.00 – 1400.00	2200.00 – 2400.00	–	2200.00 – 2400.00	1400.00 – 1600.00	2400.00 – 2400.00	1200.00 – 1200.00					
Embiliptiya	1350.00 – 1600.00	2300.00 – 2500.00	2300.00 – 2450.00	2200.00 – 2400.00	1300.00 – 1600.00	2200.00 – 2450.00	1000.00 – 1200.00					
Jaffna	1000.00 – 1200.00	–	–	–	–	–	–					
Vavuniya	1200.00 – 1350.00	2000.00 – 2000.00	–	–	1400.00 – 1500.00	–	1000.00 – 1000.00					
Mannar	1200.00 – 1300.00	1900.00 – 2000.00	–	–	950.00 – 1000.00	–	750.00 – 800.00					
Killinochchi	1200.00 – 1300.00	3000.00 – 3000.00	–	3000.00 – 3000.00	1200.00 – 1400.00	–	1100.00 – 1200.00					
Mullaitivu	1400.00 – 1500.00	2500.00 – 2700.00	–	2000.00 – 2000.00	1300.00 – 1400.00	–	1000.00 – 1200.00					
Batticaloa	1400.00 – 1400.00	2000.00 – 2200.00	–	2000.00 – 2100.00	1400.00 – 1500.00	–	1100.00 – 1200.00					
Trincomalee	1200.00 – 1350.00	–	–	–	950.00 – 1050.00	–	700.00 – 750.00					
Veyangoda	1000.00 – 1400.00	1900.00 – 2200.00	–	2000.00 – 2400.00	1000.00 – 1400.00	2000.00 – 2100.00	1000.00 – 1200.00					
Galenbindunuwewa	1200.00 – 1400.00	2200.00 – 2600.00	–	2200.00 – 2300.00	1400.00 – 1600.00	2400.00 – 2600.00	1000.00 – 1200.00					
Bandarawela	1200.00 – 1400.00	2200.00 – 2400.00	–	2100.00 – 2200.00	1200.00 – 1400.00	–	900.00 – 1000.00					
Matale	–	–	–	–	–	–	–					

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

Week 03: 13 - 19 January 2023

LOCATIONS	Meat		Meat (Chicken)		Meat	
	Beef		Broiler	Curry	Mutton	Pork
Colombo	2000.00	– 2100.00	1160.00	– 1280.00	1400.00	– 1550.00
Gampaha	–		1300.00	– 1300.00	–	2800.00
Kurunegala	1900.00	– 2000.00	1300.00	– 1380.00	–	2700.00
Nikaweratiya	1800.00	– 1800.00	1150.00	– 1190.00	–	–
Dambulla	2900.00	– 3000.00	1250.00	– 1300.00	–	1700.00
Anuradhapura	1900.00	– 2000.00	1300.00	– 1450.00	–	2900.00
Thambuththegama	1800.00	– 2000.00	1000.00	– 1150.00	–	1600.00
Polonnaruwa	2000.00	– 2000.00	1100.00	– 1250.00	–	1600.00
Kaluthara	–		1260.00	– 1280.00	1450.00	– 1500.00
Badulla	1800.00	– 2000.00	1250.00	– 1380.00	1500.00	– 1600.00
Keppetipola	2000.00	– 2100.00	1160.00	– 1250.00	1250.00	– 1300.00
Moneragala	1800.00	– 1800.00	1300.00	– 1400.00	–	2600.00
Kegalle	1850.00	– 1900.00	1250.00	– 1300.00	–	2750.00
Ampara	2000.00	– 2000.00	1000.00	– 1000.00	1300.00	– 1300.00
Dehiattakandiya	1850.00	– 1850.00	1230.00	– 1350.00	1250.00	– 1280.00
Nuwaraeliya	2000.00	– 2200.00	1160.00	– 1250.00	1200.00	– 1300.00
Kandy	1800.00	– 1900.00	1150.00	– 1160.00	1400.00	– 1450.00
Puttalam	2000.00	– 2000.00	1150.00	– 1250.00	–	3000.00
Hambantota	–		1280.00	– 1300.00	–	–
Rathnapura	2000.00	– 2100.00	1180.00	– 1220.00	1560.00	– 1650.00
Matara	–		1280.00	– 1300.00	–	–
Galle	1900.00	– 2000.00	1200.00	– 1250.00	1550.00	– 1600.00
Tissamaharama	–		1100.00	– 1200.00	1400.00	– 1400.00
Meegoda	–		1050.00	– 1100.00	–	–
Embiliptiya	2100.00	– 2200.00	1040.00	– 1120.00	1150.00	– 1250.00
Jaffna	1450.00	– 1500.00	1250.00	– 1350.00	1700.00	– 1800.00
Vavuniya	1750.00	– 1800.00	1350.00	– 1500.00	–	2800.00
Mannar	1500.00	– 1600.00	1400.00	– 1400.00	–	–
Killinochchi	1800.00	– 1800.00	1400.00	– 1400.00	1500.00	– 1500.00
Mullaittivu	1600.00	– 1600.00	1500.00	– 1500.00	–	–
Batticaloa	1600.00	– 1600.00	1400.00	– 1500.00	1500.00	– 1500.00
Trincomalee	1800.00	– 1850.00	1650.00	– 1750.00	1250.00	– 1250.00
Veyangoda	1900.00	– 1900.00	1150.00	– 1180.00	1400.00	– 1400.00
Galenbindunuwewa	1700.00	– 1700.00	1200.00	– 1200.00	–	–
Bandarawela	2000.00	– 2200.00	1250.00	– 1300.00	1480.00	– 1580.00
Matale	–		–	–	–	–

