

WEEKLY FOOD COMMODITIES BULLETIN

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No.21

RETAIL MARKET AT A GLANCE

Summary

Rice/Paddy



Retail prices of both raw red and raw white have decreased while nadu and samba prices have increased. Prices of all paddy varieties in most of the major producing areas have decreased.

(Page No.01-02)

Other Field Crops



Prices of both imported red onion and big onion have decreased. Similarly, prices of both Nuwara Eliya and imported potatoes have decreased by Rs.9.00/kg and Rs.2.00/kg respectively.

(Page No.02-04)

Vegetables



Retail prices of most of the up country and low country vegetables have increased due to decreased supply. The highest price increase for up country vegetables was reported for carrot of Rs.66.00/kg. Prices of green chilies and lime have decreased.

(Page No.04-05)

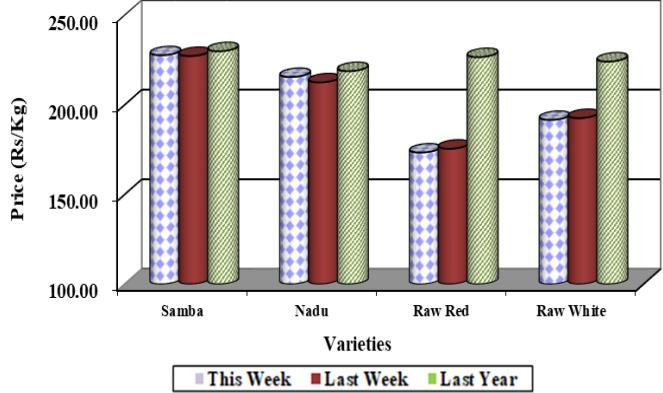
Coconut



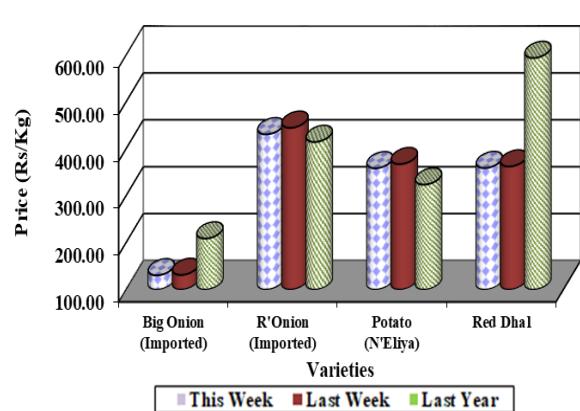
Prices of both large and small nuts have decreased by Rs.6.00/nut and Rs.4.00/nut respectively. Prices ranged Rs.100-00-130.00 for large nuts of Rs.80.00-95.00 for small nuts.

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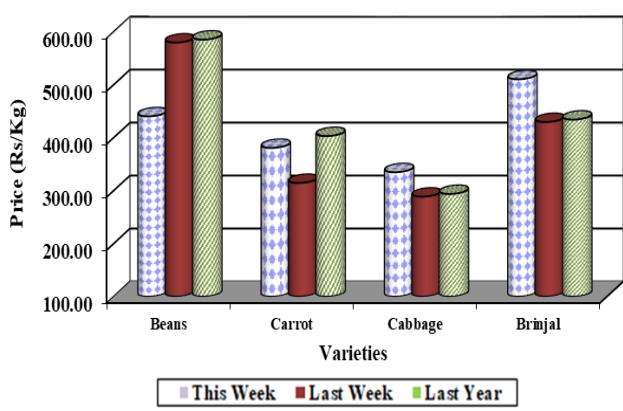
Average Retail Prices of Rice



Average Retail Prices of Other Field Crops



Average Retail Prices of Vegetables



Rice

Wholesale

Prices of local raw red and keeri samba have decreased by 2% and 1% respectively due to increased supply from main producing areas and their price ranges were Rs.140.00-155.00/kg and Rs.255.00-265.00/kg respectively. Price of grade I samba has increased by 1% and the prices ranged Rs.205.00-220.00/kg. Prices of all other local rice varieties have not changed significantly and price ranges of grade II samba and grade II nadu were Rs.195.00-205.00/kg and Rs.175.00-180.00/kg respectively. Average prices of grade I nadu and raw white were Rs.183.00/kg and Rs.165.00/kg respectively.

Price of imported ponni samba has increased by 1% due to limited supply and the price ranged Rs.205.00-215.00/kg. Average price of imported raw white was Rs.187.00/kg.

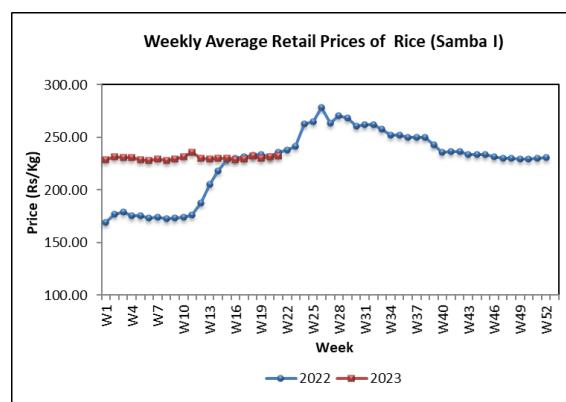
Compared to the same period of last year, prices of all types of local rice varieties except keeri samba have decreased in the range of 5%-27% while price of keeri samba has increased by 2%.

Retail

Prices of raw red and raw white have decreased by Rs.2.00/kg and Rs.1.00/kg respectively. Prices ranged Rs.150.00-190.00/kg for raw red and Rs.180.00-

200.00/kg for raw white. Prices of samba grade II have not changed significantly and the price ranged Rs.220.00-230.00/kg. Prices of the other local rice varieties have increased by Rs.1.00-5.00/kg with the highest price increase being reported for nadu grade I. Price ranges were Rs.230.00-240.00/kg for samba grade I. Rs.260.00-280.00/kg for keeri samba and Rs.200.00-220.00/kg for nadu grade II.

Price of imported samba has increased by Rs.1.00/kg and the price ranged Rs.220.00-240.00/kg. Price of imported nadu and imported raw white have decreased by Rs.11.00/kg and Rs.7.00/kg respectively. Prices ranged Rs.190.00-200.00/kg for imported nadu and Rs.195.00-200.00/kg for imported raw white.



Compared to the same period of last year price of keeri samba has increased by 2% while all the other local rice varieties have decreased by 1%-23%.

Paddy

A decreasing trend of average farm gate prices of all major paddy varieties in most

of the producing areas was reported. Accordingly, the average price of short grain (samba) paddy has decreased by Rs.1.00-2.00/kg in Anuradhapura, Kalawewa and Kurunegala areas while the price has increased by Rs.2.00/kg in Dehiattakandiya area. Further, average farm gate price of keeri samba paddy also has decreased by Rs.1.00-3.00/kg in Anuradhapura, Kalawewa and Dehiattakandiya areas while a Rs.1.00-2.00/kg price increase was reported in Polonnaruwa and Kurunegala areas. Price ranged between Rs.130.00-145.00/kg for keeri samba. Subsequently, Rs.2.00-5.00/kg price decline was reported for long grain white paddy in all major producing areas and the price ranged Rs.85.00-92.00/kg. Meanwhile, average price of long grain red paddy also decreased by Rs.3.00/kg in Embilipitiya area and the prices ranged Rs.77.00-85.00/kg for long grain red in major producing areas in the Southern province.

Compared to the same period of last year, the average farm gate price of all major paddy varieties except keeri samba have decreased by 1%-34% with the highest price decrease reported for long grain red paddy. Meanwhile, price of keeri samba has increased by 4%-22%.

Dried Chilies

Wholesale

Price of imported dried chilies has decreased by 10% due to increased supply and the price ranged Rs.925.00-1050.00/kg.

Compared to the same period of last year, price of imported dried chilies has decreased by 35%

Retail

Price of imported dried chilies has decreased by Rs.28.00/kg and the price ranged Rs.1100.00-1500.00/kg respectively.

Compared to the same period of last year, prices of imported dried chilies has decreased by 24%.

Onion

Wholesale

Local red onion varieties were not available at the market. Price of imported red onion has decreased by 1% due to increased supply and the price ranged Rs.260.00-280.00/kg.

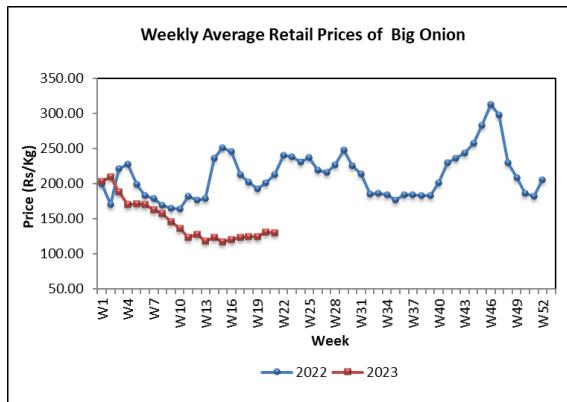
Price of imported big onion has decreased by 6% due to availability of low quality stocks and the price ranged Rs.85.00-103.00/kg.

Compared to the same period of last year, prices of imported big onion and red onion

have decreased by 42% and 27% respectively.

Retail

Price of imported red onion has decreased by Rs.14.00/kg and price ranged Rs.350.00-480.00/kg. Price of imported big onion has decreased by Rs.1.00/kg and the price ranged Rs.120.00-140.00/kg.



Compared to the same period of last year, prices of imported red onion has increased by 4% while price of imported big onion has decreased by 38%.

Potato

Wholesale

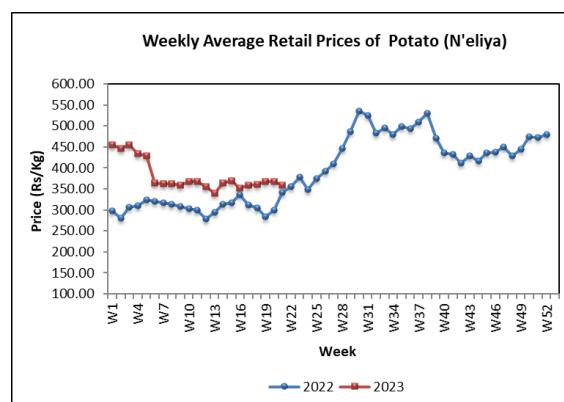
Prices of Nuwara Eliya and imported potatoes have decreased by 7% and 2% respectively due to increased supply of both local and Pakistan stocks to the market and their price ranges were Rs.250.00-260.00/kg and Rs.145.-220.00/kg respectively.

