

WEEKLY FOOD COMMODITIES BULLETIN

Vol: 45

29th Sep –05th Oct 2023

ISSN 1391 - 049

No.40

RETAIL MARKET AT A GLANCE

Summary

Rice



Prices of most local rice varieties have slightly decreased, falling within the range of Rs.1.00 to 2.00/kg. However, except for Ampara and Dehiattakandiya, the average farm gate prices of both short-grain and long-grain varieties of Nadu and Samba have increased by Rs. 1.00 to 6.00/kg in most major producing areas.

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Other Field Crops



Prices of both imported red onions and big onions have increased by Rs.7.00/kg. Additionally, the prices of Welimada and Nuwara Eliya potatoes have risen by Rs.56.00/kg and Rs. 37.00/kg, respectively. On the other hand, the price of green gram has decreased by Rs. 35.00/kg during the week.

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Vegetables



Due to low supply during the rainy weather conditions, retail prices of most vegetables have increased. Among the up-country varieties, carrots showed the highest price increase of Rs. 49.00/kg followed by beans at Rs.38.00/kg. Among the common low country varieties, the highest price increase was reported for bitter gourd at Rs.48.00/kg, followed by luffa at Rs.10.00/kg in Colombo and its suburban markets.

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Coconut



Prices of both large and small coconuts remained the same as last week. The price range for large nuts was Rs.100.00 to 120.00/nut, while for small nuts, it was Rs.90.00 to 95.00/nut.

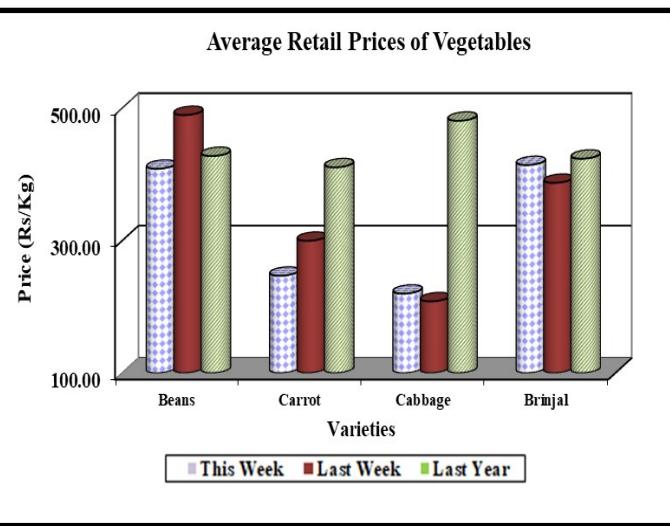
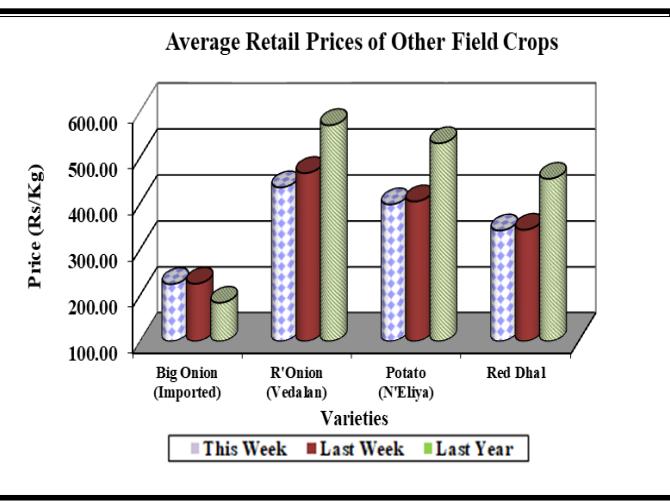
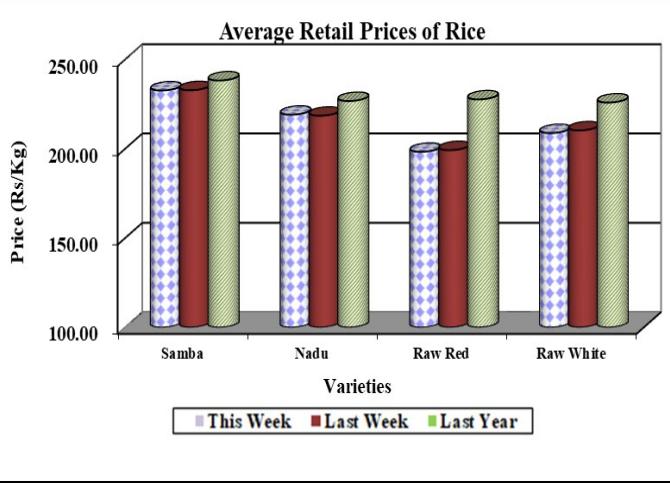
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Eggs



In line with increased wholesale prices, retail prices of both brown and white eggs have risen by Rs.1.00/egg and Rs.2.00/egg, respectively. The retail prices for brown eggs ranged between Rs.48.50 to 49.00/egg, while for white eggs, it was Rs.48.00/egg.

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Rice

Wholesale

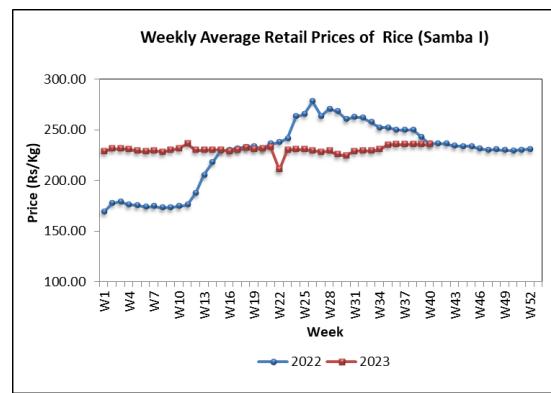
Prices of grade I nadu, raw red and raw white have decreased by 1% and the price range was Rs.170.00-180.00/kg for raw red, Rs.190.00-200.00/kg for raw white.

Prices of all other rice varieties have not changed significantly and price ranges for both samba grade I and II were Rs.220.00-225.00/kg and Rs.215.00/kg respectively. Average price of keeri samba, grade II nadu were Rs.286.00/kg and Rs.195.00/kg respectively.

Compared to the same period of last year, prices of all other rice varieties expect keeri samba have decreased in the range of 1%-17% and the --price of keeri samba has increased by 19%.

Retail

Prices of nadu I has decreased by Rs.2.00/kg and price of nadu II has increased by Rs.2.00/kg. Prices of nadu I and II ranged between Rs.220.00-225.00/kg and Rs.205.00-220.00/kg respectively. Price of raw white has decreased by Rs.1.00/kg and price ranged Rs.200.00-220.00/kg. Prices of samba I, samba II, keeri samba and raw red have not changed significantly and prices ranged Rs.230.00-240.00/kg, Rs.230.00/kg, Rs.300.00-330.00/kg and Rs.180.00-210.00/kg respectively.



Compared to the same period of last year, prices of nadu I, raw red and raw white have decreased in the range of 2%-14% and prices of Keeri samba, samba II and nadu II have increased by 19%, 1% and 1% respectively.

Paddy

Average price of short grain paddy has increased by Rs.1.00-4.00/kg in Polonnaruwa, Anuradhapura, Kalawewa and Kurunegala areas while the price has decreased by Rs.3.00/kg in Ampara area. Prices ranged between Rs.105.00-120.00/kg in all major producing areas. Further, average price of long grain white paddy also increased by Rs.6.00/kg and Rs.2.00/kg in Kalawewa and Kurunegala areas respectively and the price has decreased by Rs.1.00/kg in Ampara area. The price range was Rs.100.00-108.00/kg for long grain white paddy in all major producing areas.

Meanwhile, the average price of keeri samba paddy has decreased in Dehiattakandiya area by Rs.1.00/kg while

the price has increased by Rs.2.00-3.00/kg in Anuradhapura and Kurunegala areas. Subsequently, the average price of long grain red paddy has decreased by Rs.3.00-4.00/kg in Matara and Embilipitiya areas and the price has increased in Hambantota area by Rs.3.00/kg. The price range for long grain red paddy was Rs.90.00-100.00/kg in all major producing areas.

Compared to the same period of last year, the average farm gate prices of long grain white and red paddy varieties have decreased by 3%-30% in most of the producing areas while the average farm gate price of keeri samba paddy also has increased by 15%-29% and short grain paddy also has increased by 2%-9% in most of the producing areas.

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 30%.

Retail

Price of imported dried chilies have increased by Rs.4.00/kg and the price ranged between Rs.1100.00-1400.00/kg.

Compared to the same period of last year, price of imported dried chilies have decreased by 27%.