Table 16: Farmgate/Producer Prices of Food Commodities in Selected Producing Areas (Rs/Kg)
Week 03: 13 - 19 January 2023

COMMODITY	Range	Average Price	COMMODITY	Range	Average Price	COMMODITY	Range	Average Price
Paddy			Vegetable (Up Country)			Snake Gourd		
Short Grain			Beans			Dambulla	167.50 – 190.00	176.00
A'pura	90.00 – 95.00	92.00	Dambulla	290.00 – 330.00	312.00	Hambantota	160.00 – 190.00	176.00
P'naruwa	98.00 – 100.00	98.58	Wellimada	270.00 – 290.00	278.00	Embilipitiya	200.00 – 220.00	210.00
Kalawewa	90.00 – 95.00	92.40	Badulla	380.00 – 440.00	412.00	Matara	–	
Kurunegala	93.00 – 95.00	93.75	Carrot			A'pura	140.00 – 160.00	148.00
Dehiattakandiya	95.00 – 100.00	97.67	N'Ellya	125.00 – 135.00	129.00	Luffa		
Nikaweratiya	90.00 – 95.00	91.86	Wellimada	70.00 – 90.00	78.00	Dambulla	270.00 – 290.00	280.00
Ampara	100.00 – 100.00	100.00	Hanguranketha	80.00 – 110.00	98.00	Hambantota	140.00 – 200.00	166.67
Long Grain (White)			Leeks			Embilipitiya	250.00 – 270.00	262.00
A'pura	90.00 – 93.00	91.20	N'Ellya	215.00 – 225.00	219.00	Matara	–	
P'naruwa	102.00 – 103.00	102.33	Wellimada	210.00 – 225.00	217.00	A'pura	240.00 – 270.00	252.00
Kalawewa	88.00 – 92.00	90.00	Beetroot			Green Chillies		
Kurunegala	90.00 – 92.00	91.00	N'Ellya	290.00 – 300.00	295.00	Dambulla	290.00 – 340.00	316.00
Dehiattakandiya	94.00 – 95.00	94.67	Dambulla	300.00 – 320.00	307.50	Hambantota	–	
Embilipitiya	–		Kurunegala	–		Embilipitiya	370.00 – 400.00	388.00
Nikaweratiya	90.00 – 95.00	91.86	Wellimada	270.00 – 280.00	276.00	Puttalam	200.00 – 290.00	243.33
Hambantota	–		Hanguranketha	290.00 – 320.00	306.00	A'pura	240.00 – 270.00	252.00
Ampara	90.00 – 92.00	90.50	Knol Khol			Pumpkin		
Long Grain (Red)			N'Ellya	220.00 – 230.00	225.00	Dambulla	95.00 – 110.00	104.00
Matara	100.00 – 105.00	101.75	Wellimada	220.00 – 230.00	225.00	Hambantota	100.00 – 120.00	114.00
Hambantota	100.00 – 105.00	103.25	Hanguranketha	170.00 – 200.00	182.00	Embilipitiya	140.00 – 160.00	148.00
Embilipitiya	100.00 – 105.00	102.20	Raddish			Matara	70.00 – 80.00	76.25
Keeri Samba			N'Ellya	25.00 – 35.00	31.00	A'pura	80.00 – 90.00	84.00
A'pura	94.00 – 98.00	95.60	Wellimada	17.00 – 20.00	19.00	Moneragala	–	
P'naruwa	105.00 – 106.00	105.42	Hambantota	70.00 – 110.00	88.33	Cucumber		
Kalawewa	95.00 – 98.00	95.75	Hanguranketha	15.00 – 30.00	23.60	A'pura	60.00 – 70.00	64.00