Compared to the same period of last year, prices of imported and Nuwara Eliya

potatoes have decreased by 16% and 14% respectively.

Retail

Price of Nuwara Eliya and imported potatoes have decreased by Rs.9.00/kg and Rs.2.00/kg respectively while prices ranged Rs.320.00-380.00/kg and Rs.170.00-240.00/kg respectively.



Compared to the same period of last year, price of Nuwara Eliya potato has increased by 11% while the price of imported potato has decreased by 5%.

Pulses

Wholesale

Prices of red and white cowpea have increased by 9% and 4% respectively due to decreased supply of local stocks and their price ranges were Rs.700.00-825.00/kg and Rs.625.00-720.00/kg respectively. Price of red dhal has decreased by 5% due to decreased CIF prices and the price ranged Rs.290.00-325.00/kg. Price of green gram has also decreased by 1% due to increased supply

of local stocks and the average price was Rs.1419.00/kg.

Compared to the same period of last year, prices of all types of pulses, except red dhal have increased in the range of 20%-75% while the price of red dhal has decreased by 45%.

Retail

Prices of green gram and red cowpea have increased by Rs.7.00/kg and Rs.4.00/kg while the prices ranged Rs.1450.00-1600.00/kg and Rs.800.00-1200.00/kg respectively. Prices of white cowpea and red dhal have decreased by Rs.8.00/kg and Rs.3.00/kg while the price ranged Rs.800.00-1000.00/kg and Rs.340.00-380.00/kg respectively.

Compared to the same period of last year, price of red dhal have decreased by 40%, while prices of all other pulses have increased by 26%.

Vegetable

Wholesale

Prices of most of the vegetable varieties have increased due to decreased supply with the off-season.

Considering up-country varieties, prices of cabbage and carrot have increased by 47% and 43% respectively due to decreased supply from all producing areas. Prices of leeks and knolkhol have increased by 25% and 30% respectively while prices of

raddish and beetroot have increased by 4% and 11% respectively. However, price of beans has decreased by 28% due to increased supply from the Balangoda area. Price of tomato has decreased by 35% and price of capsicum has decreased by 4% due to slight changes in the market demand.

Considering low country varieties, the highest price increase was reported for brinjal as 53% due to decreased supply with the off season. Prices of luffa, bitter gourd, snake gourd and drumstick have increased in the range of 7%-19%. However, prices of both ladies fingers and long beans have decreased by about 26% due to increased supply from Embilipitiya and Balangoda areas. Prices of pumpkin, ash plantain and cucumber have decreased by 8%, 15% and 36% respectively.

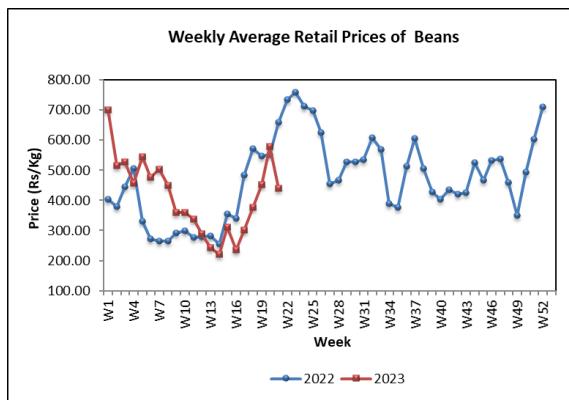
Price of green chilies has increased by 7% and that of lime has increased by 16% due to decreased supply from Monaragala and Embilipitiya areas.

Compared to the same period of last year, prices of most of the varieties have decreased and the highest price decrease was reported for tomato as 66%.

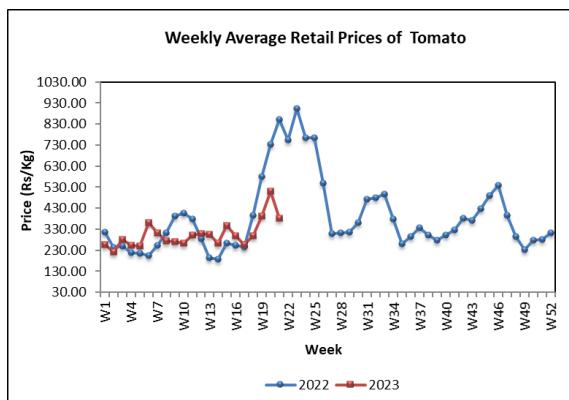
Retail

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

Considering up country varieties the highest price increase was reported for carrot as Rs.66.00/kg followed by beetroot as Rs.61.00/kg. Prices of cabbage and knolkhol have increased by 46.00/kg and Rs.35.00/kg respectively. Prices of leeks and raddish have risen as Rs.15.00/kg and Rs.12.00/kg respectively. However, price of beans has decreased by Rs.139.00/kg.



Prices of tomato and capsicum have decreased by Rs.127.00/kg and Rs.10.00/kg respectively.



Considering low country varieties, the highest price increase was reported for brinjal as Rs.81.00/kg followed by bitter gourd Rs.56.00/kg. Prices of luffa, snake gourd and drumstick have increased by

Rs.43.00/kg, Rs.27.00/kg and Rs.10.00/kg respectively. Prices of all other varieties have decreased in the range of Rs.14.00-57.00/kg.

Further, price of green chilies has decreased by Rs.24.00/kg and the price of lime has decreased by Rs.20.00/kg.

Compared to the same period of last year, prices of most of the varieties have decreased and the highest price decrease was reported for tomato as 50%.

Coconut

Wholesales

Prices of large and small nuts have decreased by 7% and 6% respectively. Price ranges were Rs.90.00-100.00 for a large nut and Rs.75.00-80.00 for a small nut.

Compared to the same period of last year, prices of large and small nuts have increased by 22% and 11% respectively.

Retail

Prices of both large and small nuts have decreased by Rs.6.00/nut and Rs.4.00/nut respectively. Price ranges were Rs.100.00-130.00/ for a large nut and Rs.80.00-95.00 for a small nut.

Compared to the same period of last year, prices of large and small nuts have increased 22% and 16% respectively.

Fruits

Wholesale

Price of most of fruit varieties have increased due to unavailability of sufficient stocks. The highest price increase was reported for passion fruit by 18% due to limited stocks. Price of papaw has increased by 15% due to availability of good quality stocks. Price of wood apple and orange have increased by 12% and 5% respectively due to unavailability of sufficient stocks. Further, prices of all sizes of pineapple have increased in the range of 9%-11% due to availability of limited stocks. In addition, price of king coconut and imported grapes have increased by 4% and 2% respectively.

However, price of all varieties of mango has decreased in the range of 1%-36% due to high supplies from main producing areas. Price of all varieties of banana decreased in the range of 7%-27% due to availability of small sized fruits. Further, price of avocado and slime apple has decreased by 13% and 9% respectively with high supply.

Compared to the same period of last year, current wholesale prices of most of the fruit varieties have increased with the highest price increase of 314% was reported for pineapple small.

Retail

Prices of most of the fruits have increased in line with the increased wholesale prices. The highest price increase of Rs.41.00/fruit was reported for large sized pineapple due to unavailability of sufficient stocks. Prices of medium and small sized pineapples also have increased by Rs.39.00/fruit and Rs.37.00/fruit. A price increase of Rs.27.00/kg was reported for imported grapes due to availability of high quality stocks. The price of orange and papaw have increased by Rs.13.00/fruit and Rs.1.00/kg due to insufficient stocks. Further, prices of wood apple, king coconut and passionfruit have also increased by Rs.1.00/fruit.

Meanwhile, prices of banana, ambul, kolikuttu and seeni have decreased in the range of Rs.4.00-34.00/kg due to availability of sufficient stocks. The price of slime apple has decreased by Rs.19.00/fruit. Prices of mango, vilad and karthakolomban have decreased by Rs.11.00/fruit and Rs.1.00/fruit due to high supply. The price of avocado has decreased by Rs.3.00/fruit.

Compared to the same period of last year, retail prices of all fruit varieties have increased with the highest price increase was reported for pineapple- small as 191%.

Fresh Fish

Wholesale

Wholesale price of all fresh fish types except thalapath have increased with the limited supply due to the extreme weather condition. The highest price increase of 31% was noted for hurulla due to low supply from Kalpitiya and Mullaitivu areas and the price ranged Rs.850.00-1000.00/kg. A price increase of 24% was noted for salaya due to low supply from Trincomalee and Mannar areas and the price ranged Rs.300.00-580.00/kg. A price increase of 17% was noted for paraw due to low supply from Northern areas and the price ranged Rs.1300.00-1800.00/kg. Likewise, a price increase of 11% was noted for balaya due to low supply from Galle, Beruwala and Mirissa areas and the price ranged between Rs.1000.00-1200.00/kg. Apart from this, price of kelawalla has increased by 7% and the price of shrimps has increased by 6% respectively.

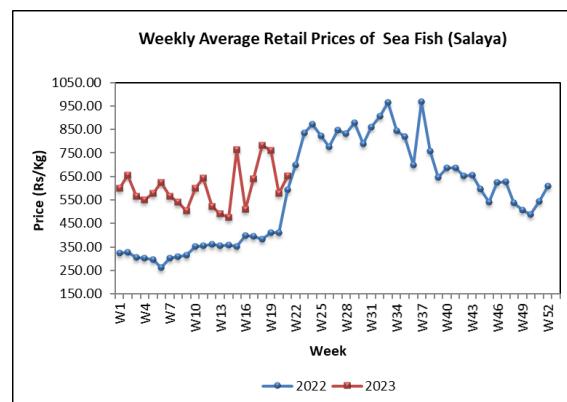
However, a price decrease of 4% was noted for thalapath due to high supply from Negombo, Beruwala and Walachcenai areas and the price ranged Rs.1500.00-2000.00/kg.

Compared to the same period of last year, current wholesale prices of most of the fresh fish types have increased in the range

of 3%-54% with the highest price increase was noted for paraw.

Retail

In line with increased wholesale prices, retail prices of all types of fresh fish have also significantly increased. The highest price increase was reported for paraw by Rs.280.00/kg followed by Rs.274.00/kg for thalapath. Further, prices of kelawalla and hurulla have increased in the range of Rs.215.00-217.00/kg. Furthermore, prices of thora, shrimps and salaya have increased by Rs.198.00/kg, Rs.84.00/kg and Rs.73.00/kg respectively.



Compared to the same period of last year, prices of most types of fresh fish have increased in the range of 25%-43% with the highest price increase was reported for thora.