Onion

Wholesale

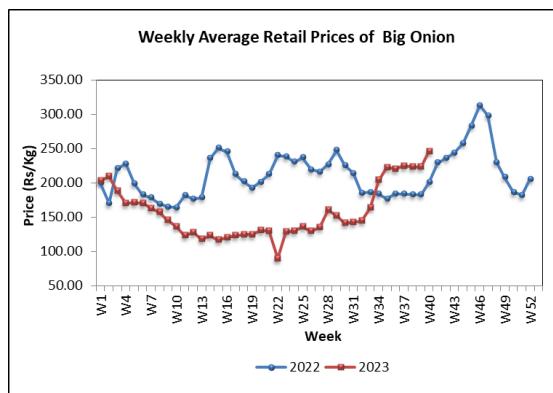
Price of sinnan and vedalan red onions have increased by 3% and 6% due to availability of sufficient stocks and price ranged Rs.200.00-250.00/kg and Rs.280.00-320.00/kg respectively.

Price of imported big onion and local big onion have increased by 32% and 7% due to increased CIF prices and availability of sufficient stocks. The price ranged Rs.100.00-230.00/kg and Rs.170.00-200.00/kg respectively.

Compared to the same period of last year, price of sinnan and vedalan red onion have decreased in the range of 22%-34% and the price of imported big onion has decreased by 1% while price of local big onion has increased by 10% respectively.

Retail

Prices of both vedalan red onion and imported big onion have increased by Rs.7.00/kg and Rs.23.00/kg respectively. Price of vedalan ranged Rs.350.00-500.00/kg and the price of imported big onion ranged Rs.200.00-300.00/kg.



Compared to the same period of last year, price of vedalan red onion has decreased by 17% and imported big onion has increased by 22%.

Potato

Wholesale

Price of Welimada and Nuwara Eliya potato has increased by 20% and 9% respectively due to unavailability of sufficient stocks and the price ranged Rs.170.00-220.00/kg and Rs.220.00-240.00/kg respectively.

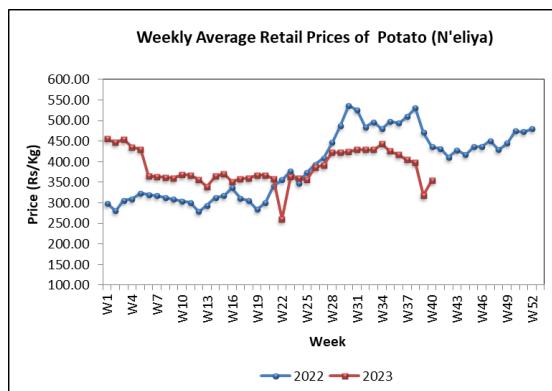
Price of imported potato has increased by 2% and price ranged Rs.150.00-200.00/kg.

Compared to the same period of last year, price of local potato has decreased by 26%-

28% and price of imported potato has decreased by 1%.

Retail

Prices of all local and imported potato varieties have increased by Rs.1.00-56.00/kg. Price of Welimada potato has increased by Rs.56.00/kg and the price ranged Rs.300.00-320.00/kg. Price of Nuwara Eliya potato has increased by Rs.37.00/kg and the price ranged Rs.340.00-360.00/kg. Price of imported potato has increased by Rs.1.00/kg and the price ranged Rs.180.00-240.00/kg.



Compared to the same period of last year, prices of all the local and imported potato have decreased in the range of 7%-18%.

Pulses

Wholesale

Price of white cowpea and red cowpea have increased by 2% and 3% due to unavailability of sufficient stocks and the price ranged Rs.900.00-950.00/kg and Rs.950.00-1000.00/kg respectively. Price of red dhal has decreased by 1% and price

ranged Rs.290.00-300.00/kg. The average price of green gram were Rs.800.00/kg.

Compared to the same period of last year, price of white cowpea and red cowpea has increase in the range of 7%-9% while price of green gram and red dhal have decreased in the range of 24%-25% respectively.

Retail

Prices of green gram has decreased by Rs.35.00/kg and the price ranged Rs.900.00-1200.00/kg. Price of red cowpea and white cowpea have increased by Rs.2.00/kg and Rs.1.00/kg respectively. Prices of both white and red cowpea ranged Rs.1000.00-1200.00/kg. Price of red dhal has decreased by Rs.2.00/kg and price ranged Rs.310.00-360.00/kg.

Compared to the same period of last year, prices of green gram have decreased by 4%, red dhal had has decreased by 24%, white cowpea and red cowpea have increased in the range of 20%-23%.

Vegetable

Wholesale

With the increased rainy weather conditions, prices of most of the vegetables have increased due to decreased supply from most of the major producing areas.

Considering up country vegetables, prices of all vegetables have increased and the highest was reported for carrot as 61% followed by beans as 43% due to decreased

supply from Nuwara Eliya and Balangoda areas. Prices of all other varieties have increased in the range of 16%-38% due to decreased supply from their major producing areas.

Due to increased supply from Balangoda areas, price of tomato has decreased by 27% and due to decreased supply from Puttalam areas, price of capsicum has increased by 14%.

Considering low country vegetables, the highest price increase was reported for drumsticks as 53% due to decreased supply form Jaffna and Embilipitiya areas. Price of luffa has increased by 32% due to decreased supply from Beruwala area. Due to decreased supply from Melsiripura area price of bitter gourd has increased by 23%. Prices of ash plantain, long beans and pumpkin have increased in the range of 5%-11%. However, prices of brinjal and snake gourd have decreased by 10% and 9% respectively with the increased supply from Dambulla area. Price of cucumber and ladies fingers have decreased by 4% and 1% respectively.

Prices of green chilies has decreased by 7% due to slight changes of market demand and the price of lime has further increased by 13%.

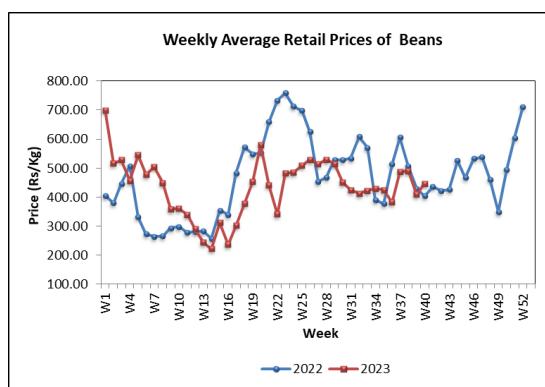
Compared to the same period of last year, price of most of the varieties have

decreased and the highest price decrease was reported for cabbage as 75%.

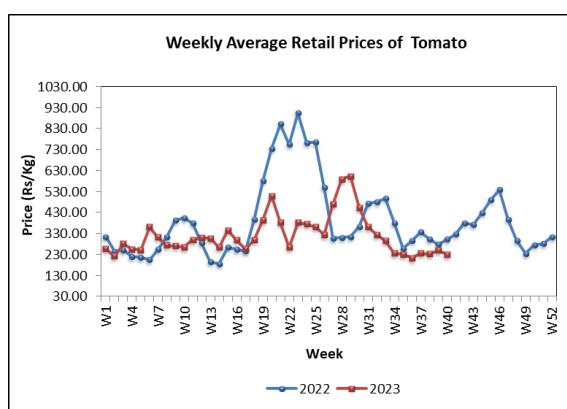
Retail

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

Considering up country varieties, the highest price increase was reported for carrot as Rs.49.00/kg followed by beans as Rs.38.00/kg. Furthermore, price of beetroot has increased by 34.00/kg. Prices of leeks, knolkhol, raddish and cabbage have increased in the range of Rs.1.00-9.00/kg.



Prices of tomato has decreased by Rs.19.00/kg while price of capsicum has increased by 68.00/kg.



Considering low country varieties, the highest price increase was reported for bitter gourd as Rs.48.00/kg followed by luffa as Rs.10.00/kg. Prices of pumpkin and drumstick have increased by Rs.5.00/kg and long beans has increased by Rs.3.00/kg. Prices of all other varieties have decreased in the range of Rs.1.00-8.00/kg.

Further, price of green chilies has decreased by Rs.6.00/kg and the price of lime has increased by Rs.308.00/kg.

Compared to the same period of last year, prices of most of varieties have decreased and the highest price decrease was reported for drumstick as 56%.

Coconut

Wholesale

Prices of large and small nuts have increased by 4% and 10% respectively. The price range was Rs.95.00-100.00 for a large nut and Rs.80.00-85.00 for a small nut.

Compared to the same period of last year, prices of large and small nuts have increased by 18% and 14% respectively.

