

WEEKLY FOOD COMMODITIES BULLETIN

Vol: 45

22nd – 28th September 2023

ISSN 1391 - 049

No.39

RETAIL MARKET AT A GLANCE

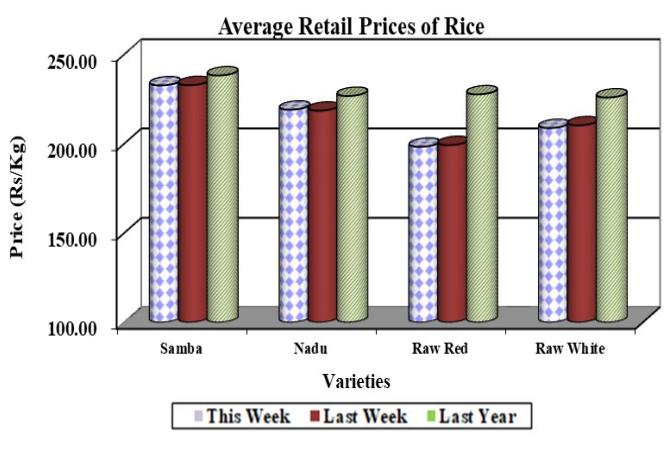
Summary

Rice



Price of keeri samba has decreased by Rs.9.00/kg and the price ranged Rs.300.00-330.00/kg. Prices of both raw white and red have also decreased by Rs.1.00-2.00/kg. A slight price increase was noted for nadu grade II while prices of other local varieties have not changed significantly.

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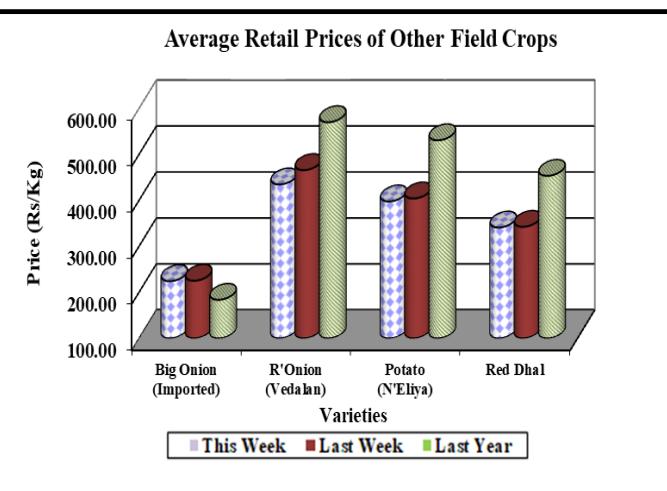


Other Field Crops



Prices of local red onion (vedalan) and imported big onion have decreased by Rs.12.00/kg and Rs.1.00/kg respectively. Local big onion stocks were not available at most of the retail markets. Prices of both imported and local potatoes have decreased.

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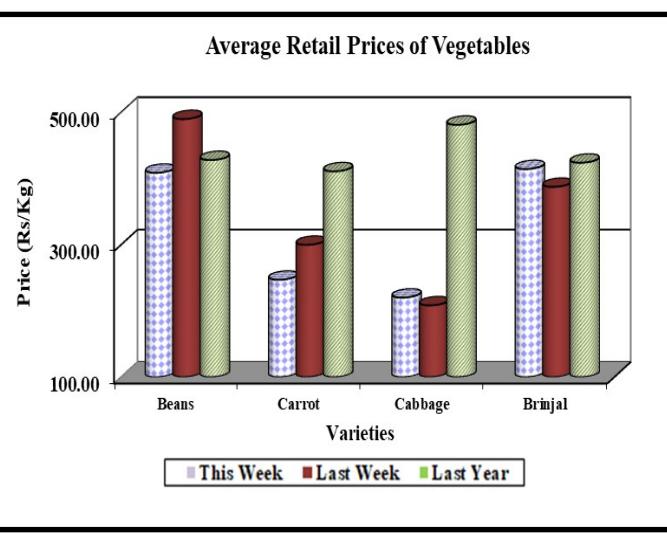


Vegetables



Prices of most of the up country and low country vegetables have decreased due to high supply of low demand with rainy weather condition. Prices of green chilies and lime have increased by Rs.14.00/kg and Rs.92.00/kg due to limited supply from main producing areas. Prices ranged between Rs.1200.00-2000.00/kg for lime.

(Page No.04-05)



Eggs



Prices of both brown and white eggs have increased by Rs.1.00/egg. Prices ranged Rs.47.00-48.00/egg for brown eggs and Rs.45.50-47.00/egg for white eggs.

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Rice **Wholesale**

Prices of raw red and raw white have decreased by 1% and prices ranged Rs.170.00-180.00/kg and Rs.190.00-200.00/kg respectively. Prices of other rice varieties have not changed significantly and average price for samba grade I and II were Rs.223.00/kg and Rs.215.00/kg respectively.

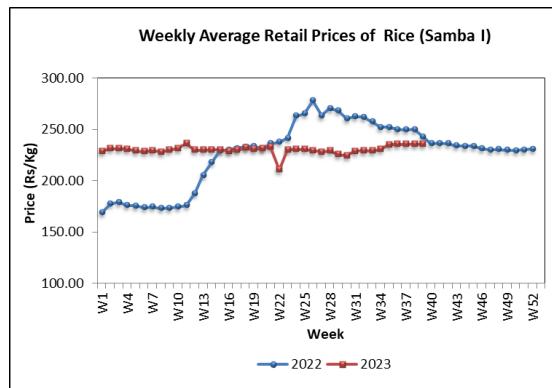
Average price of keeri samba, nadu grade I and II were Rs.285.00/kg, Rs.201.00/kg and Rs.195.00/kg respectively.

Compared to the same period of last year, price of samba grade II and keeri samba have increased by 1% and 17% while prices of nadu, raw red and white rice varieties have decreased in the range of 5%-16% respectively.

Retail

Price of keeri samba has decreased by Rs.9.00/kg and the price ranged Rs.300.00-330.00/kg. Prices of raw white and raw red have decreased by Rs.1.00-2.00/kg and prices ranged Rs.200.00-220.00/kg and Rs.180.00-210.00/kg respectively. However, price of nadu grade II has increased by Rs.1.00/kg and average price was Rs.215.00/kg. Prices of the other local rice varieties have not changed significantly. Prices ranged for samba grade I and II was Rs.230.00-

240.00/kg while average price for nadu grade I was Rs.223.00/kg. Price of imported samba has increased by Rs.2.00/kg and prices ranged Rs.300.00-320.00/kg.



Compared to the same period of last year, prices of all the local rice varieties except keeri samba have decreased by 1-13% and price of keeri samba has increased by 19%.

Paddy

Average price of short grain paddy has increased by Rs.1.00-2.00/kg in Anuradhapura, Kalawewa, Kurunegala, Nikaweratiya and Dehiattakandiya areas. Further, average price of long grain white paddy has also increased by Rs.3.00/kg in Anuradhapura and Kurunegala areas while the price has decreased by Rs.1.00/kg in Polonnaruwa and Ampara areas. Prices ranged between Rs.95.00-110.00/kg for long grain white paddy in all major producing areas. However, the average price of keeri samba paddy has decreased by Rs.2.00-5.00/kg in all the

major producing areas except Kalawewa and prices ranged RS.130.00-148.00/kg. Subsequently, the average price of long grain red paddy has also decreased by Rs.5.00-6.00/kg and the price range reported as Rs.94.00-100.00/kg price range.

Compared to the same period of last year, the average farm gate prices of short grain, long grain white and red paddy varieties have decreased by 1% - 26% in most of the producing areas, while the average farm gate price of keeri samba paddy has increased by 13%-21%.

Dried Chilies

Wholesale

Price of imported dried chilies has not changed significantly and the price ranged Rs.1000.00-1050.00/kg.

Compared to the same period of last year, price of imported dried chilies has decreased by 32%.

Retail

Price of imported dried chilies has decreased by about Rs.2.00/kg and price ranged Rs.1100.00-1500.00/kg.

Compared to the same period of last year, price of imported dried chilies has decreased by 28%.

Onion

Wholesale

Price of vedalan red onion has decreased by 1% and price ranged Rs.270.00-300.00/kg. Sinan red onion was also available in the market and the price ranged Rs.200.00-240.00/kg.

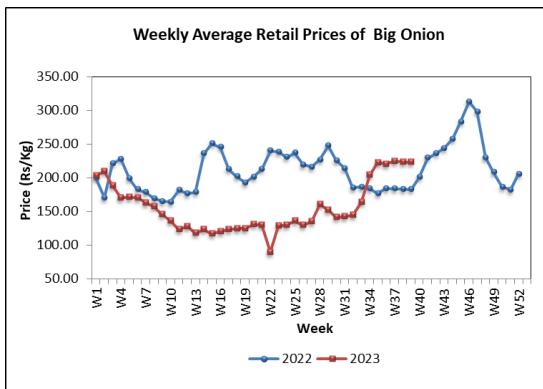
Price of imported big onion has decreased by 1% due to availability of local stocks at the market and the price ranged Rs.65.00-180.00/kg. Local big onion was also available in the market and price ranged Rs.170.00-180.00/kg.

Compared to same period of last year, prices of sinan and vedalan red onion have decreased by 32% and 33% while price of local big onion has increased by 38%.

Retail

Prices of both vedalan red onion and imported big onion has decreased by Rs.12.00/kg and Rs.1.00/kg respectively, while their prices ranged Rs.350.00-480.00/kg and Rs.180.00-240.00/kg respectively.

Local big onion stocks were not available in most of the retail markets.



Compared to the same period of last year, price of vedalan red onion has decreased by 18% and price of imported big onion has increased by 22%.

Potato

Wholesale

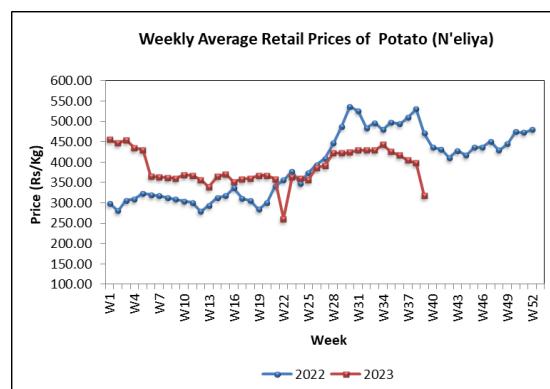
Prices of Nuwara Eliya and Welimada potatoes have decreased by 2% and 4% respectively due to availability of ample stocks at the market. Prices ranged Rs.150.00-180.00/kg for Welikada potatoes and Rs.200.00-220.00/kg for Nuwara Eliya potatoes.

Price of imported potato has also decreased by 4% due to availability of sufficient stocks at the market and price ranged Rs.140.00-190.00/kg.

Compared to the same period of last year, prices of Welimada and Nuwara Eliya potatoes have decreased by 47% and 38% as well. Price of imported potato has decreased by 20%.

Retail

Prices of both Welimada and Nuwara Eliya potato varieties have decreased by Rs.52.00/kg and 80.00/kg respectively. Price of imported potato has also decreased by Rs.1.00/kg. Price ranges for Welimada and Nuwara Eliya potatoes were Rs.240.00-280.00/kg and Rs.300.00-360.00/kg respectively. Price of imported potato ranged Rs.180.00-280.00/kg.



Compared to the same period of last year, prices of all local and imported potato varieties have decreased by 29%-32%.

Pulses

Wholesale

Price of green gram has decreased by 5% due to available of low quality stocks and the price ranged Rs.750.00-850.00/kg. Prices of both white cowpea and red cowpea have increased by 2% due to limited supply and the price ranged Rs.870.00-950.00/kg and Rs.900.00-1000.00/kg respectively.

Price of red dhal has decreased by 3% and the price ranged Rs.290.00-305.00/kg.

Compared to the same period of last year, prices of green gram and red dhal have decreased by 23% and 26% while prices of white cowpea and red cowpea have increased by 6% and 8% respectively.

Retail

Prices of all pulse varieties have decreased by Rs.2.00-15.00/kg. Prices of green gram, cowpea white and cowpea red have decreased by Rs.15.00/kg, Rs.2.00/kg and Rs.11.00/kg respectively and the price ranged Rs.1000.00-1300.00/kg for all varieties. Price of red dhal has decreased by Rs.4.00/kg and the price ranged Rs. 300.00-360.00/kg.

Compared to the same period of last year, the current price of red dhal has decreased by 24% while prices of cowpea white and cowpea red have increased by 18% and 26%.

Vegetable

Wholesale

Prices of most of the vegetables have decreased due to high supplies decreased demand with the rainy weather condition.