Dried Fish

Wholesale

Due to increased supply of local dried fish prices of most of the local and imported dried fish types have decreased. The highest price decrease of 11% was noted for local salaya due to high supply from Mannar, Puttalam and Chilaw areas and the price ranged Rs.650.00-820.00/kg. Likewise, a price decrease of 2% was noted for imported anguluwa due to high supply from Oman and Pakistan and the price ranged Rs.1500.00-1700.00/kg. In addition, the wholesale prices of local maduwa, local balaya, local mora and imported sprats have not changed significantly.

However, a price increase of 3% was noted for local sprats due to low supply from Trincomalee, Mannar and Negombo areas and the price ranged Rs.1280.00-1420.00/kg. In addition, imported kattawa has increased by 1%.

Compared to the same period of last year, current wholesale prices of most of the dried fish types have decreased in the range of 9%-26% and the highest price decrease was reported for imported sprats.

Retail

Prices of most types of dried fish have decreased in line with decreased wholesale prices. The highest price decrease was

reported for anguluwa by Rs.94.00/kg. Further, prices of local sprat have increased by Rs.165.00/kg with limited supply.

Compared to the same period of last year, retail prices of most types of dried fish have increased in the range of 1%-29% with the highest price increase reported for anguluwa.

Eggs

Wholesale

Brown eggs were not available in most of the markets during this week. However, a small quantity of small size brown eggs was available in some markets. Brown egg was priced at Rs.46.00/egg while the price of a white egg has decreased by 2% and the price ranged Rs.46.00-52.00/egg

Compared to the same period of last year, price of a white egg has increased by 53%.

Retail

Prices of both brown eggs and white eggs have decreased by Rs.1.00/egg with a slight increase of supply. Price range of a brown egg was between Rs.46.00-50.00 and Rs.44.00-52.00 for a white egg with reporting small sized eggs.

Compared to the same period of last year, prices of both brown eggs and white eggs have increased by 41% and 49% respectively.

Meat

Retail

Prices of both pork and skin-less curry chicken have increased by Rs.38.00/kg and Rs.30.00/kg respectively with limited meat production.

Price of skin-less broiler chicken has decreased by Rs.6.00/kg with low demand. Further, prices of beef and mutton have not changed significantly.

Compared to the same period of last year, prices of all types of meat have increased in the range of 32%-79% with the highest price increase was reported for pork.

a week (i.e. Tuesday and Friday) while with retail prices, it is thrice a week (i.e. Friday, Monday, and Tuesday).

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

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

Week 21: 19 - 25 May 2023

LOCATIONS	Rice Varieties														
	Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White		
10	Colombo	10250 –	11000	9750 –	10250	12750 –	13250	9000 –	9250	8750 –	9000	7000 –	7750	8000 –	8500
	Divulapitiya	11200 –	11350	9900 –	10200	12900 –	13000	10700 –	10850	8600 –	9000	7500 –	7750	7750 –	8400
	Kurunegala	11350 –	11400	10000 –	10250	13000 –	13000	10400 –	10400	8250 –	8500	8750 –	8750	8100 –	8250
	Nikaweratiya	11300 –	11400	9750 –	10500	12500 –	12950	10350 –	10600	8200 –	8500	8400 –	9000	7800 –	8000
	Badulla	–	–	–	–	–	–	9500 –	9750	–	–	7000 –	7250	7750 –	8250
	Puttalam	11200 –	11300	–	–	13000 –	13350	10400 –	10800	8250 –	8350	–	–	8000 –	8300
	Dambulla	11000 –	11150	10400 –	10500	13200 –	13250	10400 –	10500	8500 –	8750	8500 –	8750	8250 –	8500
	Anuradhapura	11250 –	11400	–	–	12750 –	13000	10500 –	10750	8500 –	9500	9000 –	9500	8250 –	9000
	Tambuttegama	–	–	9900 –	10250	–	–	–	–	8400 –	8500	–	–	7900 –	8100
	Polonnaruwa	11250 –	11300	–	–	12700 –	12750	10700 –	10750	–	–	–	–	9000 –	9250
	Kalutara	10500 –	10750	–	–	13000 –	13250	–	–	9000 –	9250	7500 –	7750	8500 –	8750
	Ampara	10650 –	11500	–	–	12650 –	13000	9000 –	9000	8750 –	8750	7350 –	8000	7500 –	8000
	Kandy	11000 –	11300	10250 –	10500	13150 –	13250	10000 –	10250	9000 –	9250	7800 –	8000	8750 –	9000
	Moneragala	11250 –	11500	–	–	12750 –	12850	10500 –	10750	9750 –	10000	7000 –	7750	7750 –	8000
	Kegalle	–	–	–	–	–	–	–	–	–	–	–	–	–	–
	Dehiattakandiy	–	–	–	–	13000 –	13000	9500 –	10750	–	–	8000 –	9000	8000 –	9000
	Hambantota	11250 –	11250	–	–	12500 –	12750	–	–	–	–	6900 –	7250	8250 –	8500
	Matara	10800 –	11100	10500 –	10600	12750 –	12800	9750 –	10500	–	–	6750 –	7100	8250 –	8600
	Galle	11250 –	11250	–	–	12750 –	12850	10500 –	10750	–	–	7000 –	7250	8250 –	8500
	Meegoda	10500 –	10750	10300 –	10300	12500 –	12950	9000 –	9750	8750 –	8800	7100 –	7300	7900 –	8250
	Tissamaharama	–	–	–	–	12000 –	12250	–	–	8500 –	8750	6100 –	6250	8000 –	8250
	Embilipitiya	10800 –	11000	–	–	12750 –	12850	10350 –	10450	–	–	6500 –	6600	8100 –	8200
	Jaffna	–	–	9750 –	10250	12250 –	12750	10000 –	10500	9000 –	9250	7600 –	7900	–	–
	Vavuniya	10780 –	10850	–	–	12450 –	12500	10500 –	11000	10000 –	10400	9000 –	9200	–	–
	Mannar	10500 –	10750	–	–	12750 –	12900	9500 –	10000	9000 –	9250	7500 –	8000	8750 –	9000
	Killinochchi	–	–	–	–	–	–	–	–	–	–	–	–	–	–
	Mullattivu	10500 –	10750	–	–	12750 –	13150	9500 –	10000	8750 –	9000	7000 –	7250	8250 –	8500
	Batticaloa	10550 –	10650	–	–	13100 –	13250	–	–	9350 –	9500	8200 –	8400	8750 –	8900
	Trincomalee	–	–	–	–	–	–	–	–	–	–	–	–	–	–
	Galenbindunuwe	10750 –	11400	–	–	13000 –	13250	10600 –	10600	9000 –	9500	9500 –	9500	8250 –	8500
	Matale	11250 –	11350	10500 –	10600	13000 –	13250	10350 –	10550	8250 –	8750	8500 –	8550	8250 –	8450

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

Week 21: 19 - 25 May 2023

LOCATION	Dried Chillies	Red Onion			Big Onion	Potato			Pulses				
	Imported	Imported	Local			Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal		
Colombo	46250 - 52500	13000 - 14000	-		4250 - 5150	7250 - 11000	-	12500 - 13000	70000 - 72500	31250 - 36000	14500 - 16250		
Kurunegala	51500 - 54000	15000 - 16000	-		4750 - 5400	7750 - 8250	-	-	70000 - 72500	30000 - 32500	14500 - 15750		
Nikaweratiya	48000 - 55000	17000 - 17000	-		5250 - 5500	8000 - 8500	-	-	62500 - 70750	28000 - 28000	15000 - 15650		
Dehiattakandiya	50000 - 62500	16000 - 20000	-		5500 - 5750	8500 - 9250	-	16750 - 17500	65000 - 70000	-	16000 - 17000		
Dambulla (DEC)	46500 - 50000	14000 - 14500	-		5000 - 5250	7000 - 7500	-	13000 - 13500	60000 - 62500	27500 - 35000	15000 - 15750		
Anuradhapura	57500 - 62500	15000 - 20000	-		5500 - 6250	9000 - 9500	-	-	72500 - 80000	35000 - 42500	16250 - 17000		
Thambuththegama	52500 - 60000	16000 - 17500	17500 - 18000		5250 - 5400	7850 - 8250	-	13500 - 14000	72500 - 72500	25000 - 27500	15250 - 16000		
Polonnaruwa	56000 - 57500	18500 - 18750	-		5850 - 6000	9000 - 9250	-	17000 - 17650	67500 - 67500	41500 - 41500	17250 - 17500		
Kaluthara	56000 - 58000	14500 - 15000	-		5500 - 5750	8000 - 8250	-	13000 - 13250	71000 - 73000	35000 - 36000	15000 - 15500		
Puttalam	47500 - 52500	-	16000 - 18250		5500 - 6250	8500 - 9000	-	15500 - 17000	69000 - 75000	30000 - 36000	16750 - 17000		
Kandy	58000 - 60000	15000 - 15250	17000 - 17500		5000 - 5750	8000 - 8250	-	13000 - 13500	70000 - 72500	34000 - 35000	15500 - 16000		
Matara	57500 - 60000	16000 - 17500	-		5500 - 5750	9000 - 10000	-	16000 - 16500	75000 - 76000	39000 - 40000	17000 - 17500		
Hambantota	56000 - 60000	18000 - 19000	-		5500 - 5600	8000 - 9000	-	-	67500 - 70000	38000 - 39000	17000 - 17500		
Kegalle	55000 - 56000	16450 - 16700	-		5750 - 5800	8450 - 8500	-	15000 - 15500	70000 - 71000	34500 - 35500	16000 - 17000		
Galle	57500 - 62500	16000 - 20000	-		5500 - 5750	8000 - 8500	-	16500 - 16750	75000 - 77500	42500 - 45000	16500 - 17000		
Tissamaharama	59500 - 62500	17000 - 18000	-		5750 - 6000	8500 - 9500	-	-	72500 - 72500	-	16750 - 17250		
Meegoda (DEC)	49000 - 60000	14000 - 15500	-		5000 - 5250	7500 - 7750	-	14000 - 15000	70000 - 72500	32500 - 40000	15000 - 15750		
Jaffna	50000 - 54000	-	14000 - 17000		5500 - 5750	8000 - 8250	-	-	69000 - 72500	-	15000 - 15750		
Vavuniya	62400 - 62500	15000 - 15500	-		6200 - 6250	8500 - 8600	-	-	71500 - 72500	-	17100 - 17250		
Mannar	55000 - 60000	15000 - 15500	-		6000 - 6250	8500 - 9000	-	-	72500 - 74000	-	15500 - 16000		
Killinochchi	-	-	-		-	-	-	-	-	-	-		
Mullattivu	56500 - 60000	-	-		5500 - 6000	9000 - 9500	-	-	73000 - 75000	37500 - 40000	16000 - 16250		
Batticaloa	58500 - 59500	-	19500 - 20000		5500 - 5750	9250 - 9500	-	18000 - 18500	72500 - 73500	35000 - 35750	15850 - 16000		
Trincomalee	-	-	-		-	-	-	-	-	-	-		
Galenbindunuwewa	52500 - 55000	16000 - 20000	-		5500 - 6250	8500 - 9000	-	-	70000 - 71500	27500 - 30000	16250 - 16750		
Matale	49000 - 55000	14250 - 16000	-		5400 - 5500	7650 - 8250	-	15000 - 16000	70000 - 72500	32500 - 37500	14500 - 16000		