Kurunegala	–		N'Ellya	55.00 – 70.00	63.00	Dambulla	86.00 – 100.00	92.20
Dehiattakandiya	98.00 – 102.00	100.00	Wellimada	30.00 – 45.00	39.00	Hambantota	70.00 – 90.00	80.00
Red Onion			Badulla	40.00 – 60.00	48.00	Matara	70.00 – 85.00	78.75
Puttalam	400.00 – 500.00	460.00	Hanguranketha	20.00 – 40.00	31.00	Long Beans		
Jaffna	–		Tomato			Dambulla	172.50 – 210.00	191.00
Big Onion			Wellimada	125.00 – 135.00	130.00	Hambantota	80.00 – 100.00	90.00
Dambulla	–		Hambantota	–		Embilipitiya	90.00 – 120.00	100.00
Kalawewa	–		Dambulla	135.00 – 150.00	144.00	Matara	130.00 – 140.00	133.75
A'pura	–		Hanguranketha	45.00 – 60.00	52.00	A'pura	160.00 – 180.00	168.00
Potato			Vegetable (Low Country)			Ash Plantain		
N'Ellya	270.00 – 285.00	278.00	Ladies Fingers			Hambantota	60.00 – 90.00	76.00
Badulla	–		A'pura	110.00 – 120.00	114.00	Embilipitiya	100.00 – 120.00	110.00
Wellimada	260.00 – 280.00	268.00	Dambulla	125.00 – 140.00	134.00	Matara	130.00 – 155.00	142.50
Pulses			Hambantota	110.00 – 130.00	118.33	Lime		
Green Gram			Embilipitiya	170.00 – 190.00	179.00	Hambantota	–	
Hambantota	–		Matara	120.00 – 140.00	130.00	Embilipitiya	130.00 – 150.00	138.00
Moneragala	850.00 – 900.00	870.00	Brinjal			Moneragala	50.00 – 60.00	54.00
Embilipitiya	980.00 – 1000.00	990.00	A'pura	300.00 – 340.00	316.00	Fruits (Rs/Kg)		
Nikaweratiya	850.00 – 900.00	883.33	Dambulla	340.00 – 380.00	362.00	Banana		
A'pura	850.00 – 900.00	870.00	Hambantota	–		Ambul		
Cowpea			Embilipitiya	240.00 – 270.00	256.00	Moneragala	70.00 – 80.00	74.00
Hambantota	–		Matara	220.00 – 240.00	227.50	Embilipitiya	120.00 – 140.00	128.00
Nikaweratiya	700.00 – 750.00	725.00	Wellimada	320.00 – 330.00	325.00	Hambantota	110.00 – 130.00	120.00
Moneragala	850.00 – 900.00	870.00	Capsicum			Kolikuttu		
Embilipitiya	970.00 – 980.00	975.00	Badulla	–		Moneragala	250.00 – 300.00	270.00
Maize			Wellimada	560.00 – 580.00	570.00	Embilipitiya	270.00 – 300.00	284.00
A'pura	140.00 – 150.00	144.00	Bitter Gourd			Hambantota	–	
Kalawewa	120.00 – 140.00	128.75	A'pura	260.00 – 300.00	276.00	Papaw		
Gingelly			Dambulla	290.00 – 310.00	300.00	Moneragala	100.00 – 110.00	104.00
A'pura	500.00 – 520.00	508.00	Hambantota	–		Embilipitiya	120.00 – 140.00	132.00
Kalawewa	–		Embilipitiya	350.00 – 370.00	362.00	Hambantota	110.00 – 130.00	120.00
Black Gram			Matara	290.00 – 320.00	305.00	Pineapple		
A'pura	600.00 – 700.00	640.00	Divulapitiya	–		Divulapitiya	–	