Considering up country varieties the highest price decrease was reported for leeks as 32% due to increased supply from Nuwara Eliya and Welimada areas, followed by beans and carrot as 16% and 15% respectively. Prices of cabbage and beetroot have decreased by 1% and 5%

respectively. However, due to decreased supply from Dambulla and Malsiripura area, prices of knolkhol and raddish have increased by 7% and 6% respectively.

Due to decreased supply from Sooriyawewa area, price of tomato has increased by 32% and price of capsicum has decreased by 9% due to increased supply from Puttalam area,

Considering low country varieties, the highest price decrease was reported for pumpkin as 22% due to increased supply from Mahawilachchiya and Nochchiyagama areas. Price of ash plantain, bitter gourd, cucumber and luffa have decreased in the range of 2%-7% with the slight changes of the market demand. However, price of drumstick has increased by 20% due to decreased supply from Embilipitiya area followed by ladies fingers and brinjal as 13% and 8% respectively due to decreased supply from Dambulla and Sooriyawewa areas.

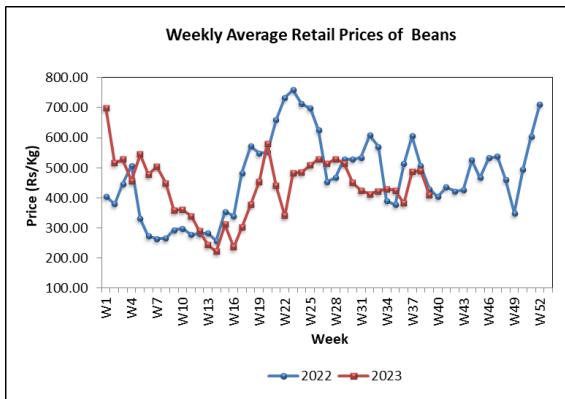
Price of green chilies has increased by 13% due to decreased supply from Jaffna area and price of lime has further increased by 14%.

Compared to the same period of last year, prices of most of the varieties have decreased with the highest price decrease recorded for cabbage as 82%. However, price of lime has increased by 338%.

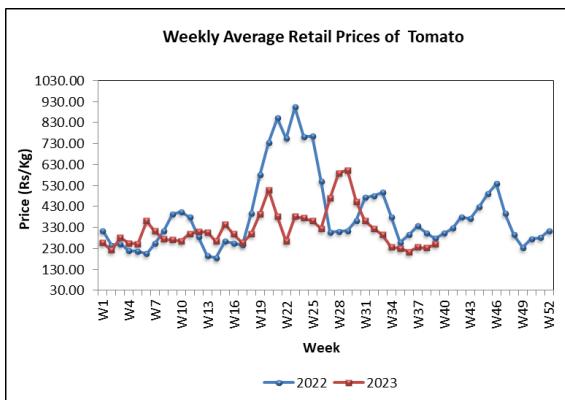
Retail

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

Considering the up country varieties, the highest price decrease was reported for beans as Rs.81.00/kg followed by carrot as Rs.53.00/kg. Prices of leeks and beetroot have decreased by 19.00/kg and Rs.4.00/kg respectively. However, prices of raddish, knolkhol and cabbage have increased by Rs.9.00/kg, Rs.10.00/kg and 12.00/kg respectively.



Price of tomato has increased by Rs.18.00/kg and price of capsicum has decreased by Rs.15.00/kg.



Considering low country varieties, the highest price decrease was reported for pumpkin as Rs.17.00/kg followed by bitter gourd as Rs.10.00/kg. Prices of ash plantain, long beans and luffa have decreased by Rs.6.00/kg and price of cucumber has decreased by Rs.2.00/kg. Prices of all other varieties have increased in the range of Rs.3.00-27.00/kg.

Further, price of green chilies has increased by Rs.14.00/kg and the prices of lime has increased by Rs.92.00/kg. Price for lime range between Rs.1200.00-2000.00/kg.

Compared to the same period of last year, prices of most of varieties have decreased and the highest price decrease was reported for capsicum as 57%.

Coconut

Wholesale

Price of large nut has increased by 2% while the price of small nut has decreased by 1%. Price ranges were Rs.90.00-100.00/nut for a large nut and Rs.70.00-80.00 for a small nut.

Compared to the same period of last year, prices of large and small nut have increased by 12% and 2% respectively.

Retail

Price of a large nut has increased by Rs.4.00/nut while price of a small nut has

decreased by Rs.1.00/nut. Price ranges were Rs.100.00-120.00 for a large nut and Rs.90.00-100.00 for a small nut.

Compared to the same period of last year, prices of large and small nuts have increased 21% and 17% respectively.

Fruits

Wholesale

Prices of most of fruit varieties have decreased due to low demand with rainy weather condition and availability of low quality fruit stocks. The highest price decrease of 18% was reported for orange due to low demand. Price of all sizes of pineapple have decreased in the range of 12%-15% while price of papaw has also decreased by 12% with low demand. Further, price of all banana varieties have decreased in the range of 2%-14% with low demand and availability of small fruits. Price of slime apple has decreased by 6% due to availability of low quality raw fruit stocks. Prices of vilad and karthakolomban mango varieties have decreased in the range of 3%-6% with low demand while price of wood apple and imported grapes have decreased slightly.

However, price of passion fruit has increased by 30% while prices of king coconut and avocado have increased by 9%

and 6% respectively with availability of limited stocks.

Compared to the same period of last year, prices of the most fruit varieties have increased and the highest price increase of 62% was reported for kolikuttu banana.

Retail

Prices of most of fruit varieties have decreased in line with the decreased wholesale prices. The highest price decrease of Rs.85.00/fruit was reported for large sized pineapple and both small and medium sized pineapple has also decreased by Rs.46.00/fruit and Rs.83.00/fruit due to availability of sufficient stocks in the market. Further, the prices of imported grapes and orange have decreased by Rs.42.00/kg and Rs.13.00/fruit respectively.

In addition, the price of seeni and ambul banana have decreased by Rs.12.00/kg and Rs.5.00/kg respectively due to availability of sufficient stocks. Further, prices of karthakolomban and wood apple have decreased by Rs.11.00/fruit and Rs.9.00/fruit respectively.

Meanwhile, price increase of Rs.4.00/fruit was reported for avocado. Further, the price of passion fruit and king coconut has also increased by Rs.4.00/fruit and Rs.3.00/fruit respectively.

Compared to the same period of last year, prices of most of the fruit varieties have increased and the highest price increase was reported for ambun banana as 78%.

Fresh Fish

Wholesale

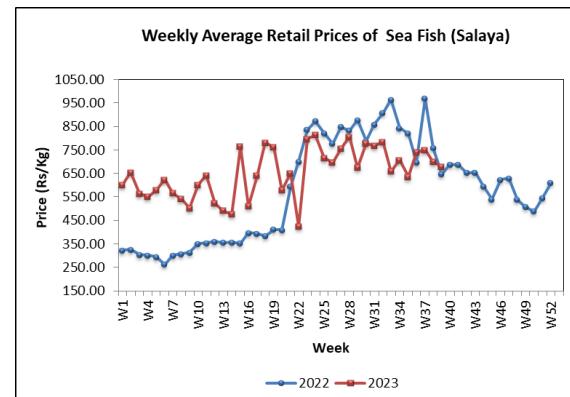
Wholesale prices of most of the fresh fish types have increased due to decrease wholesale supply compared to demand. The highest price increase of 15% was noted for hurulla due to low supply from Kalpitiya and Mullaitivu areas and the price ranged between Rs.550.00-750.00/kg. A price increase of 9% and 10% was noted for balaya and kelawalla due to low supply from Beruwala, Galle and Mirissa areas and their prices ranged Rs.780.00-1000.00/kg and Rs.1300.00-1460.00/kg respectively. Likewise, a price increase of 8% was noted for shrimps due to low supply from Jaffna and Valachchenai areas and the price ranged Rs.1780.00-2100.00/kg. In addition, prices of mora and thalapath have increased by 4%.

However, a price decrease of 40% was noted for salaya due to high supply from Trincomalee, Mannar and Valachchenai areas and the price ranged Rs.150.00-300.00/kg. Likewise, a price decrease of 15% was noted for thora due to high supply from Northern areas and the price ranged Rs.1600.00-2300.00/kg,

Compared to the same period of last year, prices of most of the fresh fish types have increased in the range of 3%-51% and the highest price increase was noted for balaya.

Retail

In line with increased wholesale prices, retail prices of most types of fresh fish have also increased with decreased supply. The highest price increase of Rs.156.00/kg was reported for paraw. Prices of shrimps and balaya have also increased by Rs.48.00/kg and Rs.34.00/Kg followed by Rs.33.00/kg for kelawalla. Prices of hurulla and thalapath have also increased by Rs.4.00-12.00/kg respectively.



However, price of thora and mora and salaya have decreased by Rs.118.00/kg and Rs.33.00/kg and Rs.20.00/kg respectively due to slightly increase of supply.

Compared to the same period of last year, prices of all types of fresh fish except hurulla, balaya and mora have increased in the range of 3%-13% and the highest price increase was reported for shrimps.

Dried Fish

Wholesale

Due to decrease of local dried fish supply, prices of most of the local and imported dried fish types have increased. The highest price increase of Rs.11.00/kg was noted for balaya due to low supply from Negombo and Beruwala areas and a price increase of 4% was also noted for imported sprats due to low supply from Iran and Thailand and the price ranged between Rs.900.00-1050.00/kg. In addition, prices of local mora and local maduwa have increased by 1% and 2% respectively.

However, a price decrease of 7% was noted for imported kattawa due to high supply from Oman and Indonesia and the price ranged between Rs.1300.00-1400.00/kg. Likewise, the prices decrease of 4% was noted for local sprats and local salaya due to high supply from Trincomalee, Mannar, Chilaw and Puttalam areas and their prices ranged between Rs.1100.00-1420.00/kg and Rs.350.00-450.00/kg respectively.

Compared to the same period of last year, prices of all dried fish types have decreased in the range of 18%-56% and the highest price decrease was reported for local salaya.

Retail

In line with increased wholesale prices, retail prices of most types of dried fish have also increased. The highest price increase of Rs.42.00/kg was reported for mora while price of balaya, imported sprats and anguluwa have also increased by Rs.30.00/kg, Rs.6.00/kg and Rs.4.00/kg respectively.

However, prices of local sprats, salaya and kattawa have decreased by Rs.55.00/kg, Rs.51.00/kg and Rs.19.00/kg respectively due to slightly increase of supply.

Compared to the same period of last year, prices of all types of dried fish have decreased in the range of 4%-35% and the highest price decrease was reported for imported sprats.

Eggs

Wholesale

Prices of both brown and white eggs have increased by 2% and their prices ranged between Rs.46.50-47.50/egg and Rs.45.00-46.00/egg respectively.

Compared to the same period of last year, prices of both brown and white eggs have decreased by 5% and 4% respectively.

Retail

Prices of both brown and white eggs have increased by Rs.1.00/egg due to decreased supply with low production. Average price of a brown egg was Rs.47.50/egg and for white egg was Rs.46.38 /egg.

Compared to the same period of last year, prices of both brown and white eggs have decreased by Rs.5.00/egg.

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).

Meat

Retail

Prices of chicken (broiler) and mutton have decreased by Rs.62.00/kg and Rs.17.00/kg respectively. However, price of skinless curry chicken has increased by Rs.8.00/kg.

Compared to the same period of last year, prices of most types of meat have decreased in the range of 12%-16% with the highest price decrease reported for skin less broiler chicken.