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

Week 21: 19 - 25 May 2023

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	300.00 - 350.00	250.00 - 300.00	250.00 - 300.00	220.00 - 400.00	200.00 - 250.00
Meegoda (DEC)	-	260.00 - 320.00	260.00 - 350.00	280.00 - 340.00	250.00 - 340.00	250.00 - 280.00
Dambulla (DEC)	-	200.00 - 230.00	240.00 - 280.00	270.00 - 300.00	330.00 - 390.00	230.00 - 250.00
Keppetipola (DEC)	-	180.00 - 220.00	230.00 - 250.00	230.00 - 250.00	280.00 - 300.00	180.00 - 200.00
Norochchhole (DEC)	-	-	-	-	250.00 - 320.00	-
Nuwara Eliya	-	170.00 - 190.00	250.00 - 260.00	260.00 - 270.00	310.00 - 330.00	180.00 - 200.00
Kandy	-	250.00 - 280.00	260.00 - 280.00	260.00 - 280.00	250.00 - 270.00	180.00 - 200.00
Hambantota	-	300.00 - 350.00	300.00 - 350.00	300.00 - 350.00	400.00 - 410.00	270.00 - 320.00
Thambuththegama (DEC)	-	240.00 - 270.00	270.00 - 300.00	280.00 - 300.00	260.00 - 300.00	-
Jaffna	-	400.00 - 450.00	200.00 - 230.00	220.00 - 250.00	180.00 - 210.00	-
Bandarawela	-	200.00 - 220.00	240.00 - 260.00	250.00 - 270.00	280.00 - 300.00	180.00 - 200.00
Veyangoda	-	240.00 - 300.00	250.00 - 280.00	250.00 - 280.00	220.00 - 250.00	220.00 - 280.00

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	150.00 - 180.00	250.00 - 280.00	200.00 - 250.00	100.00 - 140.00	350.00 - 420.00	300.00 - 400.00
Meegoda (DEC)	110.00 - 140.00	250.00 - 300.00	240.00 - 280.00	150.00 - 190.00	380.00 - 450.00	430.00 - 470.00
Moneragal	120.00 - 150.00	200.00 - 270.00	220.00 - 260.00	170.00 - 200.00	300.00 - 350.00	450.00 - 550.00
Dambulla (DEC)	120.00 - 140.00	270.00 - 300.00	180.00 - 210.00	160.00 - 180.00	350.00 - 400.00	350.00 - 400.00
Keppetipola (DEC)	80.00 - 100.00	220.00 - 240.00	160.00 - 170.00	130.00 - 140.00	300.00 - 315.00	380.00 - 400.00
Norochchhole (DEC)	90.00 - 120.00	-	-	90.00 - 140.00	240.00 - 280.00	300.00 - 350.00
Nuwara Eliya	110.00 - 130.00	260.00 - 270.00	160.00 - 180.00	140.00 - 150.00	310.00 - 320.00	380.00 - 390.00
Kandy	120.00 - 130.00	230.00 - 270.00	180.00 - 200.00	130.00 - 150.00	260.00 - 300.00	350.00 - 370.00
Hambantota	150.00 - 210.00	250.00 - 300.00	160.00 - 220.00	190.00 - 210.00	280.00 - 320.00	450.00 - 500.00
Thambuththegama (DEC)	120.00 - 150.00	270.00 - 300.00	210.00 - 250.00	130.00 - 150.00	320.00 - 400.00	370.00 - 450.00
Tissamaharama	180.00 - 210.00	320.00 - 340.00	230.00 - 260.00	150.00 - 170.00	300.00 - 330.00	380.00 - 480.00
Jaffna	130.00 - 150.00	180.00 - 220.00	300.00 - 320.00	90.00 - 120.00	250.00 - 280.00	280.00 - 320.00
Bandarawela	80.00 - 100.00	200.00 - 220.00	180.00 - 200.00	-	280.00 - 300.00	360.00 - 380.00
Veyangoda	100.00 - 160.00	240.00 - 280.00	220.00 - 260.00	140.00 - 160.00	400.00 - 430.00	430.00 - 480.00

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	60.00 - 80.00	70.00 - 80.00	350.00 - 500.00	250.00 - 350.00	300.00 - 800.00	280.00 - 300.00
Meegoda (DEC)	70.00 - 90.00	65.00 - 80.00	400.00 - 480.00	300.00 - 350.00	-	280.00 - 330.00
Moneragal	80.00 - 100.00	100.00 - 140.00	380.00 - 400.00	300.00 - 350.00	-	280.00 - 300.00
Dambulla (DEC)	50.00 - 60.00	40.00 - 50.00	380.00 - 420.00	240.00 - 270.00	-	220.00 - 250.00
Keppetipola (DEC)	60.00 - 65.00	70.00 - 80.00	420.00 - 430.00	250.00 - 260.00	400.00 - 420.00	220.00 - 230.00
Norochchhole (DEC)	60.00 - 100.00	40.00 - 70.00	320.00 - 400.00	200.00 - 240.00	350.00 - 400.00	200.00 - 250.00
Nuwara Eliya	65.00 - 70.00	80.00 - 90.00	430.00 - 440.00	260.00 - 270.00	380.00 - 420.00	230.00 - 240.00
Kandy	70.00 - 80.00	70.00 - 80.00	400.00 - 420.00	270.00 - 280.00	400.00 - 420.00	200.00 - 220.00
Hambantota	80.00 - 120.00	100.00 - 120.00	310.00 - 360.00	210.00 - 260.00	200.00 - 250.00	290.00 - 320.00
Thambuththegama (DEC)	50.00 - 70.00	40.00 - 60.00	380.00 - 450.00	230.00 - 260.00	280.00 - 320.00	220.00 - 260.00
Tissamaharama	75.00 - 90.00	80.00 - 100.00	350.00 - 370.00	300.00 - 320.00	200.00 - 220.00	260.00 - 280.00
Jaffna	60.00 - 75.00	50.00 - 65.00	320.00 - 360.00	190.00 - 220.00	380.00 - 420.00	-
Bandarawela	60.00 - 70.00	70.00 - 90.00	-	-	-	-
Veyangoda	70.00 - 90.00	50.00 - 80.00	450.00 - 480.00	300.00 - 330.00	400.00 - 450.00	260.00 - 300.00

Table 06 (Contd.)

	Long Beans	Ash Plantain	Green Chillies	Lime	Sweet Potatoe	Manioc
Colombo	150.00 - 200.00	120.00 - 150.00	150.00 - 300.00	280.00 - 300.00	70.00 - 80.00	150.00 - 160.00
Meegoda (DEC)	250.00 - 300.00	160.00 - 180.00	280.00 - 360.00	280.00 - 320.00	-	-
Moneragal	250.00 - 280.00	100.00 - 120.00	300.00 - 400.00	250.00 - 280.00	100.00 - 120.00	-
Dambulla (DEC)	160.00 - 200.00	100.00 - 130.00	180.00 - 230.00	180.00 - 220.00	60.00 - 70.00	120.00 - 130.00
Keppetipola (DEC)	200.00 - 220.00	120.00 - 130.00	200.00 - 240.00	220.00 - 240.00	80.00 - 90.00	120.00 - 140.00
Norochchhole (DEC)	200.00 - 270.00	150.00 - 180.00	250.00 - 350.00	-	80.00 - 120.00	120.00 - 150.00
Nuwara Eliya	220.00 - 230.00	130.00 - 140.00	240.00 - 260.00	230.00 - 250.00	90.00 - 100.00	130.00 - 150.00
Kandy	240.00 - 250.00	150.00 - 180.00	250.00 - 300.00	300.00 - 320.00	75.00 - 90.00	140.00 - 150.00
Hambantota	240.00 - 270.00	140.00 - 160.00	340.00 - 360.00	240.00 - 260.00	140.00 - 160.00	120.00 - 140.00
Thambuththegama (DEC)	200.00 - 230.00	120.00 - 140.00	150.00 - 230.00	200.00 - 250.00	70.00 - 100.00	110.00 - 130.00
Tissamaharama	170.00 - 190.00	100.00 - 120.00	250.00 - 280.00	200.00 - 230.00	120.00 - 130.00	120.00 - 130.00
Jaffna	140.00 - 160.00	90.00 - 120.00	150.00 - 200.00	180.00 - 220.00	80.00 - 95.00	90.00 - 110.00
Bandarawela	-	-	200.00 - 250.00	-	80.00 - 100.00	120.00 - 140.00
Veyangoda	260.00 - 280.00	150.00 - 180.00	280.00 - 330.00	250.00 - 300.00	85.00 - 100.00	140.00 - 170.00

Locations	Leafy Vegetables (Rs/Bundle)			Coconut (Rs/Nut)	
	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	40.00 - 50.00	40.00 - 50.00	280.00 - 300.00	90.00 - 100.00	75.00 - 80.00
Meegoda (DEC)	70.00 - 70.00	70.00 - 70.00	80.00 - 80.00	110.00 - 115.00	95.00 - 100.00
Norochchhole (DEC)	50.00 - 60.00	50.00 - 60.00	120.00 - 130.00	80.00 - 95.00	65.00 - 75.00
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	25.00 - 30.00	30.00 - 35.00	25.00 - 30.00	80.00 - 85.00	70.00 - 75.00
Kandy	40.00 - 45.00	45.00 - 50.00	240.00 - 250.00	90.00 - 92.00	70.00 - 73.00
Hambantota	40.00 - 45.00	40.00 - 45.00	60.00 - 70.00	-	-
Thambuththegama (DEC)	30.00 - 30.00	30.00 - 30.00	30.00 - 30.00	78.00 - 83.00	70.00 - 75.00
Tissamaharama	40.00 - 45.00	40.00 - 45.00	50.00 - 55.00	95.00 - 100.00	65.00 - 70.00
Jaffna	70.00 - 80.00	30.00 - 35.00	120.00 - 150.00	80.00 - 90.00	60.00 - 75.00
Bandarawela	-	-	-	-	-
Veyangoda	35.00 - 40.00	35.00 - 40.00	45.00 - 51.00	100.00 - 100.00	-