Retail

Prices of both large and small nuts have not shown a significant difference in price. Price ranged Rs.100.00-120.00 for a large nut and Rs.90.00-95.00 for a small nut.

Compared to the same period of last year, prices of large and small nuts have increased 22% and 17% respectively.

Fruits

Wholesale

Prices of most of fruit varieties have decreased due to low demand with rainy weather. The highest price decrease of 22% was reported for papaw due to low demand and availability of ripe fruit stocks. Price of all banana varieties except seeni banana have decreased in the range of 1%-21% due to low demand. Further, price of avocado has decreased by 20% with availability of sufficient stocks. In addition, price of all mango varieties have decreased in the range of 6%-12% while the price of orange and imported grapes have decreased by 9% and 6% respectively due to low demand. Further, prices of all sizes of pineapple have decreased slightly in the range of 1%-2% with availability of ripe stocks.

However, price of passion fruit has increased by 41% due to availability of limited stocks. Further, price of wood apple has increased by 5% with availability of quality stocks. Price of slime apple and seeni banana have increased by 3% while price of king coconut has increased by 2% with availability of limited stocks.

Compared to the same period of last year, the price of most of fruit varieties have increased and the highest price increase was reported to karthakolomban mango as 55%.

Retail

Price of the most fruit varieties has decreased in line with the decreased wholesale prices and low demand. The highest price decrease of Rs.74.00/fruit was reported for small sized pineapple while both large and medium sized pineapple have decreased by Rs.3.00/fruit Rs.26.00/fruit. The price of karthakolomban mango has decreased by Rs.44.00/fruit due to low demand.

Further, price of papaw and imported grapes have decreased by Rs.44.00/kg and Rs.31.00/kg respectively. Moreover, the price of avocado, orange and king coconut have decreased by Rs.14.00/fruit, Rs.14.00/fruit and Rs.13.00/fruit respectively.

In addition, prices of kolikuttu banana, ambun banana and ambul banana have decreased by Rs.16.00/kg, Rs.12.00/fruit and Rs.5.00/kg respectively.

Meanwhile, the price of passion fruit has increased by Rs.12.00/fruit due to unavailability of high quality stocks while price of seeni banana has increased by Rs.7.00/kg due to insufficient stocks at the market.

Compared to the same period of last year, price of most of fruit varieties have decreased and the highest price decrease was reported for papaw as by 44%.

Fresh Fish

Wholesale

Prices of most of the fresh fish types have increased due to decreased supply during rainy weather in coastal areas. The highest price increase of 44% was noted for salaya due to low supply from Trincomalee and Mannar and the price ranged Rs.280.00-450.00/kg. A price increase of 19% was noted for thora due to low supply from Northern areas and the price ranged Rs.2000.00-2900.00/kg. Also, a price increase of 8% and 6% were noted for paraw and kelawalla due to low supply from Negombo, Beruwala, Kalmunai and Mirissa areas and prices ranged between Rs.1450.00-1650.00/kg and Rs.1400.00-1550.00/kg respectively. In addition, price of thalapath has increased by 1%.

However, price decrease of 11% and 10% were noted for balaya and mora due to high supply from Mirissa, Galle and Trincomalee areas and their prices ranged between Rs.700.00-860.00/kg and Rs.950.00-1100.00/kg respectively. Likewise, a price decrease of 8% was noted for hurulla due to high supply from Kalpitiya and Mullaitivu areas and the price ranged Rs.450.00-750.00/kg. In

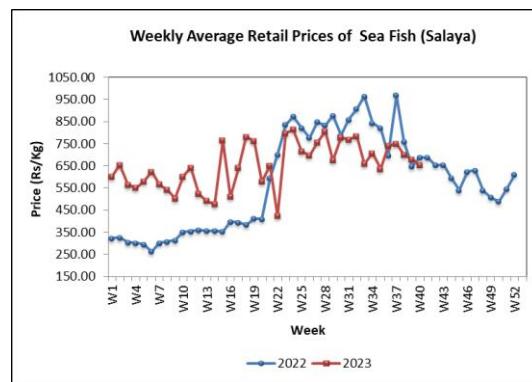
addition, price of shrimps has decreased by 4%.

Compared to the same period of last year, price of most of the fresh fish types have increased in the range of 3%-28% and the highest price increase was reported for paraw.

Retail

Prices of most types of fresh fish have also decreased due to low demand due to rainy weather. The highest price decrease was reported for thora as Rs.156.00/kg followed by Rs.133.00/kg for mora and Rs.78.00/kg for hurulla. The remaining types have decreased in the range of Rs.26.00/kg-76.00/kg.

However, prices of balaya and kelawalla have increased by Rs.240.00/kg and Rs.117.00/kg respectively due to slight decrease in supply.



Compared to the same period of last year, prices of most types of fresh fish have increased in the range of 1%-18% and the

highest price increase was reported for thalapath.

Dried Fish

Wholesale

Due to increased local dried fish supply, prices of most of the local and imported dried fish types have decreased. The highest price decrease of 18% was noted for local sprats due to high supply from Trincomalee, Mannar and Negombo areas and the price ranged Rs.1000.00-1140.00/kg. Likewise, a price decrease of 16% was noted for local salaya due to high supply from Puttalam, Chilaw and Mullaitivu areas and the price ranged Rs.300.00-400.00/kg. In addition, price of local mora has decreased by 4% and the price of local maduwa has decreased by 3%.

However, a price increase of 8% was noted for local balaya due to low supply form Negombo and Beruwala areas and the price ranged Rs.1040.00-1150.00/kg. In addition, price of imported kattawa has increased by 3%.

Compared to the same period of last year, prices of all dried fish types except local balaya decreased in the range of 15%-55% and the highest price decrease was reported for local salaya.

Retail

In line with decreased wholesale prices, retail prices of most types of dried fish have decreased. The highest price decrease of Rs.53.00/kg was reported for maduwa. Prices of mora and anguluwa have decreased by Rs.19.00/kg and Rs.11.00/kg respectively.

However, price of kattawa and balaya have increased by Rs.35.00/kg and Rs.19.00/kg due to decreased supply.

Compared to the same period of last year, prices of most types of dried fish have decreased in the range of 7%-34% the highest price decrease was reported for imported sprats.

Eggs

Wholesale

Prices of brown and white eggs have increased by 3% and 4% respectively and prices ranged Rs.48.00-48.50/egg and Rs.47.00-47.50/egg respectively.

Compared to the same period of last year, price of brown egg has decreased by 3% and the price of white egg has not changed significantly.

Retail

In line with increased wholesale prices, retail prices of brown and white eggs have increased by Rs.1.00/egg and Rs.2.00/egg due to insufficient stocks in the market.

Price range of a brown egg was between Rs.48.50-49.00/egg and that of a white egg was Rs.48.00/egg.

Compared to the same period of last year, prices of both brown and white eggs have decreased by 3% and 2% respectively.

Meat

Retail

Prices of most types of meat have decreased with low demand. The highest price decrease was reported for mutton as Rs.103.00/kg and the price of skin less broiler chicken has decreased by Rs.102.00/kg.

Compared to the same period of last year, prices of most types of meat have decreased in the range of 5%-24% and the highest price decrease was reported for skin less broiler chicken.

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).