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

Week 03: 13 - 19 January 2023

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NULEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
Rice									
Local									
Samba 1	230.00	-	230.00	230.00	-	230.00	230.00	-	230.00
Samba 2	220.00	-	220.00	220.00	-	220.00	220.00	-	220.00
Keeri Samba	260.00	-	260.00	250.00	-	260.00	250.00	-	260.00
Nadu 1	220.00	-	230.00	220.00	-	220.00	220.00	-	220.00
Nadu 2	210.00	-	210.00	210.00	-	220.00	210.00	-	220.00
Raw (Red)	210.00	-	220.00	210.00	-	220.00	210.00	-	220.00
Raw (White)	210.00	-	220.00	210.00	-	210.00	210.00	-	220.00
Imported									
Samba	210.00	-	220.00	220.00	-	220.00	220.00	-	220.00
Nadu	190.00	-	190.00	200.00	-	200.00	210.00	-	200.00
Raw (Red)	-	-	-	-	-	-	-	-	-
Raw (White)	180.00	-	190.00	180.00	-	190.00	190.00	-	190.00
Dried Chillies									
Imported	1550.00	-	1650.00	1900.00	-	1900.00	1900.00	-	1800.00
Red Onion									
Sinnan	-	-	-	-	-	-	-	-	-
Vedalan	-	-	-	-	-	-	-	-	-
Imported	590.00	-	700.00	800.00	-	800.00	700.00	-	800.00
Big Onion									
Imported	160.00	-	200.00	200.00	-	200.00	180.00	-	200.00
Local	-	-	-	-	-	-	-	-	-
Potato									
Welimada	-	-	-	-	-	-	-	-	-
N'Eliya	400.00	-	450.00	480.00	-	480.00	400.00	-	450.00
Imported	140.00	-	160.00	220.00	-	220.00	160.00	-	200.00
Pulses									
Green Gram	1200.00	-	1400.00	1400.00	-	1400.00	1400.00	-	1400.00
Cowpea (White)	1300.00	-	1400.00	1400.00	-	1400.00	1400.00	-	1400.00
Cowpea (Red)	1300.00	-	1400.00	1400.00	-	1400.00	1500.00	-	1400.00
Red Dhal	370.00	-	380.00	380.00	-	400.00	380.00	-	380.00