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

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

Week 21: 19 - 25 May 2023

LOCATIONS	Up Country Varieties										
	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knol Khol	Raddish	Cabbage	Tomato		
Colombo	-	350.00	560.00	270.00	480.00	320.00	480.00	360.00	600.00	280.00	480.00
Gampaha	-	480.00	500.00	320.00	400.00	360.00	400.00	400.00	600.00	400.00	400.00
Kurunegala	-	460.00	500.00	400.00	440.00	420.00	460.00	480.00	520.00	360.00	400.00
Nikaweratiya	-	400.00	440.00	400.00	480.00	400.00	480.00	400.00	480.00	320.00	360.00
Dambulla	-	400.00	440.00	380.00	400.00	380.00	400.00	460.00	480.00	380.00	400.00
Anuradhapura	-	400.00	600.00	400.00	480.00	400.00	480.00	440.00	520.00	-	220.00
Thambuththegama	-	320.00	380.00	320.00	380.00	350.00	400.00	400.00	450.00	-	200.00
Polonnaruwa	-	360.00	400.00	340.00	360.00	340.00	360.00	480.00	500.00	-	200.00
Kaluthara	-	460.00	480.00	320.00	340.00	460.00	480.00	420.00	440.00	360.00	400.00
Badulla	-	320.00	400.00	360.00	400.00	360.00	400.00	440.00	480.00	320.00	360.00
Keppetipola	-	280.00	300.00	300.00	320.00	340.00	360.00	360.00	380.00	250.00	260.00
Moneragala	-	360.00	400.00	320.00	400.00	380.00	400.00	440.00	480.00	-	200.00
Kegalle	-	460.00	480.00	380.00	400.00	380.00	400.00	450.00	480.00	340.00	360.00
16 Ampara	-	360.00	360.00	400.00	400.00	400.00	440.00	400.00	440.00	-	200.00
Dehiattakandiya	-	400.00	520.00	350.00	480.00	400.00	420.00	320.00	400.00	360.00	360.00
Nuwaraeliya	-	280.00	300.00	350.00	360.00	360.00	380.00	400.00	420.00	280.00	300.00
Kandy	-	400.00	450.00	320.00	360.00	320.00	360.00	360.00	400.00	280.00	320.00
Puttalam	-	480.00	520.00	360.00	420.00	400.00	440.00	360.00	440.00	-	280.00
Hambantota	-	400.00	480.00	360.00	400.00	380.00	440.00	480.00	540.00	320.00	360.00
Rathnapura	-	400.00	420.00	400.00	420.00	400.00	420.00	400.00	420.00	-	180.00
Matara	-	400.00	460.00	320.00	400.00	380.00	400.00	480.00	520.00	280.00	320.00
Galle	-	400.00	480.00	400.00	480.00	400.00	480.00	480.00	520.00	-	300.00
Tissamaharama	-	350.00	380.00	340.00	360.00	360.00	380.00	400.00	430.00	270.00	280.00
Meegoda (DEC)	-	320.00	360.00	300.00	440.00	280.00	330.00	300.00	340.00	300.00	340.00
Embilipitiya	-	350.00	400.00	350.00	420.00	380.00	440.00	320.00	400.00	320.00	400.00
Jaffna	-	520.00	600.00	240.00	300.00	260.00	280.00	250.00	300.00	-	150.00
Vavuniya	-	300.00	350.00	250.00	280.00	240.00	260.00	280.00	320.00	-	140.00
Mannar	-	520.00	560.00	400.00	440.00	400.00	450.00	400.00	450.00	-	200.00
Killinochchi	-	-	-	-	-	-	-	-	-	-	-
Mullaittivu	-	600.00	640.00	360.00	400.00	380.00	400.00	-	-	-	400.00
Batticaloa	-	540.00	580.00	380.00	420.00	380.00	420.00	440.00	460.00	280.00	320.00
Trincomalee	-	280.00	320.00	290.00	320.00	320.00	350.00	340.00	380.00	220.00	-
Hanguranketha	-	460.00	480.00	340.00	400.00	320.00	400.00	360.00	400.00	220.00	250.00
Veyangoda	-	480.00	600.00	440.00	480.00	440.00	480.00	400.00	480.00	340.00	400.00
Galenbindunuwewa	-	320.00	360.00	340.00	360.00	360.00	380.00	380.00	400.00	200.00	240.00
Bandarawela	-	320.00	400.00	400.00	480.00	400.00	480.00	400.00	480.00	160.00	180.00
Matale	-	320.00	400.00	400.00	480.00	400.00	480.00	400.00	480.00	220.00	240.00

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

Week 21: 19 - 25 May 2023

Locations	Sea Fish										
	Salaya		Hurulla		Balaya		Kelawalla		Thora		Paraw
Colombo	300.00 – 580.00	850.00 – 1000.00	1000.00 – 1200.00	1200.00 – 2000.00	1600.00 – 2400.00	1300.00 – 1800.00	–	–	–	–	–
Kandy	500.00 – 520.00	980.00 – 1000.00	1200.00 – 1250.00	1500.00 – 1600.00	–	–	–	–	–	1400.00 – 1500.00	–
Kaluthara	460.00 – 520.00	900.00 – 900.00	1320.00 – 1380.00	1700.00 – 1800.00	–	–	–	–	–	1600.00 – 1700.00	–
Puttalam	420.00 – 500.00	700.00 – 850.00	1000.00 – 1350.00	1380.00 – 1500.00	–	–	–	–	–	1150.00 – 1400.00	–
Matara	450.00 – 500.00	–	1500.00 – 1600.00	–	–	–	–	–	–	–	–
Hambantota	440.00 – 460.00	–	1450.00 – 1550.00	–	–	–	–	–	–	–	–
Galle	–	–	1300.00 – 1450.00	1500.00 – 1600.00	2000.00 – 2200.00	1500.00 – 1600.00	–	–	–	–	–
Batticaloa	450.00 – 500.00	–	1450.00 – 1500.00	1700.00 – 1800.00	2100.00 – 2200.00	1700.00 – 1800.00	–	–	–	–	–
Trincomalee	–	–	–	–	–	–	–	–	–	–	–
Mannar	300.00 – 350.00	600.00 – 650.00	750.00 – 800.00	–	–	–	–	–	–	1250.00 – 1300.00	–

Locations	Sea Fish				Eggs			
	Mora		Shrimps		Thalapath	Teppeli	Brown	White
Colombo	1380.00 – 1700.00	1500.00 – 1750.00	1500.00 – 2000.00	–	–	–	46.00 – 52.00	–
Kandy	–	1600.00 – 1650.00	2000.00 – 2200.00	–	–	–	48.00 – 50.00	–
Kaluthara	–	1580.00 – 1600.00	2500.00 – 2600.00	–	–	–	–	–
Puttalam	1400.00 – 1800.00	1000.00 – 1250.00	2600.00 – 2700.00	–	–	45.00 – 45.00	43.00 – 44.50	–
Matara	–	1400.00 – 1450.00	–	–	–	–	–	–
Hambantota	–	1400.00 – 1450.00	–	–	–	–	–	–
Galle	–	–	2600.00 – 2800.00	–	–	50.00 – 51.00	48.00 – 50.00	–
Batticaloa	1100.00 – 1200.00	1500.00 – 1600.00	2100.00 – 2200.00	–	–	53.00 – 53.00	52.00 – 53.00	–
Trincomalee	–	–	–	–	–	–	–	–
Mannar	1100.00 – 1200.00	800.00 – 900.00	–	–	–	–	49.00 – 50.00	–

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

Week 21: 19 - 25 May 2023

Locations	Local Dried Fish					
	Sprats	Kattawa	Thora	Mora	Balaya	Anguluwa
Colombo	64000 – 71000	–	–	80000 – 90000	49000 – 62500	–
Kandy	65000 – 70000	–	–	90000 – 92500	55000 – 60000	–
Batticaloa	50000 – 50500	105000 – 110000	–	77500 – 80000	48000 – 50000	37500 – 40000
Trincomalee	–	–	–	–	–	–
Mannar	45000 – 47500	100000 – 105000	–	70000 – 75000	47500 – 50000	35000 – 37500

Locations	Local Dried Fish			Imported Dried Fish		
	Maduwa	Koduwa	Salaya	Sprats	Kattawa	Thora
Colombo	62500 – 70000	–	32500 – 41000	35000 – 46000	75000 – 82500	–
Kandy	67000 – 70000	–	40000 – 41000	42500 – 45000	84000 – 85000	–
Batticaloa	55000 – 60000	–	37500 – 42500	47500 – 50000	–	–
Trincomalee	–	–	–	–	–	–
Mannar	50000 – 55000	65000 – 70000	35000 – 40000	50000 – 52500	–	–

Locations	Imported Dried Fish					
	Mora	Balaya	Anguluwa	Maduwa	Koduwa	Salaya
Colombo	–	–	75000 – 85000	–	–	–
Kandy	–	–	–	–	–	–
Batticaloa	–	–	–	–	–	–
Trincomalee	–	–	–	–	–	–
Mannar	–	–	–	–	–	–