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

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

Week 40: 29 September - 05 October 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 –	10000	9750 –	9750	8500 –	9000	9500 – 10000
	Divulapitiya	11000 –	11400	10500 –	10750	14000 –	14700	10500 –	10700	9400 –	9750	8700 –	8750	9100 – 9500
	Kurunegala	11000 –	11350	–	–	13000 –	14000	10500 –	10500	9150 –	9250	8750 –	10250	9000 – 9250
	Nikaweratiya	11250 –	11600	10500 –	10500	13750 –	15250	10600 –	10650	9250 –	9500	9350 –	10000	8800 – 9250
	Badulla	–	–	–	–	–	–	10000 –	10750	9750 –	9750	8000 –	8250	8750 – 9250
	Puttalam	11200 –	11300	10850 –	11000	–	–	10500 –	10800	8900 –	9150	9600 –	9850	8500 – 8900
	Dambulla	11350 –	11400	11000 –	11200	–	–	10750 –	10800	9750 –	9900	9250 –	9400	9000 – 9150
	Anuradhapura	11250 –	11400	–	–	14750 –	14750	10750 –	10900	9750 –	9750	9250 –	9750	9250 – 9750
	Tambuttegama	–	–	10400 –	10800	–	–	–	–	9400 –	9500	–	–	9000 – 9150
	Polonnaruwa	11250 –	11300	–	–	–	–	10700 –	10750	9700 –	9750	10200 –	10250	9700 – 9750
	Kalutara	–	–	10750 –	11000	–	–	10000 –	10250	9900 –	9900	9000 –	9250	9750 – 10000
	Ampara	–	–	10650 –	10650	13000 –	13000	11000 –	11000	9750 –	9750	8500 –	8750	8500 – 8750
	Kandy	11250 –	11400	10400 –	10500	14500 –	14750	10250 –	10500	9600 –	9750	8500 –	9000	9250 – 9750
	Moneragala	11250 –	11350	–	–	13500 –	13750	10750 –	10850	–	–	8250 –	8750	8500 – 9000
	Kegalle	–	–	–	–	–	–	–	–	–	–	–	–	
	Dehiattakandiya	11750 –	11750	–	–	–	–	10750 –	10750	–	–	–	–	9000 – 9750
	Hambantota	11250 –	11250	–	–	–	–	–	–	–	–	8000 –	8250	8900 – 9150
	Matara	11150 –	11300	–	–	–	–	10250 –	10500	–	–	8250 –	8400	9250 – 9400
	Galle	11400 –	11500	–	–	–	–	10750 –	10900	–	–	8150 –	9000	9000 – 9500
	Meegoda	11000 –	11150	–	–	–	–	–	–	9400 –	9500	8250 –	8500	9200 – 9400
	Tissamaharama	–	–	–	–	–	–	–	–	–	–	–	–	
	Embilipitiya	–	–	10800 –	10900	–	–	10400 –	10500	–	–	8500 –	8650	8750 – 8900
	Jaffna	11150 –	11500	–	–	14500 –	15250	10000 –	10700	–	–	9500 –	10000	10000 – 10000
	Vavuniya	–	–	10750 –	11000	15000 –	15500	9900 –	10000	9500 –	9800	9200 –	9300	9000 – 9200
	Mannar	11000 –	11250	–	–	14850 –	15000	10000 –	10500	9750 –	9900	9000 –	9250	9500 – 9750
	Killinochchi	11000 –	11250	–	–	15000 –	15500	9800 –	10000	9500 –	9750	9000 –	9250	9250 – 9500
	Mullattivu	–	–	–	–	–	–	–	–	–	–	–	–	
	Batticaloa	11100 –	11600	–	–	15500 –	16000	10400 –	10650	–	–	9300 –	9550	9250 – 9400
	Trincomalee	11200 –	11500	–	–	15000 –	15400	10000 –	10500	9400 –	9750	8500 –	9000	9350 – 9600
	Galenbindunuwew	11250 –	11400	10750 –	10850	14750 –	15000	10750 –	10900	9750 –	9750	9000 –	10000	9000 – 9500
	Matale	11400 –	11500	11100 –	11150	–	–	10500 –	10550	9250 –	9500	9250 –	9500	9000 – 9250

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

Week 40: 29 September - 05 October 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	-	14000 - 16000	5000 - 11500	7500 - 10000	8500 - 11000	11000 - 12000	37500 - 42500	45000 - 47500	45000 - 47500	14500 - 15000	14500 - 15000	14500 - 15000
Kurunegala	51250 - 52500	-	13500 - 13750	10500 - 11000	8000 - 8250	-	-	35000 - 40000	42500 - 46250	42500 - 46250	14000 - 14750	14000 - 14750	14000 - 14750
Nikaweratiya	52500 - 52500	-	11500 - 15000	7500 - 11750	7750 - 8000	8500 - 8700	11000 - 11000	37500 - 37500	43000 - 43000	43000 - 43000	14000 - 14250	14000 - 14250	14000 - 14250
Dehiattakandiya	50000 - 57500	-	-	5000 - 11000	9500 - 10000	-	12500 - 13000	-	45000 - 45000	45000 - 45000	14250 - 15000	14250 - 15000	14250 - 15000
Dambulla (DEC)	50000 - 51000	-	11500 - 12000	10500 - 10750	7750 - 7900	9500 - 9750	-	34000 - 35000	37500 - 40000	37500 - 40000	14000 - 14500	14000 - 14500	14000 - 14500
Anuradhapura	55000 - 60000	-	13000 - 17500	4000 - 9250	8000 - 9250	10500 - 10500	12500 - 12500	45000 - 47500	45000 - 50000	45000 - 50000	14500 - 15000	14500 - 15000	14500 - 15000
Thambuththegama	50000 - 57500	-	14500 - 15500	3000 - 11000	8250 - 8500	9500 - 10500	-	35000 - 37500	40000 - 40000	40000 - 40000	14350 - 15000	14350 - 15000	14350 - 15000
Polonnaruwa	60000 - 61000	-	15500 - 15750	10000 - 10250	10000 - 10250	-	-	41000 - 41500	45000 - 45000	45000 - 45000	15900 - 16000	15900 - 16000	15900 - 16000
Kaluthara	52500 - 54000	-	14500 - 15500	9000 - 9500	8000 - 9000	10000 - 11000	11500 - 12500	40000 - 42500	45000 - 47500	45000 - 47500	15250 - 15500	15250 - 15500	15250 - 15500
Puttalam	50000 - 52000	-	12000 - 14000	8500 - 9000	8000 - 9500	-	11500 - 13000	37000 - 39000	45000 - 46000	45000 - 46000	15000 - 15750	15000 - 15750	15000 - 15750
Kandy	52500 - 55000	-	15000 - 16000	4000 - 10500	8000 - 8750	9000 - 9500	10500 - 11000	40000 - 42500	42500 - 45000	42500 - 45000	15000 - 15750	15000 - 15750	15000 - 15750
Matara	54000 - 57500	-	16500 - 17500	11000 - 11350	9000 - 9500	-	11250 - 12000	46500 - 49000	46250 - 47500	46250 - 47500	15500 - 16000	15500 - 16000	15500 - 16000
Hambantota	51250 - 57500	-	16500 - 18000	10500 - 11000	9000 - 9750	-	11500 - 12000	47500 - 49000	47500 - 49000	47500 - 49000	15500 - 16000	15500 - 16000	15500 - 16000
Kegalle	53800 - 54500	-	12000 - 12400	9650 - 9750	8400 - 8500	-	10800 - 11000	41500 - 42000	46500 - 47000	46500 - 47000	15000 - 15100	15000 - 15100	15000 - 15100
Galle	57500 - 62500	-	17500 - 18000	10000 - 10750	8250 - 9500	10500 - 10500	11000 - 11500	45000 - 50000	42500 - 45000	42500 - 45000	15250 - 16000	15250 - 16000	15250 - 16000
Tissamaharama	-	-	-	-	-	-	-	-	-	-	-	-	-
Meegoda (DEC)	52500 - 53000	-	12500 - 14000	10500 - 11000	8000 - 8750	10500 - 11000	11500 - 12500	40000 - 44000	47500 - 48000	47500 - 48000	14500 - 15250	14500 - 15250	14500 - 15250
Jaffna	56000 - 58500	-	12500 - 13000	9000 - 95000	8000 - 8300	8700 - 9500	10750 - 11000	39000 - 40250	-	-	15700 - 16500	15700 - 16500	15700 - 16500
Vavuniya	55000 - 59000	-	14000 - 14500	9250 - 9750	9000 - 9500	-	-	40000 - 43000	50000 - 53000	50000 - 53000	15000 - 15500	15000 - 15500	15000 - 15500
Mannar	52500 - 55000	-	10000 - 11000	5500 - 10000	8500 - 9000	-	-	40000 - 42500	-	-	14900 - 15250	14900 - 15250	14900 - 15250
Killinochchi	54000 - 56000	-	14000 - 15000	8000 - 9000	8000 - 9000	-	11000 - 11500	42500 - 44000	-	-	15000 - 15500	15000 - 15500	15000 - 15500
Mullattivu	-	-	-	-	-	-	-	-	-	-	-	-	-
Batticaloa	54000 - 56000	-	14500 - 15000	10000 - 10500	8000 - 9000	-	16500 - 17500	42500 - 43500	51000 - 52000	51000 - 52000	14750 - 15000	14750 - 15000	14750 - 15000
Trincomalee	54000 - 56500	-	13500 - 14000	7500 - 8000	9250 - 9500	-	15900 - 17500	44000 - 45000	-	-	14750 - 15400	14750 - 15400	14750 - 15400
Galenbindunuwewa	52500 - 57000	-	13750 - 16000	4500 - 10500	8000 - 9750	-	12250 - 12750	40000 - 45000	37500 - 47500	37500 - 47500	14750 - 15500	14750 - 15500	14750 - 15500
Matale	50000 - 52000	-	13000 - 13750	10500 - 11000	8000 - 8500	9000 - 9000	-	35000 - 40000	46000 - 47500	46000 - 47500	14250 - 14500	14250 - 14500	14250 - 14500