EXPLANATORY NOTE

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

The information is analyzed and presented as prevailing prices, price

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

Week 39: 22 - 28 September 2023

LOCATIONS	Rice Varieties														
	Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White		
10	Colombo	11000 –	11250	10750 –	10750	14000 –	14500	10000 –	10250	9750 –	9750	8500 –	9000	9500 –	10000
	Divulapitiya	11000 –	11400	10300 –	10750	14250 –	14500	10000 –	10700	9250 –	10000	8700 –	9000	9000 –	9500
	Kurunegala	11000 –	11500	–	–	13000 –	14500	10500 –	10500	9250 –	9600	8500 –	8500	9000 –	9250
	Nikaweratiya	11500 –	11750	10350 –	10750	14250 –	15000	10650 –	10750	9250 –	9750	8750 –	9500	9000 –	9250
	Badulla	–	–	–	–	–	–	10500 –	10750	9750 –	10000	8000 –	8250	8750 –	9250
	Puttalam	11200 –	11350	10700 –	10900	–	–	10500 –	10800	9000 –	9150	9750 –	10250	8500 –	8750
	Dambulla	11250 –	11300	11000 –	11100	–	–	10750 –	10800	9750 –	9900	9500 –	9750	9250 –	9400
	Anuradhapura	11250 –	11400	–	–	14750 –	14750	10250 –	10850	–	–	9250 –	10000	9500 –	9750
	Tambuttegama	11000 –	11000	10350 –	10800	–	–	–	–	9400 –	9500	9500 –	9500	9000 –	9200
	Polonnaruwa	11250 –	11300	–	–	14500 –	14500	10700 –	10750	–	–	10200 –	10250	9850 –	10000
	Kalutara	–	–	10750 –	11000	–	–	–	–	9750 –	10000	9000 –	9250	9750 –	10000
	Ampara	11500 –	11500	10750 –	10750	13000 –	13000	11000 –	11000	9750 –	9750	8500 –	8500	8750 –	8750
	Kandy	11250 –	11400	10400 –	10500	14500 –	14750	10250 –	10500	9500 –	10000	8750 –	9000	9500 –	9750
	Moneragala	11250 –	11350	–	–	13500 –	13750	10250 –	10850	–	–	7750 –	8750	8250 –	9000
	Kegalle	–	–	–	–	–	–	–	–	–	–	–	–	–	–
	Dehiattakandiya	11250 –	11750	–	–	–	–	10500 –	10750	9100 –	9750	10000 –	10250	9000 –	9500
	Hambantota	11250 –	11250	–	–	–	–	–	–	–	–	8250 –	8500	8900 –	9150
	Matara	11000 –	11250	–	–	–	–	10000 –	10500	–	–	8400 –	8550	9250 –	9500
	Galle	11250 –	11400	–	–	–	–	10750 –	10900	–	–	8500 –	9000	9000 –	9500
	Meegoda	11000 –	11100	–	–	–	–	–	–	9150 –	9500	8300 –	8500	9000 –	9250
	Tissamaharama	–	–	10750 –	10800	–	–	–	–	8750 –	9000	7500 –	7800	8750 –	9000
	Embilipitiya	–	–	10750 –	10850	12950 –	13000	10400 –	10500	–	–	7750 –	8000	8900 –	9000
	Jaffna	11000 –	11500	–	–	13000 –	13500	10000 –	11000	–	–	9500 –	10000	–	–
	Vavuniya	11200 –	11300	–	–	14750 –	15250	10000 –	10250	9250 –	9400	8750 –	8900	9000 –	9250
	Mannar	11000 –	11250	–	–	14850 –	15000	10250 –	10500	9750 –	10000	8500 –	9000	9500 –	9750
	Killinochchi	11000 –	11250	–	–	14750 –	15000	10000 –	10500	9500 –	9750	9000 –	9250	9250 –	9500
	Mullattivu	11250 –	11500	–	–	15500 –	16000	10750 –	11000	9500 –	9750	8250 –	8750	9750 –	10000
	Batticaloa	11100 –	11600	–	–	15500 –	16000	10500 –	10800	–	–	9100 –	9350	9400 –	9600
	Trincomalee	11250 –	11600	–	–	14750 –	15000	10000 –	10000	9300 –	9750	8000 –	8500	9100 –	9350
	Galenbindunuwew	11400 –	11400	10750 –	10850	14750 –	15000	10900 –	10900	9500 –	10250	9000 –	10250	9000 –	9500
	Matale	11300 –	11400	–	–	–	–	10500 –	10550	9000 –	9250	8750 –	9250	9250 –	9500

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

Week 39: 22 - 28 September 2023

LOCATIONS	Rice Varieties														
	Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White		
11	Colombo	230.00	–	240.00	230.00	–	300.00	330.00	220.00	–	230.00	200.00	–	220.00	
	Gampaha	230.00	–	230.00	230.00	–	300.00	300.00	220.00	–	220.00	190.00	–	200.00	
	Kurunegala	230.00	–	230.00	–	–	300.00	300.00	220.00	–	220.00	215.00	–	220.00	
	Nikaweratiya	230.00	–	240.00	220.00	–	225.00	320.00	220.00	–	220.00	185.00	–	200.00	
	Dambulla	228.00	–	230.00	225.00	–	226.00	290.00	300.00	218.00	–	220.00	205.00	–	205.00
	Anuradhapura	230.00	–	230.00	220.00	–	220.00	220.00	220.00	–	220.00	210.00	–	210.00	
	Thambuththegama	230.00	–	240.00	215.00	–	220.00	–	220.00	–	220.00	190.00	–	188.00	
	Polonnaruwa	228.00	–	230.00	–	–	295.00	310.00	218.00	–	220.00	185.00	–	195.00	
	Kaluthara	230.00	–	235.00	–	–	–	–	220.00	–	225.00	–	–	200.00	
	Badulla	–	–	–	–	–	–	–	210.00	–	220.00	200.00	–	205.00	
	Keppetipola	230.00	–	235.00	220.00	–	225.00	–	216.00	–	220.00	206.00	–	210.00	
	Moneragala	230.00	–	230.00	–	–	–	–	210.00	–	220.00	–	–	180.00	
	Kegalle	230.00	–	230.00	–	–	320.00	320.00	210.00	–	220.00	195.00	–	205.00	
	Ampara	230.00	–	230.00	220.00	–	230.00	–	220.00	–	220.00	187.00	–	200.00	
	Dehiattakandiya	230.00	–	240.00	–	–	–	–	220.00	–	220.00	182.00	–	200.00	
	Nuwaraeliya	230.00	–	234.00	220.00	–	226.00	290.00	300.00	217.00	–	220.00	208.00	–	210.00
	Kandy	230.00	–	235.00	220.00	–	225.00	310.00	320.00	220.00	–	220.00	205.00	–	210.00
	Puttalam	230.00	–	230.00	220.00	–	225.00	–	215.00	–	220.00	185.00	–	195.00	
	Hambantota	230.00	–	230.00	–	–	–	–	–	–	–	–	170.00	–	175.00
	Rathnapura	230.00	–	235.00	220.00	–	225.00	–	215.00	–	220.00	198.00	–	205.00	
	Matara	230.00	–	230.00	–	–	300.00	300.00	220.00	–	220.00	–	–	174.00	
	Galle	230.00	–	230.00	–	–	300.00	320.00	220.00	–	220.00	–	–	180.00	
	Tissamaharama	–	–	220.00	–	230.00	–	–	–	–	180.00	–	185.00	–	
	Meegoda (DEC)	–	–	220.00	–	230.00	295.00	295.00	–	–	200.00	–	210.00	175.00	
	Embilipitiya	225.00	–	240.00	–	–	–	–	215.00	–	220.00	200.00	–	210.00	
	Jaffna	230.00	–	230.00	215.00	–	220.00	–	220.00	–	230.00	210.00	–	210.00	
	Vavuniya	228.00	–	230.00	–	–	300.00	305.00	210.00	–	215.00	190.00	–	196.00	
	Mannar	230.00	–	230.00	–	–	310.00	330.00	215.00	–	230.00	205.00	–	210.00	
	Killinochchi	230.00	–	240.00	–	–	320.00	330.00	215.00	–	220.00	200.00	–	210.00	
	Mullaittivu	230.00	–	240.00	–	–	320.00	330.00	220.00	–	230.00	200.00	–	210.00	
	Batticaloa	230.00	–	240.00	–	–	320.00	330.00	220.00	–	225.00	–	–	190.00	
	Trincomalee	235.00	–	240.00	–	–	300.00	310.00	210.00	–	210.00	195.00	–	205.00	
	Hanguranketha	230.00	–	237.00	220.00	–	225.00	–	216.00	–	220.00	185.00	–	212.00	
	Veyangoda	230.00	–	240.00	220.00	–	225.00	295.00	300.00	220.00	–	220.00	200.00	–	210.00
	Galenbindunuwewa	230.00	–	230.00	220.00	–	220.00	300.00	305.00	220.00	–	220.00	195.00	–	210.00
	Bandarawela	–	–	–	215.00	–	220.00	–	–	–	205.00	–	210.00	175.00	
	Matale	230.00	–	230.00	–	–	–	–	215.00	–	220.00	190.00	–	200.00	

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

Week 39: 22 - 28 September 2023

LOCATION	Dried Chillies	Red Onion		Big Onion	Potato				Pulses				
	Imported	Imported	Local		Imported	Welimada	Nuwara Eliya		Green Gram	Cowpea		Red Dhal	
Colombo	50000 - 52500	-	13500 - 15000	3250 - 9000	7000 - 9500	7500 - 9000	10000 - 11000	37500 - 42500	43500 - 47500	45000 - 47500	14500 - 15250	14500 - 15250	14500 - 15250
Kurunegala	50000 - 53000	-	13500 - 16000	8500 - 8750	7500 - 8000	-	-	39000 - 40000	44000 - 46000	45000 - 46000	14500 - 15000	14500 - 15000	14500 - 15000
Nikaweratiya	51000 - 52000	-	12000 - 15000	8750 - 9500	7600 - 8350	9000 - 9500	-	45000 - 48750	43000 - 48500	45000 - 48500	14600 - 15500	14600 - 15500	14600 - 15500
Dehiattakandiya	50000 - 52500	-	-	5000 - 5000	8000 - 9000	9000 - 10000	11000 - 11000	25000 - 30000	-	-	14250 - 14500	14250 - 14500	14250 - 14500
Dambulla (DEC)	51000 - 52000	-	11000 - 11500	8250 - 9000	6750 - 7000	7000 - 7500	-	32500 - 35000	42500 - 43000	45000 - 50000	14150 - 14500	14150 - 14500	14150 - 14500
Anuradhapura	52500 - 60000	-	12000 - 18000	3000 - 9500	8000 - 9000	9000 - 9000	11000 - 11000	42500 - 47500	45000 - 50000	47500 - 50000	14750 - 15750	14750 - 15750	14750 - 15750
Thambuththegama	49000 - 55000	-	12500 - 13500	3000 - 9000	7250 - 8750	8000 - 9000	-	35000 - 37500	40000 - 43750	45000 - 47500	14500 - 15000	14500 - 15000	14500 - 15000
Polonnaruwa	60000 - 61000	-	15750 - 16000	10000 - 10250	-	-	10000 - 10250	41500 - 42500	45000 - 45000	45000 - 45000	15750 - 15900	15750 - 15900	15750 - 15900
Kaluthara	51500 - 52500	-	15500 - 16500	8000 - 8500	8000 - 8500	8500 - 9000	10500 - 11000	40000 - 42500	45000 - 46000	45000 - 46000	15250 - 15500	15250 - 15500	15250 - 15500
Puttalam	50000 - 52000	-	11000 - 13500	8750 - 9250	8500 - 9500	-	11000 - 12000	36000 - 39000	45000 - 46000	45000 - 46000	15500 - 15900	15500 - 15900	15500 - 15900
Kandy	52500 - 55000	-	13000 - 14000	3000 - 8750	7250 - 7750	8500 - 9000	10000 - 10500	40000 - 42500	45000 - 46000	45000 - 46000	15250 - 15750	15250 - 15750	15250 - 15750
Matara	56000 - 60000	-	16500 - 17500	9000 - 9500	9000 - 9500	-	11000 - 11750	47500 - 50000	46250 - 47500	46250 - 47500	15500 - 16500	15500 - 16500	15500 - 16500
Hambantota	54000 - 60000	-	16500 - 18000	8750 - 9750	9000 - 9750	-	-	48000 - 50000	47500 - 49000	47500 - 49000	15500 - 16000	15500 - 16000	15500 - 16000
Kegalle	53800 - 54500	-	13000 - 13200	8500 - 8650	8200 - 8250	-	10000 - 10500	42000 - 47000	47000 - 48000	47000 - 48000	15000 - 15300	15000 - 15300	15000 - 15300
Galle	57500 - 62500	-	17500 - 20000	9000 - 9500	8750 - 9500	-	10500 - 11500	45000 - 55000	42500 - 45000	42500 - 45000	15000 - 16000	15000 - 16000	15000 - 16000
Tissamaharama	55000 - 59000	-	15000 - 16000	9000 - 10000	9000 - 9500	9000 - 10000	12000 - 12500	35000 - 37500	42500 - 42500	42500 - 42500	16000 - 16500	16000 - 16500	16000 - 16500
Meegoda (DEC)	50000 - 52500	-	12500 - 14000	8500 - 9000	7250 - 7500	7500 - 8500	9500 - 11000	47000 - 49000	45000 - 49000	45000 - 49000	14400 - 15500	14400 - 15500	14400 - 15500
Jaffna	64000 - 66000	-	13000 - 14500	8500 - 9500	7900 - 9000	10000 - 10000	10500 - 11000	39000 - 42000	-	-	14500 - 15000	14500 - 15000	14500 - 15000
Vavuniya	55000 - 57500	-	-	4000 - 4250	8750 - 9000	-	-	35000 - 37500	47500 - 48500	47500 - 48500	16000 - 16250	16000 - 16250	16000 - 16250
Mannar	52500 - 55000	-	11000 - 12000	4500 - 9500	8500 - 9000	-	-	40000 - 42500	-	-	14900 - 15250	14900 - 15250	14900 - 15250
Killinochchi	55000 - 57000	-	13000 - 14000	8000 - 9000	8000 - 9000	-	13000 - 14000	45000 - 47500	-	-	15500 - 16000	15500 - 16000	15500 - 16000
Mullattivu	52500 - 55000	-	16500 - 17000	6000 - 7000	9000 - 9500	-	-	45000 - 47500	52500 - 55000	52500 - 55000	17000 - 17500	17000 - 17500	17000 - 17500
Batticaloa	55000 - 56250	-	15000 - 16500	7250 - 7600	7500 - 8250	-	12500 - 13000	45000 - 46000	47000 - 48500	-	-	-	-
Trincomalee	53500 - 55000	-	13500 - 14500	8000 - 8750	9000 - 9500	-	-	42500 - 45000	-	-	15000 - 15400	15000 - 15400	15000 - 15400
Galenbindunuwewa	52500 - 55000	-	13750 - 16000	4000 - 9250	8650 - 9500	10000 - 10000	12000 - 12000	40000 - 45000	41250 - 47500	41250 - 47500	15500 - 16000	15500 - 16000	15500 - 16000
Matale	50000 - 52500	-	14000 - 15000	8500 - 8750	8250 - 8500	9000 - 9500	-	37500 - 40000	45000 - 47500	45000 - 47500	14750 - 15000	14750 - 15000	14750 - 15000