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

Week 21: 19 - 25 May 2023

LOCATIONS	Meat		Meat (Chicken)		Meat	
	Beef	Broiler	Curry	Mutton	Pork	
Colombo	2200.00 – 2500.00	1300.00 – 1440.00	1200.00 – 1550.00	2800.00 – 3200.00	1600.00 – 2000.00	
Gampaha	–	1400.00 – 1400.00	–	3000.00 – 3000.00	1600.00 – 1600.00	
Kurunegala	1900.00 – 2000.00	1360.00 – 1400.00	–	2700.00 – 2700.00	1500.00 – 1600.00	
Nikaweratiya	2000.00 – 2000.00	1290.00 – 1390.00	–	–	–	
Dambulla	–	1350.00 – 1400.00	–	–	1700.00 – 1700.00	
Anuradhapura	1900.00 – 2000.00	1450.00 – 1500.00	–	2900.00 – 3100.00	1500.00 – 1600.00	
Thambuththegama	2000.00 – 2300.00	1230.00 – 1290.00	–	–	1450.00 – 1700.00	
Polonnaruwa	1800.00 – 2000.00	1480.00 – 1500.00	1550.00 – 1600.00	–	1800.00 – 1800.00	
Kaluthara	–	1350.00 – 1400.00	1450.00 – 1500.00	–	–	
Badulla	1800.00 – 2000.00	1450.00 – 1550.00	1600.00 – 1600.00	2600.00 – 2800.00	–	
Keppetipola	2000.00 – 2100.00	1300.00 – 1350.00	1400.00 – 1450.00	2900.00 – 3000.00	–	
Moneragala	2000.00 – 2000.00	1500.00 – 1550.00	–	2800.00 – 2800.00	1600.00 – 1650.00	
Kegalle	2100.00 – 2200.00	1250.00 – 1400.00	–	2750.00 – 2800.00	1750.00 – 1850.00	
Ampara	2000.00 – 2000.00	1100.00 – 1280.00	1300.00 – 1450.00	–	1400.00 – 1700.00	
Dehiattakandiya	2200.00 – 2200.00	1350.00 – 1360.00	–	–	1420.00 – 1700.00	
Nuwaraeliya	2000.00 – 2200.00	1300.00 – 1360.00	1400.00 – 1460.00	3000.00 – 3200.00	1900.00 – 2000.00	
Kandy	2000.00 – 2100.00	1300.00 – 1350.00	1400.00 – 1450.00	2900.00 – 3000.00	1600.00 – 1650.00	
Puttalam	2000.00 – 2200.00	1300.00 – 1400.00	–	3000.00 – 3000.00	–	
Hambantota	–	1400.00 – 1420.00	–	–	–	
Rathnapura	2100.00 – 2200.00	1260.00 – 1400.00	1500.00 – 1550.00	2900.00 – 3000.00	1560.00 – 1600.00	
Matara	–	1400.00 – 1420.00	–	–	–	
Galle	2200.00 – 2200.00	1350.00 – 1400.00	1550.00 – 1600.00	3000.00 – 3100.00	–	
Tissamaharama	–	1350.00 – 1400.00	–	2800.00 – 2800.00	1800.00 – 1850.00	
Meegoda	–	1300.00 – 1330.00	–	–	1500.00 – 1550.00	
Embiliptiya	2000.00 – 2100.00	1200.00 – 1250.00	1250.00 – 1300.00	2800.00 – 2900.00	1600.00 – 1800.00	
Jaffna	1700.00 – 2000.00	1200.00 – 1350.00	1450.00 – 1600.00	3200.00 – 3200.00	–	
Vavuniya	2100.00 – 2200.00	1400.00 – 1500.00	–	2900.00 – 2950.00	–	
Mannar	1700.00 – 1800.00	1500.00 – 1600.00	–	–	–	
Killinochchi	–	–	–	–	–	
Mullaitivu	1700.00 – 1800.00	1400.00 – 1500.00	–	–	–	
Batticaloa	1600.00 – 1700.00	1400.00 – 1450.00	1500.00 – 1600.00	–	–	
Trincomalee	–	–	–	–	–	
Veyangoda	2200.00 – 2200.00	1300.00 – 1300.00	1400.00 – 1450.00	2800.00 – 2950.00	1500.00 – 1500.00	
Galenbindunuwewa	1900.00 – 1900.00	1350.00 – 1350.00	–	–	–	
Bandarawela	2000.00 – 2200.00	1450.00 – 1500.00	–	2800.00 – 3000.00	–	
Matale	1900.00 – 2000.00	1400.00 – 1500.00	–	2700.00 – 2800.00	1500.00 – 1600.00	

Table 16: Farmgate/Producer Prices of Food Commodities in Selected Producing Areas (Rs/Kg)
Week 21: 19 - 25 May 2023

COMMODITY	Range	Average Price	COMMODITY	Range	Average Price	COMMODITY	Range	Average Price
Paddy			Vegetable (Up Country)			Snake Gourd		
Short Grain			Beans			Dambulla	230.00 – 250.00	242.00
A'pura	104.00 – 108.00	105.60	Dambulla	190.00 – 200.00	196.00	Hambantota	160.00 – 170.00	165.00
P'naruwa	110.00 – 111.00	110.30	Wellimada	160.00 – 170.00	164.00	Embilipitiya	270.00 – 280.00	277.00
Kalawewa	102.00 – 106.00	104.20	Badulla	175.00 – 200.00	185.00	Matara	–	
Kurunegala	105.00 – 108.00	106.50	Carrot			A'pura	220.00 – 240.00	228.00
Dehiattakandiya	109.00 – 110.50	109.83	N'Ellya	225.00 – 235.00	231.00	Luffa		
Nikaweratiya	102.00 – 110.00	105.57	Wellimada	180.00 – 200.00	191.00	Dambulla	220.00 – 240.00	227.50
Ampara	105.00 – 105.00	105.00	Hanguranketha	160.00 – 200.00	177.00	Hambantota	–	
Long Grain (White)			Leeks			Embilipitiya	290.00 – 320.00	304.00
A'pura	85.00 – 89.00	86.60	N'Ellya	235.00 – 245.00	239.00	Matara	–	
P'naruwa	90.00 – 91.50	90.70	Wellimada	205.00 – 215.00	211.00	A'pura	230.00 – 250.00	238.00
Kalawewa	85.00 – 88.00	86.60	Beetroot			Green Chillies		
Kurunegala	88.00 – 90.00	89.00	N'Ellya	275.00 – 285.00	280.00	Dambulla	145.00 – 167.50	152.00
Dehiattakandiya	88.00 – 89.50	88.83	Dambulla	290.00 – 340.00	320.00	Hambantota	–	
Embilipitiya	–		Kurunegala	–		Embilipitiya	250.00 – 280.00	262.00
Nikaweratiya	87.00 – 93.00	89.71	Wellimada	255.00 – 265.00	261.00	Puttalam	200.00 – 280.00	240.00
Hambantota	–		Hanguranketha	–		A'pura	180.00 – 220.00	196.00
Ampara	85.00 – 85.00	85.00	Knol Khol			Pumpkin		
Long Grain (Red)			N'Ellya	155.00 – 165.00	159.00	Dambulla	45.00 – 50.00	48.20
Matara	80.00 – 85.00	81.25	Wellimada	155.00 – 165.00	159.00	Hambantota	40.00 – 50.00	42.50
Hambantota	80.00 – 85.00	82.80	Hanguranketha	155.00 – 160.00	157.50	Embilipitiya	65.00 – 80.00	74.00
Embilipitiya	77.00 – 80.00	78.20	Raddish			Matara	50.00 – 55.00	51.67
Keeri Samba			N'Ellya	80.00 – 95.00	88.00	A'pura	40.00 – 50.00	44.00
A'pura	130.00 – 140.00	135.00	Wellimada	55.00 – 65.00	60.00	Moneragala	50.00 – 60.00	54.00
P'naruwa	143.00 – 145.00	143.70	Hambantota	100.00 – 120.00	107.50	Cucumber		
Kalawewa	130.00 – 140.00	135.00	Hanguranketha	70.00 – 85.00	78.33	A'pura	35.00 – 45.00	39.00
Kurunegala	130.00 – 135.00	133.75	Cabbage			Dambulla	38.00 – 48.00	42.80
Dehiattakandiya	140.00 – 143.50	141.83	N'Ellya	230.00 – 240.00	236.00	Hambantota	50.00 – 70.00	60.00
Red Onion			Wellimada	190.00 – 205.00	196.00	Matara	50.00 – 60.00	55.00
Puttalam	250.00 – 320.00	280.00	Badulla	160.00 – 180.00	171.00	Long Beans		
Jaffna	200.00 – 250.00	226.67	Hanguranketha	150.00 – 185.00	166.25	Dambulla	167.50 – 192.50	184.50
Big Onion			Tomato			Hambantota	–	
Dambulla	–		Wellimada	125.00 – 140.00	135.00	Embilipitiya	240.00 – 260.00	249.00
Kalawewa	–		Hambantota	–		Matara	180.00 – 210.00	196.67
A'pura	–		Dambulla	190.00 – 205.00	197.00	A'pura	200.00 – 220.00	208.00
Potato			Hanguranketha	150.00 – 180.00	165.00	Ash Plantain		
N'Ellya	240.00 – 245.00	243.00	Vegetable (Low Country)			Hambantota	90.00 – 100.00	96.00
Badulla	230.00 – 250.00	238.00	Ladies Fingers			Embilipitiya	100.00 – 120.00	108.00
Wellimada	235.00 – 240.00	237.00	A'pura	140.00 – 160.00	148.00	Matara	95.00 – 110.00	101.67
Pulses			Dambulla	152.50 – 162.50	156.50	Lime		
Green Gram			Hambantota	120.00 – 150.00	136.00	Hambantota	–	
Hambantota	–		Embilipitiya	130.00 – 150.00	140.00	Embilipitiya	180.00 – 200.00	192.00
Moneragala	1000.00 – 1100.00	1040.00	Matara	130.00 – 145.00	138.33	Moneragala	200.00 – 220.00	208.00
Embilipitiya	1300.00 – 1320.00	1310.00	Brinjal			Fruits (Rs/Kg)		
Nikaweratiya	1200.00 – 1200.00	1200.00	A'pura	320.00 – 340.00	328.00	Banana		
A'pura	1100.00 – 1200.00	1140.00	Dambulla	340.00 – 370.00	352.00	Ambul		
Cowpea			Hambantota	–		Moneragala	40.00 – 50.00	44.00
Hambantota	–		Embilipitiya	300.00 – 330.00	312.00	Embilipitiya	40.00 – 50.00	46.00
Nikaweratiya	500.00 – 500.00	500.00	Matara	240.00 – 260.00	250.00	Hambantota	40.00 – 50.00	42.50
Moneragala	450.00 – 520.00	478.00	Wellimada	260.00 – 275.00	268.00	Kolikuttu		
Embilipitiya	600.00 – 620.00	610.00	Capsicum			Moneragala	200.00 – 220.00	208.00
Maize			Badulla	–		Embilipitiya	200.00 – 230.00	212.00
A'pura	135.00 – 140.00	137.00	Wellimada	340.00 – 355.00	347.00	Hambantota	–	
Kalawewa	140.00 – 150.00	145.00	Bitter Gourd			Papaw		
Gingelly			A'pura	380.00 – 400.00	388.00	Moneragala	70.00 – 80.00	74.00
A'pura	600.00 – 650.00	612.50	Dambulla	340.00 – 380.00	356.00	Embilipitiya	40.00 – 60.00	50.00
Kalawewa	–		Hambantota	–		Hambantota	40.00 – 50.00	45.00
Black Gram			Embilipitiya	400.00 – 420.00	407.50	Pineapple		
A'pura	800.00 – 850.00	825.00	Matara	300.00 – 330.00	316.67	Divulapitiya	–	