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

Week 40: 29 September - 05 October 2023

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	350.00 - 450.00	180.00 - 220.00	60.00 - 80.00	100.00 - 150.00	80.00 - 120.00
Meegoda (DEC)	-	330.00 - 380.00	180.00 - 220.00	80.00 - 110.00	90.00 - 120.00	90.00 - 110.00
Dambulla (DEC)	-	220.00 - 250.00	180.00 - 240.00	75.00 - 90.00	85.00 - 110.00	70.00 - 80.00
Keppetipola (DEC)	-	300.00 - 350.00	160.00 - 190.00	60.00 - 70.00	80.00 - 90.00	90.00 - 100.00
Norochchhole (DEC)	-	-	-	-	70.00 - 100.00	-
Nuwara Eliya	-	340.00 - 360.00	210.00 - 220.00	70.00 - 80.00	90.00 - 100.00	90.00 - 100.00
Kandy	-	220.00 - 250.00	200.00 - 230.00	70.00 - 80.00	100.00 - 120.00	70.00 - 80.00
Hambantota	-	300.00 - 350.00	200.00 - 250.00	100.00 - 130.00	150.00 - 180.00	120.00 - 150.00
Thambuththegama (DEC)	-	340.00 - 400.00	220.00 - 250.00	75.00 - 90.00	90.00 - 110.00	60.00 - 80.00
Jaffna	-	-	-	-	-	-
Bandarawela		260.00 - 280.00	160.00 - 180.00	60.00 - 80.00	80.00 - 100.00	60.00 - 80.00
Veyangoda	-	400.00 - 420.00	180.00 - 210.00	80.00 - 100.00	100.00 - 130.00	80.00 - 100.00

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	60.00 - 100.00	60.00 - 80.00	80.00 - 120.00	80.00 - 120.00	200.00 - 300.00	200.00 - 300.00
Meegoda (DEC)	70.00 - 100.00	90.00 - 120.00	90.00 - 120.00	110.00 - 130.00	250.00 - 300.00	220.00 - 300.00
Moneragala	100.00 - 120.00	110.00 - 120.00	100.00 - 130.00	100.00 - 150.00	200.00 - 300.00	280.00 - 300.00
Dambulla (DEC)	50.00 - 65.00	60.00 - 80.00	50.00 - 60.00	70.00 - 80.00	200.00 - 250.00	200.00 - 240.00
Keppetipola (DEC)	50.00 - 60.00	60.00 - 70.00	60.00 - 90.00	70.00 - 90.00	160.00 - 200.00	260.00 - 300.00
Norochchhole (DEC)	40.00 - 70.00	60.00 - 90.00	-	90.00 - 110.00	180.00 - 250.00	160.00 - 250.00
Nuwara Eliya	60.00 - 70.00	80.00 - 90.00	70.00 - 90.00	90.00 - 100.00	220.00 - 240.00	320.00 - 340.00
Kandy	50.00 - 70.00	50.00 - 90.00	70.00 - 100.00	100.00 - 110.00	170.00 - 200.00	250.00 - 280.00
Hambantota	100.00 - 150.00	100.00 - 150.00	100.00 - 150.00	90.00 - 130.00	260.00 - 320.00	250.00 - 320.00
Thambuththegama (DEC)	70.00 - 100.00	80.00 - 110.00	70.00 - 90.00	55.00 - 70.00	250.00 - 300.00	150.00 - 200.00
Tissamaharama	-	-	-	-	-	-
Jaffna	-	-	-	-	-	-
Bandarawela	40.00 - 60.00	40.00 - 60.00	60.00 - 80.00	-	180.00 - 200.00	250.00 - 300.00
Veyangoda	70.00 - 90.00	70.00 - 100.00	85.00 - 100.00	90.00 - 130.00	250.00 - 280.00	230.00 - 260.00

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	50.00 - 70.00	70.00 - 100.00	300.00 - 350.00	150.00 - 180.00	80.00 - 180.00	150.00 - 200.00
Meegoda (DEC)	45.00 - 55.00	90.00 - 100.00	250.00 - 350.00	170.00 - 240.00	-	140.00 - 170.00
Moneragala	60.00 - 80.00	90.00 - 120.00	430.00 - 470.00	180.00 - 240.00	100.00 - 120.00	150.00 - 200.00
Dambulla (DEC)	30.00 - 35.00	55.00 - 70.00	200.00 - 240.00	80.00 - 120.00	60.00 - 70.00	80.00 - 120.00
Keppetipola (DEC)	50.00 - 60.00	80.00 - 90.00	260.00 - 270.00	120.00 - 130.00	80.00 - 90.00	130.00 - 140.00
Norochchhole (DEC)	70.00 - 80.00	60.00 - 80.00	250.00 - 280.00	80.00 - 140.00	50.00 - 80.00	100.00 - 120.00
Nuwara Eliya	60.00 - 65.00	90.00 - 100.00	280.00 - 300.00	130.00 - 140.00	90.00 - 100.00	140.00 - 150.00
Kandy	50.00 - 60.00	80.00 - 90.00	280.00 - 300.00	150.00 - 160.00	70.00 - 80.00	160.00 - 170.00
Hambantota	70.00 - 90.00	80.00 - 100.00	300.00 - 360.00	150.00 - 200.00	100.00 - 140.00	150.00 - 200.00
Thambuththegama (DEC)	25.00 - 50.00	30.00 - 50.00	230.00 - 280.00	120.00 - 130.00	50.00 - 70.00	110.00 - 140.00
Tissamaharama	-	-	-	-	-	-
Jaffna	-	-	-	-	-	-
Bandarawela	50.00 - 70.00	80.00 - 100.00	-	-	-	-
Veyangoda	50.00 - 60.00	60.00 - 90.00	250.00 - 300.00	140.00 - 180.00	80.00 - 100.00	110.00 - 140.00

Table 06 (Contd.)

	Long Beans	Ash Plantain	Green Chillies	Lime	Sweet Potatoe	Manioc
Colombo	150.00 - 220.00	180.00 - 220.00	350.00 - 450.00	##### - #####	80.00 - 100.00	70.00 - 130.00
Meegoda (DEC)	160.00 - 200.00	200.00 - 250.00	380.00 - 580.00	##### - #####	70.00 - 120.00	100.00 - 120.00
Moneragala	140.00 - 180.00	100.00 - 120.00	580.00 - 650.00	##### - #####	100.00 - 120.00	80.00 - 100.00
Dambulla (DEC)	100.00 - 130.00	170.00 - 200.00	350.00 - 450.00	##### - #####	60.00 - 90.00	60.00 - 70.00
Keppetipola (DEC)	150.00 - 160.00	170.00 - 180.00	550.00 - 600.00	##### - #####	90.00 - 110.00	100.00 - 110.00
Norochchhole (DEC)	100.00 - 150.00	-	280.00 - 450.00	-	80.00 - 120.00	80.00 - 100.00
Nuwara Eliya	160.00 - 180.00	190.00 - 200.00	560.00 - 580.00	##### - #####	80.00 - 90.00	90.00 - 110.00
Kandy	160.00 - 180.00	180.00 - 220.00	450.00 - 480.00	##### - #####	80.00 - 100.00	90.00 - 100.00
Hambantota	250.00 - 280.00	100.00 - 150.00	500.00 - 600.00	900.00 - #####	90.00 - 140.00	80.00 - 130.00
Thambuththegama (DEC)	130.00 - 150.00	130.00 - 170.00	300.00 - 370.00	##### - #####	70.00 - 85.00	60.00 - 80.00
Tissamaharama	-	-	-	-	-	-
Jaffna	-	-	-	-	-	-
Bandarawela	-	-	450.00 - 500.00	-	80.00 - 100.00	100.00 - 120.00
Veyangoda	160.00 - 180.00	180.00 - 210.00	400.00 - 450.00	##### - #####	85.00 - 90.00	120.00 - 130.00