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

Week 39: 22 - 28 September 2023

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	250.00 - 300.00	100.00 - 140.00	40.00 - 60.00	80.00 - 130.00	60.00 - 80.00
Meegoda (DEC)	-	320.00 - 400.00	140.00 - 160.00	60.00 - 80.00	90.00 - 110.00	80.00 - 110.00
Dambulla (DEC)	-	250.00 - 300.00	100.00 - 120.00	45.00 - 60.00	70.00 - 110.00	70.00 - 80.00
Keppetipola (DEC)	-	270.00 - 300.00	110.00 - 120.00	40.00 - 50.00	75.00 - 80.00	50.00 - 60.00
Norochchhole (DEC)	-	-	-	-	80.00 - 100.00	-
Nuwara Eliya	-	280.00 - 320.00	110.00 - 120.00	40.00 - 50.00	80.00 - 90.00	60.00 - 70.00
Kandy	-	220.00 - 250.00	110.00 - 130.00	40.00 - 50.00	100.00 - 110.00	70.00 - 80.00
Hambantota	-	300.00 - 350.00	160.00 - 180.00	100.00 - 130.00	150.00 - 160.00	120.00 - 150.00
Thambuththegama (DEC)	-	300.00 - 350.00	130.00 - 150.00	50.00 - 60.00	100.00 - 110.00	60.00 - 80.00
Jaffna	-	240.00 - 350.00	170.00 - 190.00	110.00 - 120.00	130.00 - 150.00	-
Bandarawela	-	280.00 - 300.00	100.00 - 120.00	40.00 - 50.00	70.00 - 90.00	60.00 - 70.00
Veyangoda	-	300.00 - 350.00	120.00 - 150.00	50.00 - 80.00	100.00 - 130.00	90.00 - 110.00

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	50.00 - 70.00	30.00 - 80.00	120.00 - 150.00	70.00 - 120.00	250.00 - 350.00	150.00 - 300.00
Meegoda (DEC)	70.00 - 100.00	60.00 - 100.00	120.00 - 140.00	110.00 - 140.00	230.00 - 300.00	220.00 - 260.00
Moneragala	100.00 - 120.00	100.00 - 120.00	150.00 - 160.00	120.00 - 150.00	180.00 - 200.00	280.00 - 360.00
Dambulla (DEC)	55.00 - 70.00	45.00 - 70.00	100.00 - 125.00	70.00 - 80.00	210.00 - 230.00	200.00 - 230.00
Keppetipola (DEC)	40.00 - 50.00	40.00 - 50.00	110.00 - 130.00	70.00 - 80.00	170.00 - 200.00	280.00 - 300.00
Norochchhole (DEC)	25.00 - 50.00	50.00 - 100.00	-	90.00 - 110.00	150.00 - 240.00	150.00 - 250.00
Nuwara Eliya	50.00 - 60.00	60.00 - 70.00	120.00 - 140.00	80.00 - 90.00	190.00 - 220.00	300.00 - 320.00
Kandy	35.00 - 50.00	50.00 - 90.00	100.00 - 120.00	90.00 - 110.00	150.00 - 180.00	250.00 - 280.00
Hambantota	80.00 - 130.00	100.00 - 140.00	130.00 - 160.00	100.00 - 130.00	240.00 - 260.00	240.00 - 260.00
Thambuththegama (DEC)	50.00 - 70.00	70.00 - 80.00	90.00 - 110.00	55.00 - 70.00	200.00 - 270.00	170.00 - 220.00
Tissamaharama	80.00 - 110.00	100.00 - 120.00	130.00 - 150.00	100.00 - 120.00	250.00 - 280.00	320.00 - 340.00
Jaffna	85.00 - 100.00	100.00 - 130.00	150.00 - 165.00	80.00 - 100.00	180.00 - 200.00	230.00 - 250.00
Bandarawela	40.00 - 50.00	40.00 - 50.00	100.00 - 120.00	-	180.00 - 200.00	250.00 - 300.00
Veyangoda	60.00 - 80.00	70.00 - 85.00	120.00 - 130.00	100.00 - 130.00	230.00 - 270.00	200.00 - 230.00

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	40.00 - 70.00	80.00 - 100.00	250.00 - 300.00	160.00 - 200.00	40.00 - 120.00	120.00 - 150.00
Meegoda (DEC)	40.00 - 55.00	80.00 - 100.00	280.00 - 350.00	200.00 - 250.00	-	120.00 - 150.00
Moneragala	80.00 - 90.00	100.00 - 150.00	400.00 - 450.00	180.00 - 200.00	100.00 - 110.00	200.00 - 240.00
Dambulla (DEC)	35.00 - 45.00	70.00 - 80.00	280.00 - 300.00	120.00 - 130.00	60.00 - 70.00	100.00 - 120.00
Keppetipola (DEC)	45.00 - 50.00	80.00 - 100.00	290.00 - 300.00	130.00 - 140.00	70.00 - 80.00	120.00 - 130.00
Norochchhole (DEC)	60.00 - 80.00	50.00 - 80.00	200.00 - 270.00	100.00 - 150.00	50.00 - 80.00	80.00 - 130.00
Nuwara Eliya	50.00 - 60.00	100.00 - 120.00	300.00 - 320.00	140.00 - 150.00	80.00 - 90.00	130.00 - 140.00
Kandy	50.00 - 60.00	80.00 - 90.00	320.00 - 330.00	130.00 - 150.00	60.00 - 80.00	130.00 - 150.00
Hambantota	70.00 - 90.00	80.00 - 100.00	300.00 - 360.00	150.00 - 200.00	100.00 - 140.00	150.00 - 180.00
Thambuththegama (DEC)	30.00 - 50.00	55.00 - 70.00	200.00 - 250.00	120.00 - 130.00	40.00 - 60.00	120.00 - 150.00
Tissamaharama	70.00 - 80.00	70.00 - 80.00	300.00 - 370.00	150.00 - 170.00	30.00 - 50.00	100.00 - 120.00
Jaffna	50.00 - 60.00	110.00 - 130.00	270.00 - 300.00	100.00 - 120.00	130.00 - 150.00	-
Bandarawela	40.00 - 60.00	80.00 - 100.00	-	-	-	-
Veyangoda	50.00 - 60.00	70.00 - 100.00	280.00 - 330.00	150.00 - 170.00	80.00 - 90.00	130.00 - 170.00

Table 06 (Contd.)

	Long Beans	Ash Plantain	Green Chillies	Lime	Sweet Potatoe	Manioc
Colombo	150.00 - 200.00	180.00 - 200.00	350.00 - 500.00	1100.00 - 1300.00	70.00 - 100.00	100.00 - 140.00
Meegoda (DEC)	160.00 - 180.00	180.00 - 220.00	430.00 - 500.00	1200.00 - 1400.00	70.00 - 120.00	100.00 - 120.00
Moneragala	120.00 - 150.00	100.00 - 120.00	500.00 - 550.00	1100.00 - 1200.00	80.00 - 120.00	80.00 - 100.00
Dambulla (DEC)	120.00 - 150.00	170.00 - 180.00	350.00 - 450.00	1100.00 - 1200.00	65.00 - 85.00	70.00 - 80.00
Keppetipola (DEC)	140.00 - 150.00	160.00 - 170.00	480.00 - 520.00	1150.00 - 1200.00	80.00 - 100.00	100.00 - 120.00
Norochchhole (DEC)	100.00 - 150.00	150.00 - 170.00	380.00 - 450.00	-	100.00 - 150.00	80.00 - 100.00
Nuwara Eliya	150.00 - 160.00	170.00 - 180.00	520.00 - 550.00	1200.00 - 1250.00	90.00 - 100.00	100.00 - 120.00
Kandy	160.00 - 180.00	150.00 - 200.00	450.00 - 480.00	1150.00 - 1200.00	80.00 - 100.00	90.00 - 100.00
Hambantota	200.00 - 250.00	100.00 - 150.00	500.00 - 550.00	800.00 - 900.00	90.00 - 140.00	80.00 - 120.00
Thambuththegama (DEC)	130.00 - 150.00	130.00 - 150.00	400.00 - 450.00	800.00 - 900.00	70.00 - 90.00	70.00 - 100.00
Tissamaharama	170.00 - 190.00	130.00 - 140.00	480.00 - 520.00	-	120.00 - 130.00	110.00 - 120.00
Jaffna	140.00 - 160.00	120.00 - 150.00	340.00 - 360.00	1000.00 - 1200.00	100.00 - 120.00	140.00 - 160.00
Bandarawela	-	-	450.00 - 480.00	-	80.00 - 100.00	100.00 - 120.00
Veyangoda	160.00 - 180.00	180.00 - 200.00	450.00 - 500.00	1200.00 - 1250.00	80.00 - 100.00	120.00 - 130.00

Locations	Leafy Vegetables (Rs/Bundle)			Coconut (Rs/Nut)	
	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	30.00 - 50.00	30.00 - 50.00	150.00 - 300.00	90.00 - 100.00	70.00 - 80.00
Meegoda (DEC)	-	80.00 - 80.00	80.00 - 80.00	95.00 - 100.00	80.00 - 90.00
Norochchhole (DEC)	50.00 - 60.00	50.00 - 60.00	120.00 - 130.00	78.00 - 88.00	65.00 - 75.00
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	30.00 - 35.00	30.00 - 35.00	25.00 - 30.00	65.00 - 67.00	55.00 - 58.00
Kandy	40.00 - 45.00	40.00 - 50.00	220.00 - 240.00	80.00 - 85.00	60.00 - 65.00
Hambantota	45.00 - 50.00	45.00 - 50.00	60.00 - 70.00	-	-
Thambuththegama (DEC)	30.00 - 30.00	30.00 - 30.00	-	70.00 - 75.00	60.00 - 65.00
Tissamaharama	40.00 - 45.00	40.00 - 45.00	50.00 - 55.00	85.00 - 90.00	60.00 - 65.00
Jaffna	45.00 - 50.00	30.00 - 35.00	180.00 - 200.00	70.00 - 90.00	50.00 - 60.00
Bandarawela	-	-	-	-	-
Veyangoda	35.00 - 40.00	35.00 - 40.00	45.00 - 45.00	85.00 - 90.00	-