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

Week 03: 13 - 19 January 2023

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA										
<u>Vegetable</u>																			
Beans	500.00	- 520.00	560.00	- 600.00	480.00	- 600.00	480.00	- 500.00	500.00	- 600.00	520.00	- 560.00	520.00	- 550.00	480.00	- 560.00	560.00	- 600.00	
Carrot	200.00	- 240.00	360.00	- 400.00	350.00	- 400.00	320.00	- 320.00	280.00	- 300.00	320.00	- 320.00	200.00	- 320.00	240.00	- 320.00	320.00	- 320.00	
Leeks	280.00	- 300.00	480.00	- 480.00	480.00	- 480.00	400.00	- 480.00	320.00	- 400.00	400.00	- 400.00	320.00	- 350.00	400.00	- 480.00	440.00	- 480.00	
Beetroot	480.00	- 500.00	560.00	- 640.00	520.00	- 600.00	600.00	- 600.00	550.00	- 600.00	480.00	- 500.00	480.00	- 480.00	480.00	- 600.00	500.00	- 530.00	
Knolkhol	350.00	- 360.00	440.00	- 480.00	480.00	- 480.00	360.00	- 480.00	440.00	- 480.00	-	-	350.00	- 400.00	420.00	- 420.00	360.00	- 360.00	
Raddish	160.00	- 200.00	280.00	- 280.00	200.00	- 240.00	200.00	- 240.00	150.00	- 200.00	160.00	- 200.00	160.00	- 200.00	200.00	- 240.00	240.00	- 240.00	
Cabbage	160.00	- 240.00	300.00	- 300.00	240.00	- 280.00	200.00	- 240.00	150.00	- 200.00	240.00	- 240.00	150.00	- 240.00	160.00	- 240.00	200.00	- 200.00	
Tomato	250.00	- 280.00	320.00	- 400.00	320.00	- 320.00	320.00	- 400.00	280.00	- 360.00	180.00	- 200.00	180.00	- 200.00	240.00	- 240.00	240.00	- 240.00	
Ladies Fingers	280.00	- 280.00	280.00	- 320.00	320.00	- 360.00	320.00	- 360.00	280.00	- 360.00	280.00	- 300.00	240.00	- 320.00	240.00	- 320.00	240.00	- 280.00	
Brinjal	400.00	- 450.00	520.00	- 560.00	400.00	- 520.00	560.00	- 560.00	400.00	- 480.00	480.00	- 480.00	400.00	- 400.00	400.00	- 480.00	400.00	- 480.00	
Capsicum	780.00	- 800.00	1000.00	- 1000.00	1000.00	- 1200.00	1000.00	- 1200.00	900.00	- 1000.00	800.00	- 900.00	800.00	- 900.00	850.00	- 1000.00	900.00	- 1000.00	
Pumpkin	160.00	- 180.00	240.00	- 280.00	240.00	- 240.00	240.00	- 280.00	200.00	- 240.00	280.00	- 280.00	180.00	- 200.00	240.00	- 280.00	240.00	- 240.00	
Cucumber	160.00	- 200.00	240.00	- 280.00	240.00	- 280.00	200.00	- 240.00	200.00	- 200.00	160.00	- 160.00	160.00	- 240.00	200.00	- 240.00	160.00	- 160.00	
Bitter Gourd	400.00	- 450.00	440.00	- 560.00	480.00	- 520.00	400.00	- 560.00	420.00	- 500.00	380.00	- 400.00	400.00	- 480.00	400.00	- 560.00	520.00	- 530.00	
Snake Gourd	320.00	- 360.00	400.00	- 480.00	400.00	- 480.00	400.00	- 480.00	360.00	- 400.00	320.00	- 320.00	300.00	- 320.00	320.00	- 400.00	320.00	- 320.00	
Drumstick	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Luffa	400.00	- 420.00	440.00	- 480.00	480.00	- 480.00	400.00	- 480.00	400.00	- 480.00	320.00	- 320.00	350.00	- 400.00	320.00	- 320.00	360.00	- 400.00	
Long Beans	280.00	- 320.00	480.00	- 480.00	400.00	- 480.00	320.00	- 400.00	360.00	- 400.00	320.00	- 320.00	320.00	- 320.00	320.00	- 320.00	320.00	- 400.00	
Ash Plantain	260.00	- 280.00	360.00	- 400.00	280.00	- 360.00	320.00	- 400.00	320.00	- 360.00	300.00	- 320.00	280.00	- 300.00	280.00	- 300.00	360.00	- 360.00	
Green Chillies	380.00	- 400.00	600.00	- 600.00	500.00	- 600.00	600.00	- 600.00	500.00	- 600.00	600.00	- 600.00	400.00	- 450.00	400.00	- 600.00	500.00	- 600.00	
Lime	150.00	- 200.00	400.00	- 400.00	400.00	- 400.00	300.00	- 400.00	200.00	- 300.00	200.00	- 200.00	180.00	- 300.00	200.00	- 300.00	300.00	- 400.00	
<u>Root Crops</u>																			
Sweet Potato	160.00	- 200.00	240.00	- 320.00	240.00	- 240.00	280.00	- 320.00	240.00	- 300.00	200.00	- 240.00	180.00	- 240.00	200.00	- 240.00	240.00	- 240.00	
Manioc	200.00	- 200.00	240.00	- 240.00	220.00	- 240.00	200.00	- 240.00	200.00	- 240.00	200.00	- 200.00	180.00	- 200.00	200.00	- 240.00	220.00	- 220.00	
<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	80.00	- 80.00	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	80.00	- 80.00	100.00	- 100.00	80.00	- 80.00	
Gotukola	100.00	- 100.00	100.00	- 100.00	100.00	- 120.00	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	110.00	- 110.00	120.00	- 120.00	110.00	- 120.00	110.00	- 120.00	-	-	-	-	110.00	- 120.00	110.00	- 130.00	130.00	- 130.00	
Small	95.00	- 96.00	90.00	- 100.00	90.00	- 90.00	90.00	- 100.00	95.00	- 100.00	90.00	- 100.00	90.00	- 100.00	90.00	- 100.00	100.00	- 100.00	