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

Week 21: 19 - 25 May 2023

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NULEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
Rice									
Local									
Samba 1	230.00	-	240.00	230.00	-	240.00	230.00	-	240.00
Samba 2	220.00	-	220.00	220.00	-	220.00	220.00	-	220.00
Keeri Samba	270.00	-	275.00	260.00	-	280.00	280.00	-	280.00
Nadu 1	220.00	-	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)	160.00	-	170.00	180.00	-	190.00	150.00	-	170.00
Raw (White)	190.00	-	190.00	190.00	-	200.00	190.00	-	190.00
Imported									
Samba	220.00	-	220.00	220.00	-	230.00	220.00	-	240.00
Nadu	190.00	-	190.00	-	-	-	200.00	-	200.00
Raw (Red)	-	-	-	-	-	-	-	-	-
Raw (White)	195.00	-	200.00	200.00	-	200.00	200.00	-	200.00
Dried Chillies									
Imported	1100.00	-	1300.00	1500.00	-	1500.00	1300.00	-	1400.00
Red Onion									
Sinnan	-	-	-	-	-	-	-	-	-
Vedalan	-	-	-	-	-	-	-	-	-
Imported	380.00	-	450.00	480.00	-	480.00	400.00	-	440.00
Big Onion									
Imported	120.00	-	120.00	140.00	-	140.00	120.00	-	140.00
Local	-	-	-	-	-	-	-	-	-
Potato									
Welimada	-	-	-	-	-	-	-	-	-
N'Eliya	320.00	-	320.00	360.00	-	360.00	350.00	-	380.00
Imported	170.00	-	200.00	200.00	-	200.00	200.00	-	220.00
Pulses									
Green Gram	1450.00	-	1600.00	1600.00	-	1600.00	1600.00	-	1600.00
Cowpea (White)	800.00	-	1000.00	1000.00	-	1000.00	1000.00	-	1000.00
Cowpea (Red)	800.00	-	1000.00	1000.00	-	1000.00	800.00	-	1000.00
Red Dhal	340.00	-	360.00	360.00	-	360.00	350.00	-	360.00

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

Week 21: 19 - 25 May 2023

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA									
<u>Vegetable</u>																		
Beans	350.00	- 360.00	480.00	- 480.00	400.00	- 520.00	480.00	- 560.00	400.00	- 420.00	400.00	- 420.00	400.00	- 400.00	400.00	- 400.00	520.00	- 560.00
Carrot	270.00	- 280.00	400.00	- 480.00	400.00	- 480.00	380.00	- 480.00	310.00	- 320.00	360.00	- 400.00	300.00	- 320.00	320.00	- 400.00	480.00	- 480.00
Leeks	320.00	- 320.00	480.00	- 480.00	400.00	- 480.00	320.00	- 480.00	330.00	- 360.00	360.00	- 420.00	320.00	- 360.00	400.00	- 400.00	480.00	- 480.00
Beetroot	420.00	- 450.00	520.00	- 560.00	400.00	- 600.00	600.00	- 600.00	380.00	- 420.00	360.00	- 400.00	360.00	- 400.00	400.00	- 480.00	480.00	- 480.00
Knolkhol	300.00	- 320.00	400.00	- 480.00	400.00	- 400.00	400.00	- 400.00	320.00	- 320.00	280.00	- 320.00	280.00	- 320.00	480.00	- 480.00	400.00	- 400.00
Raddish	240.00	- 250.00	360.00	- 400.00	300.00	- 320.00	400.00	- 400.00	220.00	- 240.00	260.00	- 300.00	200.00	- 240.00	320.00	- 320.00	320.00	- 400.00
Cabbage	300.00	- 340.00	320.00	- 360.00	320.00	- 320.00	400.00	- 400.00	240.00	- 280.00	260.00	- 340.00	320.00	- 350.00	400.00	- 400.00	400.00	- 400.00
Tomato	320.00	- 350.00	480.00	- 480.00	360.00	- 400.00	320.00	- 400.00	360.00	- 400.00	330.00	- 360.00	300.00	- 320.00	400.00	- 400.00	480.00	- 480.00
Ladies Fingers	220.00	- 240.00	320.00	- 360.00	300.00	- 360.00	320.00	- 360.00	280.00	- 320.00	220.00	- 280.00	260.00	- 280.00	320.00	- 320.00	320.00	- 320.00
Brinjal	400.00	- 450.00	560.00	- 600.00	480.00	- 600.00	600.00	- 600.00	500.00	- 550.00	400.00	- 420.00	400.00	- 480.00	600.00	- 600.00	520.00	- 520.00
Capsicum	400.00	- 450.00	600.00	- 600.00	520.00	- 600.00	600.00	- 600.00	560.00	- 600.00	560.00	- 600.00	440.00	- 480.00	600.00	- 600.00	400.00	- 600.00
Pumpkin	120.00	- 130.00	160.00	- 200.00	160.00	- 200.00	120.00	- 200.00	110.00	- 140.00	120.00	- 160.00	120.00	- 140.00	160.00	- 200.00	160.00	- 200.00
Cucumber	120.00	- 140.00	200.00	- 240.00	160.00	- 240.00	240.00	- 240.00	120.00	- 160.00	160.00	- 200.00	140.00	- 140.00	200.00	- 240.00	160.00	- 240.00
Bitter Gourd	500.00	- 550.00	480.00	- 600.00	600.00	- 640.00	600.00	- 600.00	450.00	- 560.00	450.00	- 480.00	450.00	- 500.00	650.00	- 650.00	560.00	- 560.00
Snake Gourd	350.00	- 360.00	400.00	- 480.00	400.00	- 520.00	520.00	- 520.00	400.00	- 420.00	350.00	- 380.00	400.00	- 450.00	480.00	- 520.00	480.00	- 520.00
Drumstick	380.00	- 800.00	800.00	- 800.00	480.00	- 1200.00	1000.00	- 1200.00	600.00	- 1000.00	550.00	- 600.00	500.00	- 700.00	800.00	- 800.00	600.00	- 1000.00
Luffa	360.00	- 400.00	480.00	- 480.00	480.00	- 520.00	520.00	- 560.00	360.00	- 360.00	360.00	- 380.00	360.00	- 380.00	480.00	- 560.00	520.00	- 560.00
Long Beans	300.00	- 320.00	400.00	- 400.00	360.00	- 400.00	360.00	- 400.00	240.00	- 260.00	240.00	- 260.00	280.00	- 350.00	400.00	- 400.00	400.00	- 400.00
Ash Plantain	200.00	- 240.00	200.00	- 320.00	320.00	- 340.00	300.00	- 320.00	220.00	- 240.00	230.00	- 260.00	200.00	- 260.00	320.00	- 320.00	240.00	- 280.00
Green Chillies	300.00	- 300.00	600.00	- 600.00	500.00	- 500.00	400.00	- 500.00	360.00	- 420.00	480.00	- 600.00	300.00	- 300.00	320.00	- 400.00	600.00	- 600.00
Lime	350.00	- 400.00	500.00	- 500.00	500.00	- 600.00	500.00	- 600.00	420.00	- 500.00	360.00	- 400.00	360.00	- 400.00	500.00	- 600.00	600.00	- 600.00
<u>Root Crops</u>																		
Sweet Potato	120.00	- 140.00	200.00	- 240.00	240.00	- 240.00	200.00	- 240.00	160.00	- 200.00	200.00	- 240.00	160.00	- 240.00	160.00	- 200.00	160.00	- 160.00
Manioc	180.00	- 200.00	220.00	- 240.00	200.00	- 240.00	260.00	- 260.00	220.00	- 260.00	220.00	- 260.00	180.00	- 220.00	220.00	- 220.00	230.00	- 240.00
<u>Leafy Vegetable</u>																		
Mukunuwenna	60.00	- 60.00	80.00	- 80.00	80.00	- 80.00	80.00	- 80.00	80.00	- 80.00	70.00	- 80.00	60.00	- 60.00	90.00	- 100.00	80.00	- 80.00
Kankun	60.00	- 60.00	80.00	- 80.00	80.00	- 80.00	80.00	- 80.00	80.00	- 80.00	60.00	- 80.00	60.00	- 60.00	90.00	- 100.00	80.00	- 80.00
Gotukola	80.00	- 80.00	100.00	- 100.00	150.00	- 150.00	150.00	- 150.00	150.00	- 150.00	80.00	- 80.00	80.00	- 80.00	100.00	- 100.00	100.00	- 100.00
<u>Coconut</u>																		
Large	100.00	- 100.00	100.00	- 120.00	100.00	- 120.00	110.00	- 120.00	100.00	- 120.00	100.00	- 120.00	110.00	- 130.00	100.00	- 110.00	100.00	- 120.00
Small	80.00	- 80.00	90.00	- 95.00	80.00	- 90.00	90.00	- 90.00	90.00	- 95.00	90.00	- 95.00	80.00	- 85.00	90.00	- 90.00	95.00	- 95.00

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

Week 21: 19 - 25 May 2023

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Plantain</u>									
Ambul (Rs/Kg)	120.00	-	150.00	200.00	-	220.00	180.00	-	200.00
Kolikuttu (Rs/Kg)	350.00	-	400.00	400.00	-	450.00	400.00	-	460.00
Seeni (Rs/Kg)	100.00	-	120.00	200.00	-	220.00	180.00	-	250.00
Anamalu	20.00	-	25.00	28.00	-	30.00	30.00	-	30.00
Ambun	25.00	-	30.00	35.00	-	38.00	38.00	-	38.00
<u>Pineapple</u>									
Large	550.00	-	600.00	650.00	-	700.00	620.00	-	700.00
Medium	450.00	-	500.00	520.00	-	600.00	550.00	-	600.00
30 Small	380.00	-	400.00	450.00	-	500.00	450.00	-	500.00
<u>Mango</u>									
Betti	-	-	-	-	-	-	-	-	-
Karthakolomban	150.00	-	180.00	100.00	-	130.00	100.00	-	180.00
Vilad	52.00	-	60.00	80.00	-	100.00	70.00	-	80.00
Kohu	-	-	-	-	-	-	-	-	-
<u>Other Fruits</u>									
Wood Apple	90.00	-	120.00	120.00	-	150.00	120.00	-	120.00
Orange	100.00	-	100.00	120.00	-	150.00	100.00	-	120.00
Avocado	80.00	-	100.00	150.00	-	200.00	150.00	-	200.00
Slime Apple	40.00	-	50.00	80.00	-	100.00	120.00	-	120.00
Grapes (Rs/Kg)	2200.00	-	2200.00	2600.00	-	3000.00	3000.00	-	3000.00
Papaw (Rs/Kg)	150.00	-	160.00	200.00	-	240.00	250.00	-	260.00
Passion	29.00	-	33.00	50.00	-	54.00	42.00	-	54.00
King Coconut	120.00	-	130.00	140.00	-	150.00	150.00	-	150.00