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

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

Week 39: 22 - 28 September 2023

LOCATIONS	Banana					Pineapple			Mango	
	Ambul (Rs/Kg)	Kolikuttu (Rs/Kg)	Seeni (Rs/Kg)	Anamalu	Ambun	Large	Medium	Small	Betti	Karthakolomban
Colombo	200.00 - 280.00	600.00 - 700.00	180.00 - 260.00	24.00 - 50.00	41.00 - 66.00	720.00 - 880.00	630.00 - 750.00	550.00 - 680.00	-	350.00 - 400.00
Gampaha	250.00 - 270.00	550.00 - 650.00	200.00 - 200.00	25.00 - 33.00	31.00 - 41.00	700.00 - 750.00	500.00 - 600.00	250.00 - 300.00	-	250.00 - 300.00
Kurunegala	200.00 - 250.00	560.00 - 600.00	160.00 - 200.00	25.00 - 30.00	38.00 - 45.00	800.00 - 850.00	700.00 - 720.00	350.00 - 400.00	80.00 - 100.00	200.00 - 220.00
Nikaweratiya	220.00 - 250.00	450.00 - 480.00	180.00 - 230.00	-	40.00 - 45.00	1000.00 - 1150.00	900.00 - 1000.00	700.00 - 800.00	-	-
Dambulla	240.00 - 260.00	500.00 - 550.00	180.00 - 200.00	-	48.00 - 50.00	1200.00 - 1300.00	850.00 - 900.00	400.00 - 420.00	50.00 - 60.00	250.00 - 280.00
Anuradhapura	220.00 - 280.00	450.00 - 600.00	140.00 - 200.00	28.00 - 30.00	35.00 - 42.00	1100.00 - 1350.00	900.00 - 1000.00	750.00 - 820.00	-	-
Thambuththegama	230.00 - 260.00	550.00 - 600.00	220.00 - 260.00	28.00 - 33.00	45.00 - 50.00	1000.00 - 1350.00	820.00 - 900.00	660.00 - 900.00	-	-
Polonnaruwa	200.00 - 220.00	450.00 - 500.00	180.00 - 200.00	-	30.00 - 31.00	900.00 - 950.00	700.00 - 800.00	500.00 - 600.00	-	-
Kaluthara	220.00 - 240.00	540.00 - 580.00	160.00 - 180.00	30.00 - 32.00	48.00 - 50.00	780.00 - 820.00	680.00 - 720.00	-	-	-
Badulla	200.00 - 220.00	480.00 - 550.00	150.00 - 170.00	22.00 - 23.00	32.00 - 34.00	-	780.00 - 880.00	520.00 - 580.00	-	-
Keppetipola	180.00 - 200.00	560.00 - 580.00	150.00 - 160.00	22.00 - 26.00	45.00 - 48.00	-	800.00 - 860.00	650.00 - 680.00	-	250.00 - 260.00
Moneragala	180.00 - 200.00	420.00 - 450.00	140.00 - 160.00	18.00 - 22.00	23.00 - 28.00	1150.00 - 1200.00	900.00 - 1000.00	-	-	-
Kegalle	160.00 - 200.00	530.00 - 550.00	160.00 - 180.00	20.00 - 25.00	20.00 - 30.00	900.00 - 1050.00	650.00 - 800.00	300.00 - 500.00	-	-
19 Ampara	160.00 - 220.00	400.00 - 400.00	120.00 - 160.00	22.00 - 28.00	28.00 - 35.00	-	-	750.00 - 750.00	-	-
Dehiattakandiya	220.00 - 280.00	400.00 - 450.00	150.00 - 160.00	-	46.00 - 55.00	750.00 - 850.00	500.00 - 670.00	350.00 - 480.00	-	180.00 - 200.00
Nuwaraeliya	180.00 - 200.00	540.00 - 580.00	150.00 - 160.00	28.00 - 34.00	45.00 - 50.00	-	850.00 - 860.00	640.00 - 650.00	-	240.00 - 260.00
Kandy	230.00 - 250.00	550.00 - 580.00	180.00 - 200.00	28.00 - 30.00	40.00 - 45.00	950.00 - 1050.00	700.00 - 750.00	450.00 - 480.00	-	250.00 - 300.00
Puttalam	150.00 - 180.00	400.00 - 500.00	150.00 - 180.00	18.00 - 22.00	-	850.00 - 1000.00	650.00 - 750.00	-	-	-
Rathnapura	200.00 - 230.00	400.00 - 450.00	200.00 - 220.00	-	-	900.00 - 1000.00	500.00 - 600.00	-	-	100.00 - 125.00
Hambantota	180.00 - 200.00	550.00 - 580.00	160.00 - 200.00	23.00 - 25.00	28.00 - 31.00	980.00 - 1050.00	850.00 - 900.00	550.00 - 600.00	-	170.00 - 180.00
Matara	190.00 - 200.00	550.00 - 580.00	160.00 - 180.00	22.00 - 23.00	32.00 - 34.00	1020.00 - 1060.00	920.00 - 930.00	500.00 - 560.00	-	200.00 - 240.00
Galle	200.00 - 220.00	500.00 - 550.00	180.00 - 200.00	32.00 - 34.00	35.00 - 38.00	-	-	680.00 - 700.00	100.00 - 120.00	-
Tissamaharama	170.00 - 180.00	450.00 - 500.00	140.00 - 180.00	30.00 - 32.00	30.00 - 30.00	900.00 - 920.00	700.00 - 750.00	600.00 - 640.00	-	-
Meegoda (DEC)	230.00 - 240.00	530.00 - 580.00	200.00 - 200.00	40.00 - 40.00	40.00 - 40.00	1070.00 - 1100.00	820.00 - 845.00	630.00 - 650.00	-	150.00 - 275.00
Embilipitiya	160.00 - 180.00	400.00 - 500.00	160.00 - 180.00	25.00 - 30.00	30.00 - 40.00	900.00 - 1000.00	700.00 - 800.00	500.00 - 600.00	60.00 - 80.00	150.00 - 180.00
Jaffna	100.00 - 120.00	300.00 - 340.00	150.00 - 170.00	32.00 - 36.00	-	1000.00 - 1150.00	650.00 - 800.00	480.00 - 600.00	-	190.00 - 220.00
Vavuniya	160.00 - 180.00	550.00 - 640.00	160.00 - 180.00	30.00 - 32.00	-	800.00 - 900.00	600.00 - 680.00	480.00 - 550.00	-	380.00 - 420.00
Mannar	180.00 - 220.00	400.00 - 450.00	150.00 - 180.00	20.00 - 22.00	24.00 - 30.00	800.00 - 850.00	700.00 - 750.00	600.00 - 650.00	-	250.00 - 300.00
Killinochchi	200.00 - 230.00	440.00 - 460.00	140.00 - 160.00	34.00 - 36.00	34.00 - 36.00	850.00 - 900.00	700.00 - 750.00	600.00 - 650.00	-	250.00 - 300.00
Mullaithivu	240.00 - 250.00	350.00 - 400.00	200.00 - 250.00	30.00 - 32.00	45.00 - 46.00	1040.00 - 1100.00	880.00 - 930.00	720.00 - 770.00	-	-
Batticaloa	200.00 - 230.00	500.00 - 550.00	150.00 - 160.00	30.00 - 35.00	-	780.00 - 800.00	700.00 - 720.00	600.00 - 620.00	-	300.00 - 300.00
Trincomalee	200.00 - 240.00	380.00 - 420.00	180.00 - 200.00	-	-	-	600.00 - 650.00	520.00 - 550.00	-	-
Veyangoda	250.00 - 280.00	600.00 - 650.00	200.00 - 250.00	25.00 - 28.00	31.00 - 44.00	1000.00 - 1200.00	700.00 - 800.00	500.00 - 550.00	-	180.00 - 200.00
Galenbindunuwewa	160.00 - 250.00	350.00 - 400.00	140.00 - 180.00	28.00 - 30.00	35.00 - 40.00	1100.00 - 1350.00	950.00 - 1000.00	850.00 - 900.00	-	-
Bandarawela	200.00 - 220.00	480.00 - 520.00	160.00 - 180.00	23.00 - 25.00	32.00 - 34.00	-	750.00 - 800.00	500.00 - 550.00	-	-
Matale	180.00 - 190.00	450.00 - 480.00	160.00 - 180.00	23.00 - 25.00	36.00 - 40.00	1200.00 - 1300.00	850.00 - 950.00	600.00 - 700.00	-	-

Table 08 (Contd.)

LOCATIONS	Mango		Other Fruits									
	Vilad	Kohu	Papaw (Rs/Kg)	Passion	Wood Apple	Orange	Avocado	Slime Apple	Grapes (Rs/Kg)	King Coconut		
20	Colombo	80.00 - 130.00	-	140.00 - 250.00	35.00 - 90.00	26.00 - 60.00	60.00 - 140.00	60.00 - 130.00	70.00 - 160.00	1600.00 - 3250.00	100.00 - 150.00	
	Gampaha	120.00 - 120.00	-	180.00 - 200.00	40.00 - 50.00	40.00 - 50.00	120.00 - 130.00	100.00 - 120.00	100.00 - 120.00	2300.00 - 2500.00	100.00 - 120.00	
	Kurunegala	60.00 - 70.00	40.00 - 50.00	100.00 - 150.00	40.00 - 50.00	50.00 - 50.00	80.00 - 100.00	80.00 - 120.00	100.00 - 140.00	1800.00 - 2000.00	120.00 - 140.00	
	Nikaweratiya	50.00 - 60.00	-	150.00 - 180.00	20.00 - 30.00	20.00 - 40.00	80.00 - 100.00	70.00 - 100.00	60.00 - 100.00	2300.00 - 2500.00	100.00 - 100.00	
	Dambulla	50.00 - 60.00	35.00 - 45.00	160.00 - 180.00	25.00 - 35.00	40.00 - 50.00	100.00 - 120.00	80.00 - 100.00	80.00 - 100.00	2500.00 - 2600.00	120.00 - 130.00	
	Anuradhapura	-	-	150.00 - 180.00	-	30.00 - 50.00	80.00 - 120.00	60.00 - 80.00	60.00 - 80.00	2200.00 - 2800.00	140.00 - 160.00	
	Thambuththegama	-	-	120.00 - 140.00	-	30.00 - 50.00	60.00 - 80.00	70.00 - 100.00	100.00 - 140.00	2000.00 - 2300.00	90.00 - 120.00	
	Polonnaruwa	-	-	260.00 - 280.00	-	60.00 - 70.00	-	70.00 - 90.00	50.00 - 60.00	2500.00 - 2550.00	120.00 - 130.00	
	Kaluthara	140.00 - 160.00	-	180.00 - 200.00	50.00 - 55.00	45.00 - 50.00	90.00 - 100.00	90.00 - 100.00	90.00 - 100.00	2100.00 - 2200.00	130.00 - 140.00	
	Badulla	70.00 - 80.00	25.00 - 35.00	140.00 - 160.00	30.00 - 35.00	25.00 - 30.00	70.00 - 80.00	35.00 - 45.00	45.00 - 60.00	2400.00 - 2600.00	120.00 - 140.00	
	Keppetipola	55.00 - 60.00	24.00 - 28.00	170.00 - 180.00	24.00 - 28.00	22.00 - 25.00	70.00 - 80.00	100.00 - 110.00	-	1600.00 - 1700.00	150.00 - 160.00	
	Moneragala	60.00 - 70.00	-	140.00 - 160.00	-	20.00 - 25.00	80.00 - 90.00	60.00 - 70.00	50.00 - 80.00	2500.00 - 2700.00	100.00 - 120.00	
	Kegalle	-	20.00 - 25.00	160.00 - 200.00	-	30.00 - 50.00	80.00 - 100.00	60.00 - 80.00	50.00 - 80.00	2000.00 - 2100.00	100.00 - 130.00	
	Ampara	70.00 - 80.00	-	150.00 - 220.00	55.00 - 55.00	20.00 - 30.00	60.00 - 60.00	44.00 - 50.00	-	1800.00 - 1800.00	120.00 - 140.00	
	Dehiwakkandiya	80.00 - 80.00	-	160.00 - 200.00	-	35.00 - 50.00	60.00 - 100.00	60.00 - 80.00	60.00 - 80.00	2800.00 - 3000.00	100.00 - 130.00	
	Nuwaraeliya	-	-	150.00 - 160.00	24.00 - 28.00	25.00 - 32.00	70.00 - 80.00	120.00 - 130.00	34.00 - 36.00	1550.00 - 1650.00	150.00 - 160.00	
	Kandy	100.00 - 120.00	-	140.00 - 180.00	40.00 - 45.00	30.00 - 40.00	80.00 - 100.00	50.00 - 80.00	50.00 - 60.00	2000.00 - 2600.00	120.00 - 140.00	
	Puttalam	-	-	120.00 - 160.00	-	-	70.00 - 90.00	110.00 - 120.00	-	-	100.00 - 120.00	
	Hambantota	-	-	80.00 - 110.00	-	20.00 - 25.00	100.00 - 120.00	40.00 - 60.00	30.00 - 40.00	2000.00 - 2100.00	90.00 - 110.00	
	Rathnapura	50.00 - 70.00	-	160.00 - 200.00	-	50.00 - 60.00	90.00 - 120.00	-	50.00 - 60.00	2000.00 - 2500.00	-	
	Matara	-	-	100.00 - 120.00	-	22.00 - 25.00	90.00 - 110.00	35.00 - 42.00	40.00 - 50.00	2000.00 - 2100.00	100.00 - 120.00	
	Galle	100.00 - 100.00	-	160.00 - 200.00	50.00 - 60.00	30.00 - 35.00	100.00 - 120.00	60.00 - 65.00	80.00 - 85.00	2000.00 - 2500.00	100.00 - 110.00	
	Tissamaharama	-	-	90.00 - 130.00	40.00 - 45.00	15.00 - 20.00	55.00 - 60.00	45.00 - 50.00	40.00 - 45.00	2300.00 - 2500.00	90.00 - 100.00	
	Meegoda (DEC)	80.00 - 80.00	-	140.00 - 160.00	40.00 - 40.00	25.00 - 30.00	-	80.00 - 85.00	40.00 - 45.00	2000.00 - 2000.00	100.00 - 120.00	
	Embilipitiya	60.00 - 80.00	25.00 - 50.00	120.00 - 140.00	40.00 - 60.00	50.00 - 80.00	100.00 - 120.00	80.00 - 120.00	25.00 - 30.00	1800.00 - 2200.00	120.00 - 130.00	
	Jaffna	80.00 - 120.00	-	100.00 - 120.00	-	50.00 - 70.00	50.00 - 65.00	-	-	1000.00 - 1200.00	150.00 - 160.00	
	Vavuniya	-	-	150.00 - 180.00	60.00 - 70.00	25.00 - 30.00	65.00 - 70.00	110.00 - 120.00	-	2200.00 - 2300.00	120.00 - 150.00	
	Mannar	-	-	120.00 - 160.00	50.00 - 60.00	18.00 - 22.00	100.00 - 120.00	60.00 - 90.00	100.00 - 140.00	2000.00 - 2400.00	120.00 - 150.00	
	Killinochchi	-	-	140.00 - 160.00	45.00 - 55.00	20.00 - 30.00	60.00 - 70.00	60.00 - 80.00	-	2400.00 - 2500.00	150.00 - 160.00	
	Mullaitivu	-	-	120.00 - 150.00	-	30.00 - 35.00	40.00 - 45.00	-	-	-	120.00 - 150.00	
	Batticaloa	-	-	160.00 - 180.00	45.00 - 50.00	28.00 - 30.00	-	100.00 - 120.00	-	2350.00 - 2400.00	130.00 - 140.00	
	Trincomalee	100.00 - 116.00	54.00 - 60.00	150.00 - 180.00	40.00 - 45.00	31.00 - 38.00	52.00 - 62.00	70.00 - 80.00	-	2450.00 - 2550.00	130.00 - 140.00	
	Veyangoda	-	-	200.00 - 250.00	40.00 - 50.00	40.00 - 50.00	70.00 - 100.00	80.00 - 90.00	120.00 - 140.00	2000.00 - 2800.00	100.00 - 120.00	
	Galenbindunuwewa	-	-	120.00 - 140.00	-	25.00 - 50.00	-	50.00 - 90.00	-	2500.00 - 3000.00	120.00 - 130.00	
	Bandarawela	70.00 - 80.00	30.00 - 40.00	160.00 - 180.00	40.00 - 50.00	30.00 - 35.00	80.00 - 90.00	30.00 - 40.00	60.00 - 70.00	2200.00 - 2400.00	120.00 - 130.00	
	Matale	60.00 - 70.00	35.00 - 40.00	100.00 - 120.00	28.00 - 35.00	30.00 - 40.00	80.00 - 90.00	70.00 - 80.00	80.00 - 90.00	2400.00 - 2500.00	120.00 - 130.00	