Locations	Leafy Vegetables (Rs/Bundle)			Coconut (Rs/Nut)	
	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	30.00 - 35.00	30.00 - 35.00	140.00 - 150.00	95.00 - 100.00	80.00 - 85.00
Meegoda (DEC)	-	80.00 - 80.00	80.00 - 80.00	80.00 - 100.00	90.00 - 95.00
Norochchhole (DEC)	50.00 - 60.00	50.00 - 60.00	120.00 - 130.00	80.00 - 95.00	62.00 - 75.00
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	25.00 - 30.00	25.00 - 30.00	20.00 - 30.00	68.00 - 75.00	55.00 - 60.00
Kandy	40.00 - 45.00	40.00 - 50.00	220.00 - 230.00	80.00 - 85.00	62.00 - 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	-	-	-	-	-
Jaffna	-	-	-	-	-
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 40: 29 September - 05 October 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	500.00 - 700.00	180.00 - 260.00	30.00 - 44.00	30.00 - 50.00	725.00 - 900.00	600.00 - 700.00	480.00 - 580.00	-	260.00 - 400.00
Gampaha	200.00 - 230.00	500.00 - 550.00	180.00 - 200.00	25.00 - 33.00	31.00 - 44.00	800.00 - 900.00	500.00 - 600.00	250.00 - 300.00	-	-
Kurunegala	200.00 - 250.00	600.00 - 650.00	150.00 - 180.00	23.00 - 25.00	38.00 - 45.00	700.00 - 760.00	600.00 - 660.00	350.00 - 400.00	80.00 - 100.00	180.00 - 200.00
Nikaweratiya	200.00 - 250.00	450.00 - 480.00	200.00 - 220.00	-	42.00 - 47.00	900.00 - 1150.00	700.00 - 850.00	550.00 - 700.00	-	-
Dambulla	240.00 - 260.00	500.00 - 550.00	180.00 - 200.00	-	46.00 - 48.00	1200.00 - 1250.00	800.00 - 900.00	380.00 - 420.00	50.00 - 60.00	280.00 - 300.00
Anuradhapura	220.00 - 280.00	550.00 - 650.00	180.00 - 200.00	30.00 - 40.00	40.00 - 50.00	1000.00 - 1200.00	850.00 - 950.00	700.00 - 800.00	-	-
Thambuththegama	240.00 - 280.00	550.00 - 600.00	180.00 - 220.00	28.00 - 33.00	48.00 - 56.00	1020.00 - 1225.00	820.00 - 900.00	-	-	-
Polonnaruwa	230.00 - 250.00	450.00 - 500.00	180.00 - 200.00	-	30.00 - 31.00	750.00 - 800.00	600.00 - 650.00	500.00 - 550.00	-	-
Kaluthara	220.00 - 240.00	600.00 - 620.00	200.00 - 220.00	37.00 - 38.00	50.00 - 52.00	860.00 - 880.00	800.00 - 820.00	-	-	-
Badulla	180.00 - 200.00	440.00 - 500.00	150.00 - 180.00	21.00 - 23.00	32.00 - 34.00	-	780.00 - 850.00	500.00 - 560.00	-	-
Keppetipola	170.00 - 180.00	520.00 - 560.00	140.00 - 150.00	22.00 - 25.00	44.00 - 46.00	-	700.00 - 760.00	550.00 - 580.00	-	260.00 - 270.00
Moneragala	160.00 - 180.00	400.00 - 450.00	120.00 - 140.00	20.00 - 22.00	25.00 - 28.00	920.00 - 980.00	-	-	-	-
Kegalle	160.00 - 180.00	540.00 - 560.00	160.00 - 180.00	20.00 - 25.00	20.00 - 30.00	950.00 - 1050.00	650.00 - 800.00	300.00 - 500.00	-	-
Ampara	160.00 - 220.00	400.00 - 580.00	100.00 - 130.00	22.00 - 22.00	28.00 - 28.00	-	-	600.00 - 750.00	-	-
Dehiattakandiya	220.00 - 250.00	-	150.00 - 180.00	-	40.00 - 57.00	700.00 - 850.00	500.00 - 670.00	350.00 - 450.00	-	-
Nuwaraeliya	180.00 - 190.00	550.00 - 580.00	160.00 - 170.00	30.00 - 33.00	46.00 - 50.00	-	750.00 - 760.00	550.00 - 600.00	-	250.00 - 260.00
Kandy	240.00 - 250.00	550.00 - 580.00	180.00 - 200.00	25.00 - 30.00	40.00 - 45.00	950.00 - 1050.00	700.00 - 800.00	450.00 - 480.00	-	250.00 - 300.00
Puttalam	150.00 - 180.00	400.00 - 480.00	150.00 - 180.00	18.00 - 22.00	-	800.00 - 950.00	600.00 - 700.00	-	-	-
Rathnapura	200.00 - 220.00	400.00 - 440.00	200.00 - 220.00	-	-	800.00 - 900.00	400.00 - 450.00	200.00 - 250.00	-	-
Hambantota	180.00 - 200.00	550.00 - 580.00	160.00 - 200.00	23.00 - 25.00	28.00 - 31.00	980.00 - 1150.00	850.00 - 930.00	550.00 - 600.00	-	170.00 - 200.00
Matara	195.00 - 200.00	550.00 - 580.00	160.00 - 180.00	24.00 - 25.00	32.00 - 34.00	1050.00 - 1120.00	930.00 - 975.00	500.00 - 600.00	80.00 - 90.00	200.00 - 220.00
Galle	200.00 - 200.00	550.00 - 600.00	180.00 - 200.00	32.00 - 34.00	35.00 - 37.00	-	780.00 - 800.00	680.00 - 700.00	90.00 - 100.00	-
Tissamaharama	-	-	-	-	-	-	-	-	-	-
Meegoda (DEC)	200.00 - 230.00	530.00 - 580.00	200.00 - 200.00	40.00 - 40.00	40.00 - 40.00	935.00 - 1020.00	715.00 - 780.00	550.00 - 600.00	-	230.00 - 275.00
Embilipitiya	140.00 - 160.00	400.00 - 500.00	160.00 - 180.00	25.00 - 30.00	30.00 - 40.00	800.00 - 900.00	700.00 - 750.00	550.00 - 650.00	60.00 - 80.00	-
Jaffna	100.00 - 120.00	300.00 - 340.00	140.00 - 160.00	32.00 - 36.00	32.00 - 36.00	1000.00 - 1150.00	650.00 - 800.00	480.00 - 600.00	-	200.00 - 220.00
Vavuniya	200.00 - 240.00	450.00 - 500.00	150.00 - 220.00	-	40.00 - 45.00	980.00 - 1050.00	780.00 - 800.00	550.00 - 600.00	-	-
Mannar	180.00 - 220.00	400.00 - 450.00	150.00 - 180.00	20.00 - 24.00	24.00 - 30.00	900.00 - 950.00	800.00 - 850.00	700.00 - 750.00	-	250.00 - 350.00
Killinochchi	200.00 - 220.00	400.00 - 440.00	140.00 - 160.00	34.00 - 36.00	34.00 - 36.00	720.00 - 780.00	580.00 - 620.00	480.00 - 520.00	-	250.00 - 300.00
Mullaittivu	-	-	-	-	-	-	-	-	-	-
Batticaloa	220.00 - 250.00	440.00 - 460.00	160.00 - 180.00	35.00 - 40.00	-	750.00 - 800.00	600.00 - 650.00	550.00 - 580.00	-	300.00 - 300.00
Trincomalee	220.00 - 240.00	400.00 - 430.00	180.00 - 200.00	-	-	720.00 - 750.00	520.00 - 560.00	320.00 - 360.00	-	-
Veyangoda	250.00 - 280.00	600.00 - 650.00	200.00 - 250.00	25.00 - 28.00	31.00 - 44.00	1000.00 - 1100.00	650.00 - 700.00	450.00 - 500.00	-	160.00 - 200.00
Galenbindunuwewa	150.00 - 250.00	350.00 - 400.00	140.00 - 160.00	28.00 - 30.00	35.00 - 40.00	1000.00 - 1200.00	900.00 - 950.00	800.00 - 850.00	-	-
Bandarawela	200.00 - 220.00	450.00 - 500.00	160.00 - 180.00	22.00 - 24.00	30.00 - 32.00	-	800.00 - 850.00	500.00 - 550.00	-	-
Matale	180.00 - 200.00	450.00 - 480.00	180.00 - 190.00	25.00 - 28.00	38.00 - 40.00	1000.00 - 1100.00	700.00 - 850.00	450.00 - 550.00	-	-

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

Week 40: 29 September - 05 October 2023

Locations	Sea Fish									
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw				
Colombo	280.00 – 450.00	450.00 – 750.00	700.00 – 860.00	1400.00 – 1550.00	2000.00 – 2900.00	1450.00 – 1650.00				
Kandy	420.00 – 450.00	580.00 – 600.00	800.00 – 950.00	1400.00 – 1500.00	2100.00 – 2200.00	1400.00 – 1450.00				
Kaluthara	420.00 – 440.00	640.00 – 660.00	830.00 – 850.00	1300.00 – 1320.00	–	1180.00 – 1200.00				
Puttalam	320.00 – 400.00	500.00 – 600.00	550.00 – 700.00	1000.00 – 1050.00	–	750.00 – 1100.00				
Matara	350.00 – 400.00	500.00 – 550.00	900.00 – 950.00	1450.00 – 1500.00	–	–				
Hambantota	300.00 – 400.00	500.00 – 550.00	900.00 – 950.00	1200.00 – 1400.00	–	–				
Galle	–	–	700.00 – 700.00	900.00 – 1000.00	1000.00 – 1200.00	–				
Batticaloa	120.00 – 150.00	200.00 – 250.00	700.00 – 800.00	1300.00 – 1400.00	1500.00 – 1600.00	1300.00 – 1350.00				
Trincomalee	300.00 – 350.00	350.00 – 420.00	1100.00 – 1200.00	1650.00 – 1750.00	2280.00 – 2350.00	1450.00 – 1550.00				
Mannar	250.00 – 300.00	–	–	–	–	1000.00 – 1100.00				