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

Week 03: 13 - 19 January 2023

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NULEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Plantain</u>									
Ambul (Rs/Kg)	180.00	-	200.00	300.00	-	300.00	280.00	-	300.00
Kolikuttu (Rs/Kg)	380.00	-	400.00	440.00	-	450.00	450.00	-	480.00
Seeni (Rs/Kg)	150.00	-	160.00	230.00	-	240.00	230.00	-	250.00
Anamalu	20.00	-	24.00	30.00	-	32.00	32.00	-	35.00
Ambun	25.00	-	30.00	38.00	-	40.00	40.00	-	40.00
<u>Pineapple</u>									
Large	500.00	-	550.00	550.00	-	600.00	580.00	-	650.00
Medium	400.00	-	480.00	450.00	-	500.00	450.00	-	550.00
30 Small	300.00	-	350.00	350.00	-	400.00	400.00	-	400.00
<u>Mango</u>									
Betti	-	-	-	-	-	-	-	-	-
Karthakolomban	150.00	-	200.00	100.00	-	150.00	100.00	-	160.00
Vilad	-	-	-	-	-	-	-	-	-
Kohu	-	-	-	-	-	-	-	-	-
<u>Other Fruits</u>									
Wood Apple	40.00	-	50.00	90.00	-	100.00	100.00	-	120.00
Orange	40.00	-	50.00	100.00	-	150.00	80.00	-	100.00
Avocado	120.00	-	120.00	-	-	-	-	-	-
Slime Apple	30.00	-	50.00	80.00	-	100.00	80.00	-	120.00
Grapes (Rs/Kg)	1800.00	-	1800.00	2200.00	-	2200.00	2000.00	-	2500.00
Papaw (Rs/Kg)	280.00	-	300.00	350.00	-	360.00	300.00	-	350.00
Passion	46.00	-	50.00	58.00	-	67.00	58.00	-	67.00
King Coconut	120.00	-	130.00	120.00	-	130.00	150.00	-	150.00

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

Week 03: 13 - 19 January 2023

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NULEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Sea Fish</u>									
Salaya	625.00	680.00	520.00	520.00	600.00	600.00	600.00	520.00	560.00
Hurulla	1060.00	1150.00	840.00	960.00	1000.00	1100.00	1200.00	1000.00	1000.00
Balaya	900.00	960.00	1440.00	1600.00	-	-	-	1300.00	1400.00
Kelawalla	1260.00	1300.00	2400.00	2400.00	2000.00	2000.00	2600.00	2000.00	2400.00
Thora	3500.00	3600.00	2920.00	2920.00	3400.00	3600.00	3400.00	3400.00	3200.00
Paraw	1300.00	1400.00	1820.00	1820.00	2200.00	2400.00	2400.00	2400.00	2400.00
Mora	1140.00	1200.00	-	-	1400.00	1500.00	-	1500.00	1600.00
Shrimps Small	1880.00	1950.00	1720.00	1720.00	2200.00	2300.00	1800.00	1860.00	1800.00
Talapath	2000.00	2100.00	2800.00	2800.00	2800.00	2800.00	2600.00	2600.00	2800.00
31 <u>Eggs (Rs/Egg)</u>									
Brown	-	-	-	-	60.00	60.00	-	-	55.00
White	51.50	52.00	55.00	55.00	55.00	55.00	55.00	55.00	55.00
<u>Dried Fish</u>									
Sprats	1600.00	1800.00	1800.00	1800.00	2000.00	2000.00	1800.00	1800.00	1800.00
Kattawa	2200.00	2400.00	2600.00	2600.00	2500.00	2500.00	2400.00	2500.00	2400.00
Thora	-	-	-	-	-	-	-	-	-
Mora	2000.00	2400.00	2400.00	2400.00	2500.00	2500.00	2000.00	2500.00	2400.00
Balaya	1200.00	1400.00	1600.00	1600.00	1600.00	1600.00	1400.00	1500.00	1200.00
Anguluwa	2600.00	2600.00	2400.00	2400.00	2600.00	2400.00	-	-	2400.00
Salaya	1100.00	1300.00	1200.00	1200.00	1300.00	1300.00	1200.00	1300.00	1200.00
<u>Meat</u>									
Beef (without Bones)	-	2100.00	2100.00	-	2000.00	2000.00	2100.00	-	2000.00
Chicken (Broiler)	1280.00	1280.00	1250.00	1250.00	1280.00	1280.00	1240.00	1200.00	1200.00
Chicken (Curry)	1550.00	1550.00	-	-	1500.00	1500.00	1550.00	-	1500.00
Mutton	-	2800.00	2800.00	3000.00	3000.00	3000.00	3000.00	2800.00	3200.00
Pork	-	1800.00	1800.00	-	1700.00	1700.00	-	-	1600.00