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

Week 39: 22 - 28 September 2023

Locations	Sea Fish											
	Salaya		Hurulla		Balaya		Kelawalla		Thora		Paraw	
Colombo	150.00	-	300.00	550.00	-	750.00	780.00	-	1000.00	1300.00	-	1460.00
Kandy	450.00	-	500.00	600.00	-	620.00	900.00	-	1100.00	1500.00	-	1600.00
Kaluthara	400.00	-	420.00	550.00	-	600.00	900.00	-	920.00	1350.00	-	1400.00
Puttalam	320.00	-	420.00	480.00	-	620.00	500.00	-	700.00	850.00	-	1050.00
Matara	250.00	-	280.00	400.00	-	460.00	950.00	-	1000.00	1600.00	-	1700.00
Hambantota	250.00	-	300.00	350.00	-	380.00	850.00	-	950.00	1200.00	-	1400.00
Galle	-	-	-	-	-	-	750.00	-	800.00	1200.00	-	1400.00
Batticaloa	120.00	-	150.00	250.00	-	300.00	600.00	-	650.00	1500.00	-	1600.00
Trincomalee	350.00	-	420.00	600.00	-	650.00	1180.00	-	1250.00	1750.00	-	1850.00
Mannar	300.00	-	350.00	-	-	-	-	-	-	-	-	900.00
												1000.00

Locations	Sea Fish				Eggs							
	Mora		Shrimps		Thalapath		Teppeli		Brown		White	
Colombo	950.00	-	1250.00	1780.00	-	2100.00	1750.00	-	2400.00	-	46.50	47.50
Kandy	1200.00	-	1250.00	1600.00	-	1700.00	2000.00	-	2150.00	-	45.00	46.00
Kaluthara	-	-	-	-	-	-	1850.00	-	1900.00	-	-	-
Puttalam	850.00	-	900.00	1050.00	-	1200.00	1800.00	-	1850.00	-	44.00	46.00
Matara	-	-	-	1900.00	-	2000.00	1900.00	-	2000.00	-	-	42.00
Hambantota	-	-	-	1800.00	-	1800.00	-	-	-	-	44.00	45.00
Galle	800.00	-	800.00	-	-	-	-	-	-	-	44.00	46.00
Batticaloa	900.00	-	1000.00	1350.00	-	1400.00	1500.00	-	1600.00	-	48.00	50.00
Trincomalee	1550.00	-	1650.00	1250.00	-	1300.00	-	-	-	-	48.00	50.00
Mannar	-	-	-	1000.00	-	1100.00	-	-	-	-	48.00	48.50
											47.00	47.50

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

Week 39: 22 - 28 September 2023

Locations	Local Dried Fish					
	Sprats		Kattawa		Thora	
Colombo	55000	-	71000	-	-	87500
Kandy	80000	-	82500	-	-	90000
Batticaloa	47500	-	50000	52500	60000	72500
Trincomalee	48000	-	48500	-	-	-
Mannar	49000	-	50000	87500	90000	80000
						85000
						47500
						50000
						32500
						35000

Locations	Local Dried Fish			Imported Dried Fish			
	Maduwa		Koduwa	Salaya	Sprats	Kattawa	Thora
Colombo	65000	-	72500	-	17500	22500	45000
Kandy	69000	-	70000	-	28000	30000	45000
Batticaloa	52500	-	55000	-	32500	35000	-
Trincomalee	60000	-	62500	-	30000	31500	42000
Mannar	65000	-	70000	50000	37500	40000	49000
						-	-

Locations	Imported Dried Fish					
	Mora		Balaya		Anguluwa	
Colombo	-	-	-	75000	80000	-
Kandy	-	-	-	-	-	-
Batticaloa	-	-	-	-	-	-
Trincomalee	-	-	-	-	-	-
Mannar	-	-	-	-	-	-

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

Week 39: 22 - 28 September 2023

LOCATIONS	Dried Fish											
	Sprats-Imported	Kattawa		Thora		Mora		Balaya		Anguluwa		Salaya
23	Colombo	1100.00	-	1300.00	2000.00	-	2800.00	2200.00	-	2800.00	1800.00	2800.00
	Gampaha	1200.00	-	1200.00	2000.00	-	2400.00	3000.00	-	2400.00	1500.00	2000.00
	Kurunegala	1000.00	-	1100.00	2000.00	-	2300.00	3000.00	-	3000.00	1400.00	1900.00
	Nikaweratiya	1000.00	-	1320.00	2000.00	-	2000.00	-	2200.00	2200.00	2200.00	2200.00
	Dambulla	1100.00	-	1200.00	2300.00	-	2400.00	-	1100.00	1300.00	2000.00	-
	Anuradhapura	1200.00	-	1400.00	2400.00	-	2800.00	-	2400.00	1200.00	1800.00	2400.00
	Thambuththegama	1100.00	-	1200.00	-	-	-	2200.00	-	2600.00	1200.00	1400.00
	Polonnaruwa	1200.00	-	1400.00	2100.00	-	2200.00	-	2300.00	1400.00	1500.00	1900.00
	Kaluthara	1200.00	-	1300.00	2400.00	-	2600.00	-	2400.00	2500.00	1800.00	2000.00
	Badulla	1100.00	-	1300.00	2500.00	-	2600.00	-	2300.00	1600.00	1800.00	-
	Keppetipola	1200.00	-	1260.00	2450.00	-	2500.00	-	2400.00	1560.00	1580.00	2360.00
	Moneragala	1200.00	-	1300.00	2100.00	-	2400.00	-	2200.00	1400.00	1600.00	2000.00
	Kegalle	1000.00	-	1120.00	2000.00	-	2150.00	-	2000.00	2200.00	1450.00	1700.00
	Ampara	1000.00	-	1100.00	1950.00	-	2200.00	-	2200.00	1200.00	1600.00	1200.00
	Dehiawakkandiya	1000.00	-	1400.00	-	-	-	-	-	1200.00	1800.00	1000.00
	Nuwaraeliya	1240.00	-	1300.00	2350.00	-	2380.00	-	2250.00	2280.00	1760.00	1800.00
	Kandy	1100.00	-	1300.00	2400.00	-	2500.00	-	2400.00	1500.00	1700.00	1800.00
	Puttalam	1100.00	-	1200.00	2000.00	-	2400.00	-	1800.00	2200.00	1100.00	1400.00
	Hambantota	1150.00	-	1200.00	2200.00	-	2400.00	-	-	1300.00	1400.00	2200.00
	Rathnapura	1120.00	-	1200.00	-	-	-	2120.00	-	2300.00	1200.00	1240.00
	Matara	1200.00	-	1250.00	2000.00	-	2300.00	-	-	1500.00	1600.00	2000.00
	Galle	1200.00	-	1600.00	2000.00	-	2400.00	-	2000.00	2200.00	1200.00	1400.00
	Tissamaharama	1050.00	-	1200.00	-	-	-	-	-	1300.00	1500.00	-
	Meegoda	1100.00	-	1200.00	1900.00	-	2200.00	-	2000.00	2000.00	1380.00	1500.00
	Embilipitiya	1100.00	-	1350.00	2200.00	-	2300.00	-	2200.00	1450.00	1700.00	2200.00
	Jaffna	900.00	-	1000.00	2200.00	-	2400.00	2900.00	-	3500.00	2300.00	2500.00
	Vavuniya	-	-	-	1800.00	-	1900.00	-	-	-	1200.00	1300.00
	Mannar	1100.00	-	1200.00	1850.00	-	2100.00	-	-	1800.00	2000.00	1100.00
	Killinochchi	1000.00	-	1200.00	2700.00	-	2800.00	-	-	2800.00	3000.00	1750.00
	Mullaitivu	1400.00	-	1500.00	2500.00	-	2800.00	-	-	2500.00	2800.00	1600.00
	Batticaloa	1100.00	-	1200.00	2200.00	-	2400.00	-	-	1600.00	1700.00	1200.00
	Trincomalee	1050.00	-	1150.00	2000.00	-	2200.00	-	-	1200.00	1300.00	1400.00
	Veyangoda	1000.00	-	1200.00	2000.00	-	2200.00	-	-	2000.00	2400.00	1200.00
	Galenbindunuwewa	1000.00	-	1400.00	2200.00	-	2400.00	-	-	2200.00	2400.00	1400.00
	Bandarawela	1200.00	-	1300.00	2200.00	-	2400.00	-	-	2000.00	2200.00	1500.00
	Matale	1200.00	-	1300.00	2700.00	-	2800.00	-	-	2100.00	2400.00	1500.00