Locations	Sea Fish				Eggs		
	Mora	Shrimps	Thalapath	Teppeli	Brown	White	
Colombo	950.00 – 1100.00	1750.00 – 1860.00	1700.00 – 2300.00	–	48.00 – 48.50	47.00 – 47.50	
Kandy	1100.00 – 1200.00	1700.00 – 1800.00	2000.00 – 2100.00	–	46.00 – 47.00	44.00 – 46.00	
Kaluthara	–	1600.00 – 1700.00	1850.00 – 1950.00	–	–	–	
Puttalam	–	1000.00 – 1200.00	1800.00 – 1850.00	–	45.00 – 46.00	43.00 – 45.00	
Matara	–	1700.00 – 1800.00	1850.00 – 1900.00	–	–	43.50 – 45.00	
Hambantota	–	–	–	–	–	44.00 – 45.00	
Galle	700.00 – 800.00	–	–	–	–	44.00 – 46.50	
Batticaloa	900.00 – 1000.00	1400.00 – 1500.00	1500.00 – 1600.00	–	49.00 – 50.00	49.00 – 50.00	
Trincomalee	1550.00 – 1600.00	1150.00 – 1250.00	–	–	48.00 – 50.00	46.00 – 48.00	
Mannar	–	1000.00 – 1100.00	–	–	48.00 – 49.00	46.00 – 47.00	

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

Week 40: 29 September - 05 October 2023

Locations	Local Dried Fish					
	Sprats	Kattawa	Thora	Mora	Balaya	Anguluwa
Colombo	50000 – 57000	–	–	84000 – 91000	52000 – 57500	–
Kandy	78000 – 80000	–	–	90000 – 92500	42500 – 50000	–
Batticaloa	57500 – 60000	102500 – 105000	–	–	52500 – 55000	67500 – 70000
Trincomalee	47500 – 48500	–	–	–	50000 – 52500	57500 – 60000
Mannar	52500 – 55000	85000 – 87500	–	80000 – 85000	50000 – 55000	32500 – 35000

Locations	Local Dried Fish			Imported Dried Fish		
	Maduwa	Koduwa	Salaya	Sprats	Kattawa	Thora
Colombo	67000 – 70000	–	15000 – 20000	43000 – 55000	67500 – 72000	–
Kandy	68000 – 70000	–	28000 – 30000	45000 – 50000	75000 – 80000	–
Batticaloa	52500 – 55000	–	42500 – 45000	–	–	–
Trincomalee	61000 – 63000	–	29500 – 31000	42000 – 43000	95000 – 97500	–
Mannar	65000 – 70000	50000 – 55000	37500 – 40000	49000 – 50000	–	–

Locations	Imported Dried Fish					
	Mora	Balaya	Anguluwa	Maduwa	Koduwa	Salaya
Colombo	–	–	77500 – 80000	–	–	–
Kandy	–	–	–	–	–	–
Batticaloa	–	–	–	–	–	–
Trincomalee	–	–	–	–	–	–
Mannar	–	–	–	–	–	–

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

Week 40: 29 September - 05 October 2023

LOCATIONS	Meat	Meat (Chicken)		Meat	
	Beef	Broiler	Curry	Mutton	Pork
Colombo	2200.00 – 2500.00	1100.00 – 1180.00	1200.00 – 1400.00	3100.00 – 3200.00	1400.00 – 1600.00
Gampaha	2100.00 – 2200.00	1290.00 – 1300.00	1300.00 – 1300.00	3300.00 – 3300.00	1400.00 – 1400.00
Kurunegala	1900.00 – 1900.00	1060.00 – 1150.00	–	2700.00 – 2700.00	1400.00 – 1400.00
Nikaweratiya	2200.00 – 2400.00	1000.00 – 1100.00	–	–	–
Dambulla	–	1100.00 – 1200.00	–	–	1500.00 – 1600.00
Anuradhapura	2200.00 – 2200.00	1200.00 – 1300.00	–	3000.00 – 3200.00	1400.00 – 1500.00
Thambuththegama	2000.00 – 2200.00	1000.00 – 1200.00	1300.00 – 1300.00	–	1450.00 – 1600.00
Polonnaruwa	1800.00 – 1800.00	1480.00 – 1580.00	–	–	1800.00 – 1800.00
Kaluthara	2200.00 – 2300.00	1120.00 – 1140.00	1190.00 – 1210.00	–	1600.00 – 1700.00
Badulla	1800.00 – 2000.00	1300.00 – 1380.00	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 – 1600.00	2800.00 – 2800.00	1450.00 – 1500.00
Kegalle	2200.00 – 2200.00	1190.00 – 1250.00	–	2900.00 – 3000.00	1800.00 – 1850.00
Ampara	2100.00 – 2100.00	1050.00 – 1100.00	1075.00 – 1150.00	–	1650.00 – 1700.00
Dehiattakandiya	–	1090.00 – 1200.00	–	–	1380.00 – 1600.00
Nuwaraeliya	2000.00 – 2200.00	1350.00 – 1380.00	1450.00 – 1480.00	3000.00 – 3200.00	1700.00 – 1800.00
Kandy	2200.00 – 2200.00	1020.00 – 1030.00	1300.00 – 1350.00	3000.00 – 3000.00	1450.00 – 1500.00
Puttalam	2100.00 – 2300.00	1100.00 – 1200.00	–	3200.00 – 3200.00	–
Hambantota	–	1200.00 – 1220.00	–	–	–
Rathnapura	2200.00 – 2200.00	1000.00 – 1100.00	–	3000.00 – 3200.00	1300.00 – 1360.00
Matara	–	1130.00 – 1150.00	–	–	–
Galle	2200.00 – 2200.00	1150.00 – 1200.00	1450.00 – 1500.00	3300.00 – 3400.00	–
Tissamaharama	–	–	–	–	–
Meegoda	–	1000.00 – 1100.00	1200.00 – 1400.00	–	1400.00 – 1400.00
Embiliptiya	2150.00 – 2200.00	1020.00 – 1150.00	1300.00 – 1350.00	2900.00 – 3000.00	1500.00 – 1700.00
Jaffna	2000.00 – 2100.00	1350.00 – 1400.00	1500.00 – 1600.00	3200.00 – 3500.00	–
Vavuniya	2000.00 – 2200.00	1400.00 – 1450.00	–	2900.00 – 3000.00	–
Mannar	1800.00 – 2000.00	1400.00 – 1400.00	–	–	–
Killinochchi	1900.00 – 1950.00	1350.00 – 1400.00	1550.00 – 1600.00	3000.00 – 3200.00	–
Mullaittivu	–	–	–	–	–
Batticaloa	1700.00 – 1800.00	1300.00 – 1350.00	1400.00 – 1500.00	–	–
Trincomalee	1830.00 – 1850.00	1320.00 – 1360.00	1520.00 – 1550.00	–	–
Veyangoda	2200.00 – 2200.00	1050.00 – 1050.00	–	2950.00 – 3000.00	1500.00 – 1500.00
Galenbindunuwewa	1900.00 – 1900.00	1050.00 – 1050.00	–	–	1500.00 – 1500.00
Bandarawela	2000.00 – 2200.00	1300.00 – 1350.00	–	3000.00 – 3200.00	–
Matale	2100.00 – 2200.00	1090.00 – 1200.00	–	2900.00 – 3000.00	1600.00 – 1700.00