Annex 05 : Food Composition of Selected Food Commodities

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

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

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

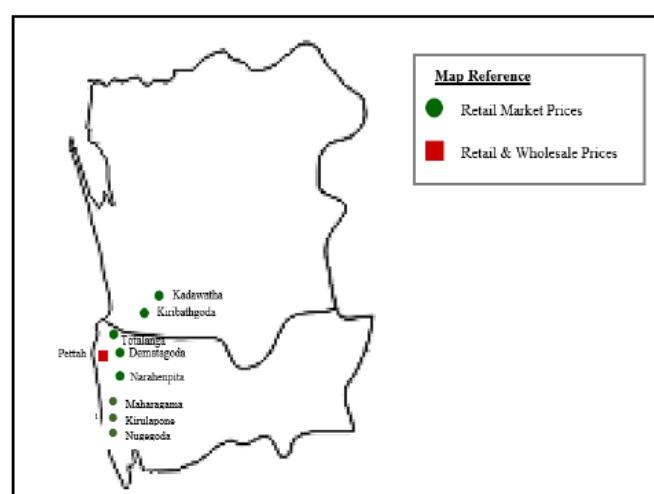
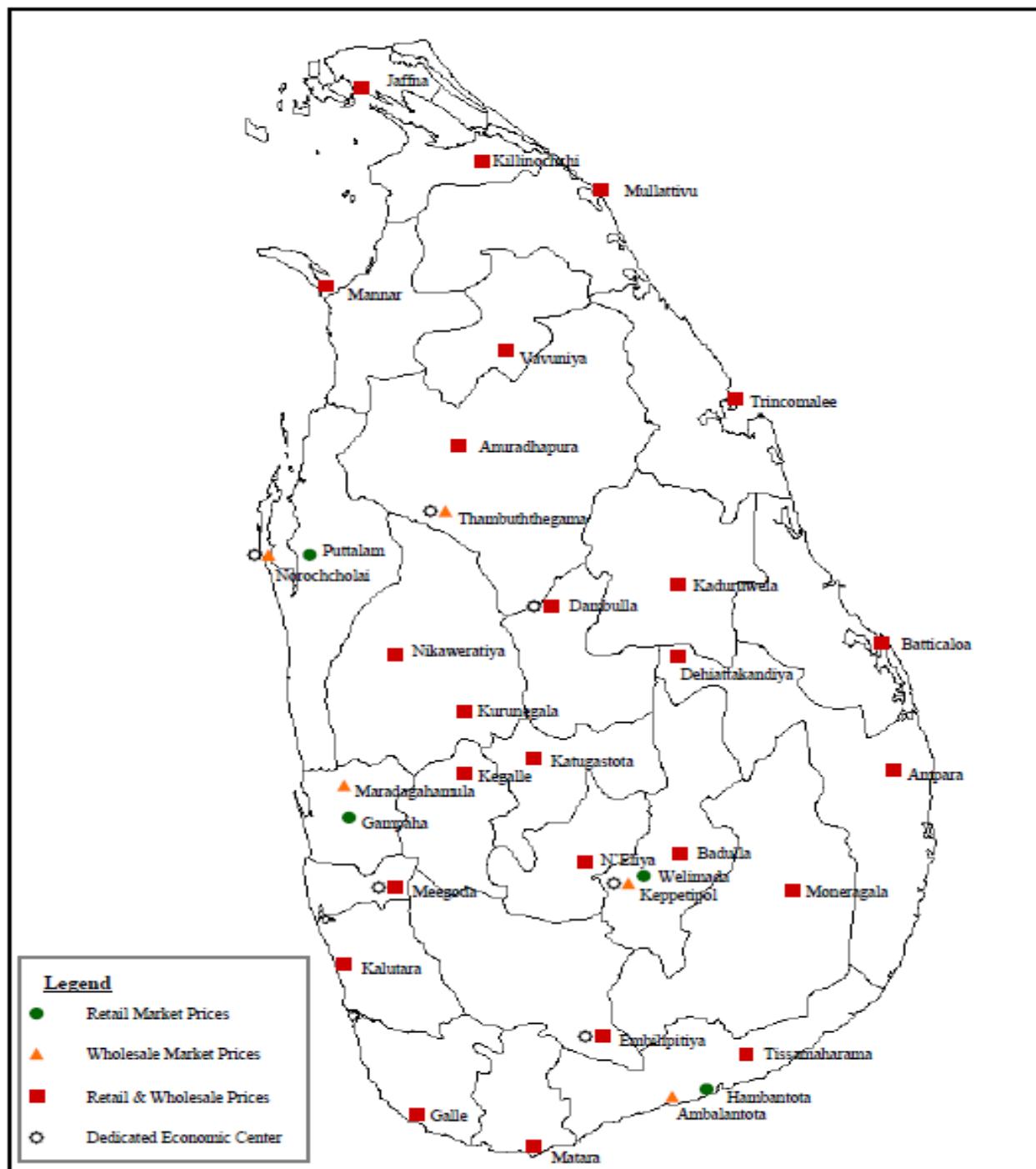
Meat