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

Week 39: 22 - 28 September 2023

LOCATIONS	Meat	Meat (Chicken)		Meat	
	Beef	Broiler	Curry	Mutton	Pork
Colombo	2200.00 – 2500.00	1150.00 – 1250.00	1200.00 – 1550.00	3200.00 – 3500.00	1400.00 – 1600.00
Gampaha	2200.00 – 2200.00	1290.00 – 1300.00	1300.00 – 1300.00	3300.00 – 3300.00	1400.00 – 1400.00
Kurunegala	1900.00 – 1900.00	1150.00 – 1240.00	–	2700.00 – 2700.00	1400.00 – 1400.00
Nikaweratiya	2200.00 – 2400.00	1100.00 – 1200.00	–	–	–
Dambulla	–	1200.00 – 1250.00	–	–	1500.00 – 1600.00
Anuradhapura	2200.00 – 2200.00	1200.00 – 1250.00	–	3000.00 – 3200.00	1450.00 – 1500.00
Thambuththegama	2000.00 – 2200.00	1000.00 – 1250.00	1300.00 – 1300.00	–	1450.00 – 1600.00
Polonnaruwa	1800.00 – 1800.00	1480.00 – 1580.00	–	–	1800.00 – 1800.00
Kaluthara	2300.00 – 2400.00	1160.00 – 1180.00	1260.00 – 1280.00	–	1400.00 – 1500.00
Badulla	1800.00 – 2000.00	1300.00 – 1400.00	1600.00 – 1650.00	2800.00 – 3000.00	–
Keppetipola	2000.00 – 2100.00	1340.00 – 1360.00	1450.00 – 1460.00	2900.00 – 3000.00	–
Moneragala	2100.00 – 2100.00	1300.00 – 1400.00	1500.00 – 1500.00	2800.00 – 2800.00	1450.00 – 1500.00
Kegalle	2200.00 – 2200.00	1250.00 – 1400.00	–	2900.00 – 3000.00	1800.00 – 1850.00
Ampara	2000.00 – 2000.00	1000.00 – 1125.00	1150.00 – 1260.00	–	1650.00 – 1700.00
Dehiattakandiya	–	990.00 – 1200.00	–	–	1380.00 – 1600.00
Nuwaraeliya	2000.00 – 2200.00	1340.00 – 1360.00	1380.00 – 1460.00	3000.00 – 3200.00	1700.00 – 1800.00
Kandy	2200.00 – 2200.00	1050.00 – 1060.00	1350.00 – 1375.00	3000.00 – 3000.00	1450.00 – 1500.00
Puttalam	2100.00 – 2300.00	1100.00 – 1250.00	–	3200.00 – 3200.00	–
Hambantota	–	1200.00 – 1240.00	–	–	–
Rathnapura	2200.00 – 2200.00	1100.00 – 1240.00	1400.00 – 1500.00	3200.00 – 3200.00	1300.00 – 1300.00
Matara	–	1170.00 – 1200.00	–	–	–
Galle	2200.00 – 2200.00	1200.00 – 1300.00	1400.00 – 1450.00	3300.00 – 3400.00	–
Tissamaharama	–	1300.00 – 1350.00	–	2800.00 – 2800.00	1800.00 – 1850.00
Meegoda	–	1000.00 – 1150.00	1400.00 – 1400.00	–	1650.00 – 1650.00
Embiliptiya	2150.00 – 2200.00	1020.00 – 1100.00	1300.00 – 1350.00	2900.00 – 3000.00	1500.00 – 1700.00
Jaffna	2200.00 – 2600.00	1300.00 – 1400.00	1700.00 – 1800.00	3200.00 – 3500.00	–
Vavuniya	2000.00 – 21000.00	1350.00 – 1400.00	–	2900.00 – 3000.00	–
Mannar	1800.00 – 2000.00	1500.00 – 1500.00	–	–	–
Killinochchi	1900.00 – 1950.00	1450.00 – 1500.00	1600.00 – 1650.00	3000.00 – 3200.00	–
Mullaitivu	1800.00 – 1900.00	–	–	–	–
Batticaloa	1700.00 – 1800.00	1300.00 – 1350.00	1400.00 – 1500.00	3000.00 – 3000.00	–
Trincomalee	1800.00 – 1850.00	1300.00 – 1320.00	1500.00 – 1530.00	3900.00 – 4000.00	–
Veyangoda	2200.00 – 2200.00	1150.00 – 1150.00	–	2950.00 – 3000.00	1500.00 – 1500.00
Galenbindunuwewa	1900.00 – 1900.00	1170.00 – 1170.00	–	–	1500.00 – 1500.00
Bandarawela	2000.00 – 2200.00	1300.00 – 1350.00	–	3000.00 – 3200.00	–
Matale	2100.00 – 2200.00	1200.00 – 1280.00	–	2900.00 – 3000.00	1600.00 – 1700.00

Table 16: Farmgate/Producer Prices of Food Commodities in Selected Producing Areas (Rs/Kg)
Week 39: 22 - 28 September 2023

COMMODITY	Range	Average Price	COMMODITY	Range	Average Price	COMMODITY	Range	Average Price
Paddy			Vegetable (Up Country)			Snake Gourd		
Short Grain			Beans			Dambulla	110.00 – 130.00	120.00
A'pura	110.00 – 114.00	111.60	Dambulla	250.00 – 270.00	258.00	Hambantota	120.00 – 150.00	135.00
P'naruwa	118.00 – 120.00	118.75	Wellimada	245.00 – 260.00	250.00	Embilipitiya	160.00 – 180.00	167.50
Kalawewa	102.00 – 114.00	107.75	Badulla	260.00 – 280.00	269.00	Matara	–	
Kurunegala	112.00 – 114.00	112.50	Carrot			A'pura	110.00 – 120.00	114.00
Dehiattakandiya	112.00 – 119.00	116.00	N'Ellya	85.00 – 95.00	91.00	Luffa		
Nikaweratiya	112.00 – 114.00	113.00	Wellimada	80.00 – 90.00	85.00	Dambulla	90.00 – 100.00	97.00
Ampara	110.00 – 110.00	110.00	Hanguranketha	90.00 – 110.00	100.40	Hambantota	120.00 – 140.00	128.00
Long Grain (White)			Leeks			Embilipitiya	130.00 – 150.00	140.00
A'pura	105.00 – 108.00	106.20	N'Ellya	25.00 – 28.00	26.40	Matara	–	
P'naruwa	106.00 – 107.50	106.67	Wellimada	28.00 – 33.00	30.60	A'pura	120.00 – 130.00	124.00
Kalawewa	95.00 – 105.00	100.25	Beetroot			Green Chillies		
Kurunegala	108.00 – 110.00	108.50	N'Ellya	64.00 – 70.00	66.40	Dambulla	380.00 – 420.00	400.00
Dehiattakandiya	102.00 – 107.00	104.67	Dambulla	70.00 – 90.00	84.40	Hambantota	–	
Embilipitiya	–		Kurunegala	–		Embilipitiya	450.00 – 500.00	472.00
Nikaweratiya	108.00 – 112.00	110.00	Wellimada	50.00 – 60.00	57.00	Puttalam	320.00 – 400.00	346.67
Hambantota	–		Hanguranketha	40.00 – 55.00	46.40	A'pura	400.00 – 450.00	420.00
Ampara	100.00 – 102.00	101.00	Knol Khol			Pumpkin		
Long Grain (Red)			N'Ellya	40.00 – 45.00	42.40	Dambulla	30.00 – 42.00	36.60
Matara	95.00 – 100.00	97.00	Wellimada	30.00 – 40.00	34.00	Hambantota	50.00 – 60.00	55.00
Hambantota	95.00 – 96.00	95.33	Hanguranketha	32.00 – 40.00	36.00	Embilipitiya	50.00 – 65.00	58.33
Embilipitiya	94.00 – 96.00	95.00	Raddish			Matara	40.00 – 50.00	43.75
Keeri Samba			N'Ellya	30.00 – 35.00	32.20	A'pura	40.00 – 45.00	42.00
A'pura	130.00 – 135.00	132.50	Wellimada	24.00 – 30.00	25.80	Moneragala	40.00 – 50.00	44.00
P'naruwa	143.00 – 144.00	143.50	Hambantota	60.00 – 70.00	62.50	Cucumber		
Kalawewa	130.00 – 140.00	136.25	Hanguranketha	20.00 – 30.00	26.60	A'pura	50.00 – 60.00	54.00
Kurunegala	135.00 – 138.00	135.75	Cabbage			Dambulla	67.00 – 72.00	70.20
Dehiattakandiya	140.00 – 148.00	144.33	N'Ellya	40.00 – 46.00	43.20	Hambantota	50.00 – 60.00	55.00
Red Onion			Wellimada	25.00 – 30.00	26.80	Matara	50.00 – 65.00	57.50
Puttalam	–		Badulla	35.00 – 45.00	39.40	Long Beans		
Jaffna	–		Hanguranketha	25.00 – 35.00	28.60	Dambulla	120.00 – 140.00	128.00
Big Onion			Tomato			Hambantota	–	
Dambulla	152.00 – 178.00	166.43	Wellimada	80.00 – 100.00	88.00	Embilipitiya	140.00 – 180.00	160.00
Kalawewa	–		Hambantota	–		Matara	140.00 – 160.00	147.50
A'pura	–		Dambulla	86.00 – 100.00	95.20	A'pura	120.00 – 130.00	124.00
Potato			Hanguranketha	55.00 – 85.00	69.00	Ash Plantain		
N'Ellya	145.00 – 152.00	148.00	Vegetable (Low Country)			Hambantota	90.00 – 110.00	98.00
Badulla	–		Ladies Fingers			Embilipitiya	140.00 – 160.00	150.00
Wellimada	125.00 – 135.00	130.00	A'pura	55.00 – 65.00	59.00	Matara	110.00 – 130.00	118.75
Pulses			Dambulla	52.00 – 67.00	58.00	Lime		
Green Gram			Hambantota	70.00 – 80.00	75.00	Hambantota	–	
Hambantota	–		Embilipitiya	80.00 – 100.00	88.33	Embilipitiya	820.00 – 850.00	835.00
Moneragala	550.00 – 600.00	570.00	Matara	60.00 – 75.00	67.50	Moneragala	1000.00 – 1100.00	1040.00
Embilipitiya	700.00 – 720.00	710.00	Brinjal			Fruits (Rs/Kg)		
Nikaweratiya	650.00 – 700.00	675.00	A'pura	170.00 – 190.00	178.00	Banana		
A'pura	600.00 – 650.00	625.00	Dambulla	200.00 – 230.00	216.00	Ambul		
Cowpea			Hambantota	–		Moneragala	100.00 – 120.00	108.00
Hambantota	–		Embilipitiya	320.00 – 350.00	335.00	Embilipitiya	90.00 – 120.00	103.33
Nikaweratiya	700.00 – 725.00	712.50	Matara	200.00 – 220.00	207.50	Hambantota	120.00 – 130.00	125.00
Moneragala	750.00 – 800.00	780.00	Wellimada	150.00 – 160.00	156.00	Kolikuttu		
Embilipitiya	900.00 – 980.00	940.00	Capsicum			Moneragala	300.00 – 320.00	308.00
Maize			Badulla	–		Embilipitiya	350.00 – 430.00	390.00
A'pura	130.00 – 135.00	132.50	Wellimada	245.00 – 260.00	252.00	Hambantota	–	
Kalawewa	100.00 – 130.00	116.00	Bitter Gourd			Papaw		
Gingelly			A'pura	260.00 – 300.00	276.00	Moneragala	70.00 – 75.00	72.00
A'pura	500.00 – 550.00	525.00	Dambulla	270.00 – 290.00	278.00	Embilipitiya	55.00 – 70.00	62.00
Kalawewa	–		Hambantota	–		Hambantota	40.00 – 50.00	45.00
Black Gram			Embilipitiya	340.00 – 360.00	348.75	Pineapple		
A'pura	850.00 – 900.00	875.00	Matara	250.00 – 270.00	257.50	Divulapitiya	–	

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

Week 39: 22 - 28 September 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	-
Samba 2	230.00	-	230.00	230.00	-	230.00	230.00	-	230.00
Keeri Samba	-	300.00	-	300.00	-	-	-	300.00	-
Nadu 1	-	220.00	-	220.00	220.00	-	220.00	220.00	-
Nadu 2	220.00	-	220.00	220.00	-	220.00	220.00	-	220.00
Raw (Red)	190.00	-	210.00	190.00	-	200.00	200.00	-	200.00
Raw (White)	200.00	-	210.00	200.00	-	210.00	200.00	-	210.00
Imported									
Samba	300.00	-	300.00	-	300.00	-	320.00	-	-
Nadu	-	-	-	-	-	-	-	-	-
Raw (Red)	-	-	-	-	-	-	-	-	-
Raw (White)	-	-	-	-	-	-	-	-	-
Dried Chillies									
Imported	1100.00	-	1300.00	1300.00	-	1500.00	1300.00	-	1300.00
Red Onion									
Sinnan	-	-	-	-	-	-	-	-	-
Vedalan	350.00	-	400.00	440.00	-	440.00	480.00	400.00	-
Imported	-	-	-	-	-	-	-	-	-
Big Onion									
Imported	180.00	-	220.00	240.00	-	240.00	220.00	-	240.00
Local	-	-	-	-	-	-	-	-	-
Potato									
Welimada	260.00	-	260.00	-	280.00	-	280.00	-	-
N'Eliya	-	-	300.00	-	320.00	320.00	-	320.00	-
Imported	180.00	-	200.00	190.00	-	240.00	240.00	-	240.00
Pulses									
Green Gram	1100.00	-	1200.00	1000.00	-	1200.00	1200.00	-	1200.00
Cowpea (White)	1200.00	-	1200.00	1000.00	-	1300.00	1000.00	-	1200.00
Cowpea (Red)	1200.00	-	1200.00	1200.00	-	1200.00	1000.00	-	1000.00
Red Dhal	300.00	-	340.00	330.00	-	340.00	320.00	-	360.00