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

Week 21: 19 - 25 May 2023

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NULEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Sea Fish</u>									
Salaya	750.00	800.00	720.00	720.00	700.00	800.00	800.00	520.00	520.00
Hurulla	1250.00	1400.00	-	-	-	1400.00	1400.00	-	-
Balaya	1500.00	1600.00	-	-	-	-	-	1600.00	1600.00
Kelawalla	2400.00	2640.00	3200.00	3200.00	2400.00	2400.00	3000.00	3200.00	2400.00
Thora	3000.00	3300.00	3200.00	3200.00	3400.00	3600.00	3800.00	3800.00	2800.00
Paraw	2200.00	2300.00	2800.00	2800.00	-	3000.00	3000.00	2900.00	2600.00
Mora	2000.00	2200.00	2400.00	2400.00	2400.00	2400.00	2800.00	-	-
Shrimps Small	2200.00	2300.00	1600.00	1600.00	2000.00	2200.00	1700.00	1600.00	1600.00
Talapath	2300.00	2400.00	3360.00	3360.00	3200.00	3200.00	3400.00	3400.00	3000.00
31 <u>Eggs (Rs/Egg)</u>									
Brown	46.00	48.00	-	-	-	-	-	-	50.00
White	44.00	47.00	52.00	52.00	50.00	52.00	50.00	50.00	44.00
<u>Dried Fish</u>									
Sprats	1600.00	2000.00	1800.00	1800.00	1800.00	2000.00	1700.00	1800.00	1600.00
Kattawa	2000.00	2800.00	2600.00	2600.00	2400.00	2400.00	2500.00	2600.00	2300.00
Thora	3200.00	3500.00	-	-	-	-	-	-	3000.00
Mora	2000.00	2200.00	2400.00	2400.00	2400.00	2400.00	2500.00	2200.00	2500.00
Balaya	1200.00	1600.00	1800.00	1800.00	1700.00	1800.00	1600.00	1500.00	1300.00
Anguluwa	-	-	-	-	2400.00	2400.00	2200.00	-	2200.00
Salaya	900.00	1200.00	-	-	-	900.00	1100.00	1200.00	1100.00
<u>Meat</u>									
Beef (without Bones)	-	2300.00	2300.00	2500.00	2500.00	-	2300.00	2300.00	-
Chicken (Broiler)	-	1360.00	1360.00	1440.00	1440.00	1400.00	1400.00	1300.00	1350.00
Chicken (Curry)	-	1500.00	1500.00	1540.00	1540.00	1550.00	1550.00	1200.00	1300.00
Mutton	-	3000.00	3000.00	3000.00	3000.00	-	3200.00	3200.00	3000.00
Pork	-	1600.00	1600.00	2000.00	2000.00	-	-	-	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 (µg/100g)	Vit C (mg/100g)	Calcium (mg/100g)	Magnesium (mg/100g)	Iron (mg/100g)	Zinc (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												
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												
	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	0.18
Radish	29	0.75	0.11		0.02	0.09	18.09	12.13	35.64	13.56	0.38	0.16
Cabbage	21	1.35	0.14	3.35	0.05	0.14	52.66	29.62	56.85	18.47	0.33	0.16

Tomatoes	20	0.88	0.56	165	0.03	0.09	20.16	25.58	9.69	14.93	0.31	0.12
Ladies fingers	26	2.06	0.19	12.41	0.08	0.28	70.62	24.48	92.26	55.23	0.96	0.44
Brinjal (Pandora Striped)	29	1.49	0.31	23	0.12	0.09	30.99	1.49	18.95	18	0.32	0.19
Brinjal (Chinese eggplant)	24	1.28	0.33	16.83	0.12	0.11	32.94	3.37	14.4	21.18	0.28	0.16
Capsicum	23	1.22	0.34	38.96	0.03	0.29	28.65	49.63	12.65	11.21	0.21	0.31
Pumpkin (Common)	31	0.86	0.3	30.41	0.02	0.09	17.72	8.73	18.75	9.93	0.49	0.25
Cucumber	19	0.98	0.24	0.58	0.01	0.08	19.66	4.08	22.1	18.22	0.67	0.21
Bitter gourd	19	1.47	0.23	55.08	0.05	0.06	53.1	46.89	25.19	35.81	1.75	0.26
Snake gourd (Dark green)	11	0.82	0.25	10.41	0.03	0.12	18.09	3.54	26.83	25.84	0.41	0.11
Snake gourd (Pale green)	11	0.89	0.25	5.14	0.03	0.07	16.52	2.85	27.11	21.77	0.47	0.2
Drumstick	30	2.48	0.12	3.13	0.06	0.12	60.48	92.33	22.27	28.51	0.5	0.26
Watakolu	12	0.86	0.15	59.33	0.01	0.07	25.48	6.41	14.67	14.01	4.42	0.45
Long beans	24	3.36	0.3	-	0.06	0.11	99.98	8.93	44.22	33.17	1.01	0.08
Ash Plantain	76	2.84	0.56	0.06	0.02	0.07	6.82	4.49	5.19	22.55	0.39	0.21
Green chillies	39	2.28	0.76	38.16	0.08	0.25	21.29	98.61	20.25	36.91	1.25	0.29
Limes	26	0.66	0.26	0.36	0.01	0.05	12.1	38.05	26	15.25	0.12	0.05
Kekiri	17	1.01	0.25	0.76	0.01	0.07	17.34	8.07	25.72	26.2	0.63	0.22
Ash pumpkin (Ash guord)	18	0.8	0.15		0.01	0.15	14.17	9.14	19.27	23.62	0.48	0.13
Cho-Cho	19	0.58	0.12	0.3	0.04	0.07	63.81	23.76	20.55	13.02	0.49	0.12
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	0.22
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	0.24
Thibbatu	61	1.66	1.96	15.89	0.03	1.02	72.39	10.8	105	57.46	1.06	0.59
Kohila yams	27	0.64	0.16	1.72	0.01	0.14	4.64	1.67	52.33	33.95	0.61	1.62
Kehel muwa	19	1.36	0.63	4.27	0.02	0.12	40.51	8.16	35.09	31.43	0.38	0.39
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	88	17.08	2.18	10.02	0.14	1.66	61.66		103	35.45	1.24	1.05
Karalla / Katuwalla	97	21.8	1.06	1.25	0.02	0.1	14.38		37.06	39.05	0.24	0.42
Kumbala / Angila	101	21.51	1.53	16.34	0.1	0.1	7.13		31.27	37.46	1.46	0.67
Salaya / Sudaya	100	19.5	2.39	15.41	0.18	1.39	60.87		435	42.83	1.4	2.3
Theppli / Telapiya /Korali	83	18.48	1.08	17.14	0.18	0.18	8.29		99.39	24.96	2.84	0.88
Prawns	65	14.85	0.56	1.24	0.03	0.1	15.37		37.81	30.5	0.73	1.1
Crabs	45	10	0.55	8.33	0.14	0.18	13.83		37.81	45.93	0.73	1.1
Cuttle fish	76	16.82	0.93	1.93	0.02	0.04	6.22		8.73	35.46	0.62	1.3
Linna	112	20.3	3.37	15.78	0.23	0.68	59.78					
Coppara	97	22.89	0.56	21.51	0.04	0.12	8.08		7.2	30.08	1.2	0.58
Ray (Maduwa)	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

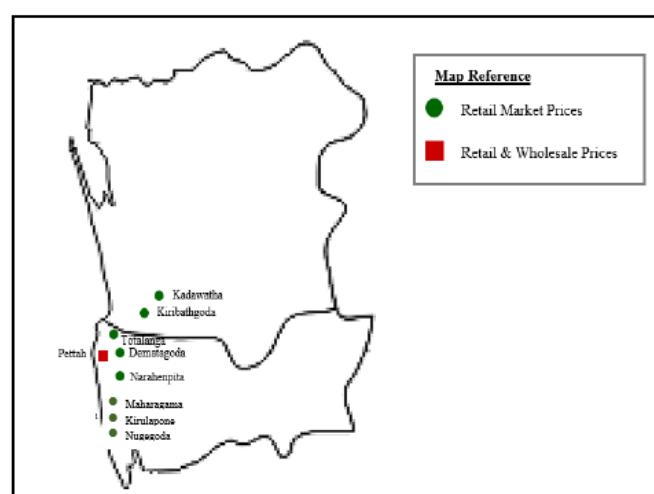
Fruits

Banana Embul	109	1.11	1.09	9.68	0.05	0.64	32.98	13.61	9.39	25.67	0.51	0.23
Anamaalu	102	1.04	0.72	16.4	0.04	0.65	21.07	3.66	8.06	27.02	0.51	0.23

Koli kuttu	107	1.38	0.34	8.8	0.03	0.47	18.12	7.71	8.56	38	0.32	0.14
Pineapple	37	0.41	0.17	5.76	0.04	0.12	17.86	39.36	10.37	10.71	0.3	0.09
Papaya	26	0.42	0.16	171	0.11	0.04	54.85	48.62	16.77	8.9	0.23	0.08
Mangoes (Karthakolomban)	79	0.8	0.92	259	0.01	0.1	35.52	17.74	3.12	6.72	0.1	0.08
Mangoes (Vilad)	44	0.76	0.58	146	0.05	0.26	67.6	29.97	16.93	14.79	0.65	0.19
Apple	62	0.29	0.64	0.36	0.02	0.08	3.43	2.9	3.12	6.72	0.1	0.08
Avacado	144	2.95	13.86	2	0.08	0.18	67.17	9.36	28.48	48.14	0.81	0.75
Wood apple	78	3.09	3.62	0.46	0.01	0.14	6.07	13.58	59.15	25.16	0.45	0.32
Orange	46	1.07	0.37	23.44	0.01	0.28	14.46	20.19	31.18	20.36	0.81	0.35
Guava	39	1.53	0.38	19.67	0.01	0.11	25.24	30.88	6.59	12.02	0.53	0.33
Grapes	49	0.95	10.69	3.22	0.04	0.1	7.07	20.51	7.27	6.86	0.28	0.07
Melon	19	0.65	0.16	130	0.02	0.11	6	8.24	4.05	9.76	0.15	0.1

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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