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

Week 40: 29 September - 05 October 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)	180.00	-	210.00	190.00	-	200.00	190.00	-	200.00
Raw (White)	200.00	-	210.00	200.00	-	210.00	200.00	-	210.00
Imported									
Samba	-	-	-	-	-	-	-	-	-
Nadu	-	-	-	-	-	-	-	-	-
Raw (Red)	-	-	-	-	-	-	-	-	-
Raw (White)	-	-	-	-	-	-	-	-	-
Dried Chillies									
Imported	1100.00	-	1300.00	1300.00	-	1400.00	1200.00	-	1400.00
Red Onion									
Sinnan	-	-	-	-	-	-	-	-	-
Vedalan	350.00	-	380.00	480.00	-	500.00	400.00	-	480.00
Imported	-	-	-	-	-	-	-	-	-
Big Onion									
Imported	220.00	-	260.00	240.00	-	240.00	260.00	-	240.00
Local	-	-	240.00	-	280.00	240.00	-	280.00	-
Potato									
Welimada	300.00	-	300.00	-	-	320.00	-	320.00	-
N'Eliya	350.00	-	350.00	360.00	-	360.00	340.00	-	360.00
Imported	180.00	-	200.00	200.00	-	240.00	180.00	-	220.00
Pulses									
Green Gram	900.00	-	1200.00	1000.00	-	1000.00	1200.00	-	1200.00
Cowpea (White)	1100.00	-	1200.00	1200.00	-	1200.00	1100.00	-	1200.00
Cowpea (Red)	1100.00	-	1100.00	1200.00	-	1200.00	1200.00	-	1200.00
Red Dhal	310.00	-	340.00	330.00	-	330.00	310.00	-	360.00

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

Week 40: 29 September - 05 October 2023

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Vegetable</u>									
Beans	360.00	-	460.00	480.00	-	560.00	340.00	-	480.00
Carrot	200.00	-	280.00	320.00	-	400.00	260.00	-	400.00
Leeks	100.00	-	120.00	320.00	-	320.00	160.00	-	160.00
Beetroot	140.00	-	180.00	320.00	-	320.00	280.00	-	320.00
Knolkhol	120.00	-	150.00	260.00	-	280.00	220.00	-	240.00
Raddish	120.00	-	180.00	240.00	-	280.00	200.00	-	260.00
Cabbage	110.00	-	120.00	280.00	-	320.00	200.00	-	260.00
Tomato	140.00	-	160.00	280.00	-	320.00	220.00	-	240.00
Ladies Fingers	120.00	-	150.00	280.00	-	320.00	200.00	-	220.00
Brinjal	240.00	-	300.00	400.00	-	540.00	400.00	-	480.00
Capsicum	240.00	-	360.00	520.00	-	580.00	320.00	-	420.00
Pumpkin	100.00	-	160.00	160.00	-	200.00	160.00	-	220.00
Cucumber	110.00	-	190.00	200.00	-	240.00	160.00	-	200.00
Bitter Gourd	300.00	-	450.00	400.00	-	560.00	400.00	-	480.00
Snake Gourd	200.00	-	250.00	320.00	-	400.00	320.00	-	360.00
Drumstick	140.00	-	180.00	220.00	-	320.00	220.00	-	240.00
Luffa	200.00	-	250.00	240.00	-	360.00	320.00	-	380.00
Long Beans	200.00	-	300.00	340.00	-	400.00	260.00	-	320.00
Ash Plantain	220.00	-	250.00	320.00	-	360.00	260.00	-	320.00
Green Chillies	450.00	-	560.00	600.00	-	900.00	600.00	-	650.00
Lime	1400.00	-	1450.00	1700.00	-	1800.00	1600.00	-	2000.00
<u>Root Crops</u>									
Sweet Potato	120.00	-	140.00	240.00	-	240.00	200.00	-	200.00
Manioc	140.00	-	160.00	200.00	-	240.00	200.00	-	240.00
<u>Leafy Vegetable</u>									
Mukunuwenna	50.00	-	50.00	80.00	-	80.00	70.00	-	80.00
Kankun	50.00	-	50.00	80.00	-	80.00	80.00	-	80.00
Gotukola	90.00	-	100.00	100.00	-	100.00	100.00	-	100.00
<u>Coconut</u>									
Large	100.00	-	110.00	120.00	-	120.00	120.00	-	120.00
Small	90.00	-	95.00	90.00	-	90.00	90.00	-	95.00

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

Week 40: 29 September - 05 October 2023

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Plantain</u>									
Ambul (Rs/Kg)	250.00	-	260.00	260.00	-	260.00	280.00	-	280.00
Kolikuttu (Rs/Kg)	600.00	-	700.00	650.00	-	650.00	600.00	-	600.00
Seeni (Rs/Kg)	180.00	-	220.00	240.00	-	240.00	250.00	-	260.00
Anamalu	32.00	-	35.00	40.00	-	40.00	43.00	-	44.00
Ambun	30.00	-	32.00	45.00	-	50.00	45.00	-	50.00
<u>Pineapple</u>									
Large	725.00	-	750.00	900.00	-	900.00	800.00	-	850.00
Medium	650.00	-	700.00	600.00	-	600.00	650.00	-	700.00
30 Small	500.00	-	550.00	480.00	-	480.00	560.00	-	560.00
<u>Mango</u>									
Betti	-	-	-	-	-	-	-	-	-
Karthakolomban	260.00	-	330.00	375.00	-	375.00	375.00	-	400.00
Vilad	70.00	-	120.00	130.00	-	130.00	130.00	-	140.00
Kohu	-	-	-	-	-	-	-	-	-
<u>Other Fruits</u>									
Wood Apple	30.00	-	36.00	60.00	-	60.00	50.00	-	60.00
Orange	60.00	-	80.00	100.00	-	100.00	110.00	-	120.00
Avocado	50.00	-	70.00	100.00	-	100.00	100.00	-	120.00
Slime Apple	80.00	-	90.00	120.00	-	130.00	120.00	-	130.00
Grapes (Rs/Kg)	1500.00	-	1500.00	2600.00	-	2600.00	2000.00	-	2500.00
Papaw (Rs/Kg)	70.00	-	120.00	180.00	-	220.00	200.00	-	220.00
Passion	60.00	-	70.00	80.00	-	80.00	70.00	-	80.00
King Coconut	100.00	-	120.00	150.00	-	150.00	150.00	-	150.00

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

Week 40: 29 September - 05 October 2023

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Sea Fish</u>									
Salaya	600.00	620.00	680.00	700.00	650.00	650.00	700.00	700.00	560.00
Hurulla	800.00	800.00	800.00	800.00	720.00	720.00	800.00	800.00	780.00
Balaya	1800.00	1800.00	-	-	1600.00	1600.00	-	-	1560.00
Kelawalla	2400.00	2400.00	2800.00	2800.00	2200.00	2200.00	2800.00	2800.00	2800.00
Thora	2800.00	2800.00	2800.00	2800.00	-	3200.00	3200.00	3000.00	3000.00
Paraw	1900.00	1900.00	2600.00	2600.00	2000.00	2000.00	2800.00	2800.00	2000.00
Mora	-	-	-	-	-	-	1600.00	1600.00	-
Shrimps Small	1950.00	1950.00	1950.00	2000.00	1950.00	1950.00	1950.00	1950.00	1950.00
Talapath	3000.00	3200.00	3000.00	3000.00	3200.00	3200.00	3200.00	3200.00	3200.00
31 <u>Eggs (Rs/Egg)</u>									
Brown	49.00	49.00	49.00	49.00	49.00	49.00	49.00	49.00	49.00
White	48.00	48.00	48.00	48.00	48.00	48.00	48.00	48.00	48.00
<u>Dried Fish</u>									
Sprats	2000.00	2100.00	1800.00	2000.00	2200.00	2400.00	2000.00	2200.00	2400.00
Kattawa	2000.00	2300.00	2600.00	2600.00	2300.00	2400.00	2400.00	2800.00	2800.00
Thora	-	-	-	-	-	-	-	-	-
Mora	2000.00	2200.00	2200.00	2200.00	2500.00	2500.00	2400.00	2400.00	2600.00
Balaya	1600.00	1800.00	2200.00	2300.00	2000.00	2200.00	1800.00	1800.00	1800.00
Anguluwa	2000.00	2000.00	2600.00	2600.00	2600.00	2600.00	2400.00	2600.00	2600.00
Salaya	900.00	1000.00	1000.00	1100.00	1100.00	1100.00	1200.00	1100.00	1100.00
<u>Meat</u>									
Beef (without Bones)	-	2500.00	2500.00	2500.00	2500.00	-	2200.00	2200.00	-
Chicken (Broiler)	1150.00	1150.00	1100.00	1100.00	1100.00	1100.00	1100.00	1150.00	1150.00
Chicken (Curry)	1250.00	1250.00	1400.00	1400.00	1300.00	1400.00	1300.00	1200.00	1250.00
Mutton	-	3200.00	3200.00	3200.00	3200.00	-	3200.00	3200.00	-
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

Hector Kobbekaduwa Agrarian Research and Training Institute

No. 114, Wijerama Mawatha, Colombo 07.

Phone: 011-2696981 Fax: 011-2682283

E-mail: mfpaharti@yahoo.com

Web: www.harti.gov.lk

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