Annex 02 - Colombo Markets: Retail Prices of Vegetables (Rs/Kg) and Coconut (Rs/Nut)
Week 39: 22 - 28 September 2023

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Vegetable</u>									
Beans	350.00	-	380.00	480.00	-	480.00	360.00	-	480.00
Carrot	160.00	-	180.00	320.00	-	360.00	260.00	-	360.00
Leeks	100.00	-	110.00	220.00	-	240.00	160.00	-	240.00
Beetroot	160.00	-	200.00	220.00	-	280.00	220.00	-	280.00
Knolkhol	120.00	-	140.00	260.00	-	280.00	220.00	-	280.00
Raddish	160.00	-	260.00	260.00	-	260.00	200.00	-	260.00
Cabbage	220.00	-	240.00	220.00	-	240.00	200.00	-	240.00
Tomato	200.00	-	220.00	320.00	-	320.00	240.00	-	320.00
Ladies Fingers	140.00	-	260.00	280.00	-	280.00	220.00	-	280.00
Brinjal	280.00	-	360.00	400.00	-	480.00	400.00	-	480.00
Capsicum	300.00	-	320.00	320.00	-	560.00	320.00	-	560.00
Pumpkin	100.00	-	110.00	160.00	-	200.00	160.00	-	200.00
Cucumber	120.00	-	140.00	200.00	-	240.00	160.00	-	240.00
Bitter Gourd	320.00	-	400.00	400.00	-	480.00	460.00	-	480.00
Snake Gourd	200.00	-	260.00	320.00	-	360.00	240.00	-	360.00
Drumstick	150.00	-	160.00	220.00	-	320.00	280.00	-	320.00
Luffa	240.00	-	260.00	240.00	-	320.00	240.00	-	320.00
Long Beans	240.00	-	260.00	340.00	-	400.00	320.00	-	400.00
Ash Plantain	260.00	-	280.00	320.00	-	400.00	320.00	-	400.00
Green Chillies	550.00	-	600.00	600.00	-	800.00	700.00	-	800.00
Lime	1500.00	-	1600.00	1600.00	-	1800.00	1500.00	-	1800.00
<u>Root Crops</u>									
Sweet Potato	140.00	-	160.00	240.00	-	240.00	220.00	-	240.00
Manioc	180.00	-	180.00	200.00	-	220.00	200.00	-	220.00
<u>Leafy Vegetable</u>									
Mukunuwenna	50.00	-	60.00	80.00	-	80.00	70.00	-	80.00
Kankun	50.00	-	60.00	80.00	-	80.00	70.00	-	80.00
Gotukola	100.00	-	100.00	100.00	-	100.00	100.00	-	100.00
<u>Coconut</u>									
Large	100.00	-	100.00	120.00	-	120.00	120.00	-	120.00
Small	90.00	-	90.00	90.00	-	100.00	90.00	-	100.00

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

Week 39: 22 - 28 September 2023

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Plantain</u>									
Ambul (Rs/Kg)	220.00	-	250.00	240.00	-	280.00	250.00	-	260.00
Kolikuttu (Rs/Kg)	600.00	-	700.00	650.00	-	700.00	600.00	-	650.00
Seeni (Rs/Kg)	180.00	-	220.00	240.00	-	260.00	240.00	-	260.00
Anamalu	24.00	-	37.00	42.00	-	43.00	37.00	-	41.00
Ambun	41.00	-	50.00	56.00	-	58.00	50.00	-	58.00
<u>Pineapple</u>									
Large	720.00	-	750.00	780.00	-	800.00	720.00	-	720.00
Medium	630.00	-	650.00	700.00	-	720.00	650.00	-	680.00
30 Small	560.00	-	580.00	650.00	-	680.00	550.00	-	680.00
<u>Mango</u>									
Betti	-	-	-	-	-	-	-	-	-
Karthakolomban	350.00	-	400.00	-	-	-	400.00	-	400.00
Vilad	80.00	-	90.00	-	130.00	-	130.00	120.00	-
Kohu	-	-	-	-	-	-	-	-	-
<u>Other Fruits</u>									
Wood Apple	26.00	-	36.00	40.00	-	50.00	50.00	-	60.00
Orange	70.00	-	80.00	120.00	-	140.00	120.00	-	140.00
Avocado	60.00	-	70.00	60.00	-	80.00	80.00	-	120.00
Slime Apple	80.00	-	90.00	120.00	-	160.00	120.00	-	160.00
Grapes (Rs/Kg)	1600.00	-	2000.00	2000.00	-	3000.00	2400.00	-	2500.00
Papaw (Rs/Kg)	150.00	-	200.00	200.00	-	250.00	180.00	-	200.00
Passion	42.00	-	55.00	50.00	-	60.00	70.00	-	80.00
King Coconut	100.00	-	150.00	150.00	-	150.00	150.00	-	150.00

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

Week 39: 22 - 28 September 2023

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Sea Fish</u>									
Salaya	600.00	650.00	720.00	720.00	880.00	900.00	700.00	720.00	600.00
Hurulla	800.00	800.00	900.00	900.00	1200.00	1200.00	880.00	900.00	820.00
Balaya	1000.00	1000.00	-	-	1600.00	1600.00	-	-	-
Kelawalla	1800.00	1800.00	2600.00	2800.00	2400.00	2400.00	2800.00	2800.00	2400.00
Thora	2400.00	2600.00	3000.00	3000.00	-	3600.00	3600.00	3600.00	3200.00
Paraw	1900.00	1900.00	2600.00	2600.00	1800.00	2000.00	2600.00	2000.00	2000.00
Mora	-	-	-	-	-	-	-	1600.00	1600.00
Shrimps Small	1950.00	2000.00	1950.00	2000.00	2000.00	2200.00	1950.00	1950.00	2100.00
Talapath	2800.00	3000.00	3000.00	3200.00	3200.00	3200.00	3200.00	3200.00	3200.00
31 <u>Eggs (Rs/Egg)</u>									
Brown	47.00	47.00	47.50	47.50	48.00	48.00	47.50	47.50	47.00
White	45.50	45.50	46.50	46.50	47.00	47.00	46.50	46.50	45.50
<u>Dried Fish</u>									
Sprats	2000.00	2000.00	1800.00	2000.00	2000.00	2100.00	2000.00	2400.00	2000.00
Kattawa	2000.00	2200.00	2600.00	2800.00	2200.00	2500.00	2600.00	2800.00	2200.00
Thora	-	-	-	-	-	-	-	-	-
Mora	2200.00	2200.00	2400.00	2400.00	2500.00	2600.00	2400.00	2600.00	2800.00
Balaya	1600.00	1800.00	2000.00	2200.00	2200.00	2200.00	1800.00	1800.00	2000.00
Anguluwa	1800.00	2000.00	2400.00	2600.00	2600.00	2800.00	2400.00	-	2200.00
Salaya	1000.00	1000.00	1200.00	1200.00	1000.00	1100.00	1000.00	1100.00	1000.00
<u>Meat</u>									
Beef (without Bones)	-	2300.00	2300.00	2500.00	2500.00	2500.00	2200.00	2200.00	-
Chicken (Broiler)	1250.00	1250.00	1250.00	1250.00	1200.00	1250.00	1180.00	1180.00	1150.00
Chicken (Curry)	1250.00	1250.00	1380.00	1380.00	1250.00	1250.00	1500.00	1300.00	1200.00
Mutton	-	3200.00	3200.00	3200.00	3200.00	-	3200.00	3200.00	3500.00
Pork	-	1600.00	1600.00	-	-	-	-	1600.00	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

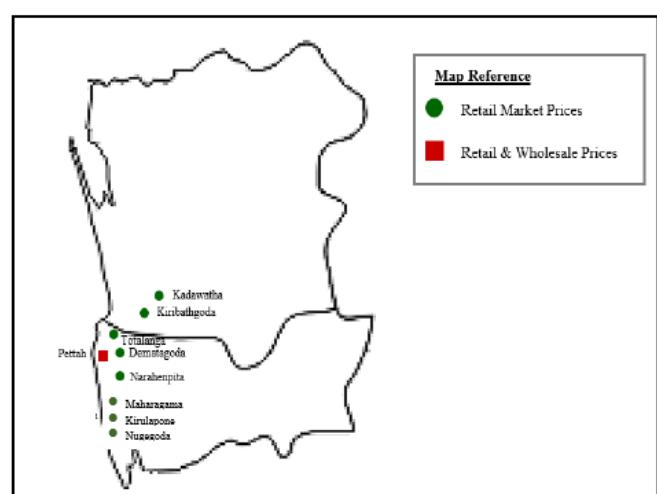
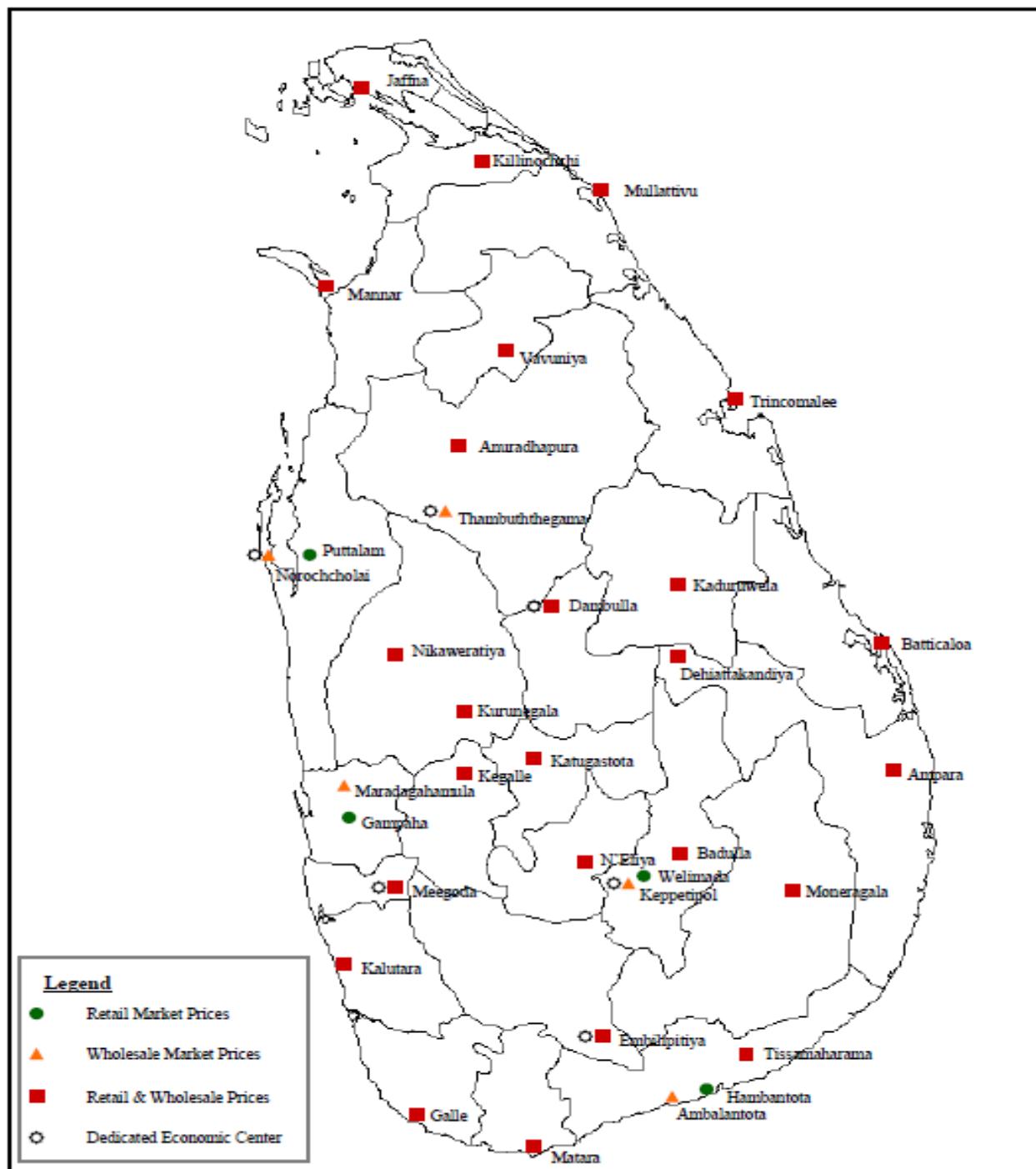
Fruits

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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