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

Dried keeramin	311	49.6	12.42	12.92	0.13	2.41	144	555	166	2.58	3.19
Dried thalapath	289	54.68	8.04	9.38	0.04	0.43	97.8	62.75	110	1.96	1.45
Dried katta	275	50.04	8.31	2.48	0.03	0.35	80.4	86.55	92.17	1.47	1.16
Dried balaya	282	63.79	3.37	14.32	0.12	1.98	213	83.48	83.45	3.6	1.44
Dried shark / keelan	267	55.03	5.25	10.31	0.04	0.32	187	42.24	92.94	1.48	0.66
Eggs											
Hen eggs (Country)	170	13.14	13	208	0.08	0.18	54.6	50.14	11.04	1.64	1.12
Hen eggs (Table)	135	13.55	9.03	200	0.19	0.19	49.46	63.3	12	2.39	1.73
Quail eggs	153	12.39	11.46	153	0.11	0.17	54.86	60.67	11.21	2.55	1.51
Fruits											
Banana Embul	109	1.11	1.09	9.68	0.05	0.64	32.98	13.61	9.39	25.67	0.51
Anamaalu	102	1.04	0.72	16.4	0.04	0.65	21.07	3.66	8.06	27.02	0.51
Koli kuttu	107	1.38	0.34	8.8	0.03	0.47	18.12	7.71	8.56	38	0.32
Pineapple	37	0.41	0.17	5.76	0.04	0.12	17.86	39.36	10.37	10.71	0.3
Papaya	26	0.42	0.16	171	0.11	0.04	54.85	48.62	16.77	8.9	0.23
Mangoes (Karthakolomban)	79	0.8	0.92	259	0.01	0.1	35.52	17.74	3.12	6.72	0.1
Mangoes (Vilad)	44	0.76	0.58	146	0.05	0.26	67.6	29.97	16.93	14.79	0.65
Apple	62	0.29	0.64	0.36	0.02	0.08	3.43	2.9	3.12	6.72	0.1
Avacado	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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