

WEEKLY FOOD COMMODITIES BULLETIN

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No.41

RETAIL MARKET AT A GLANCE

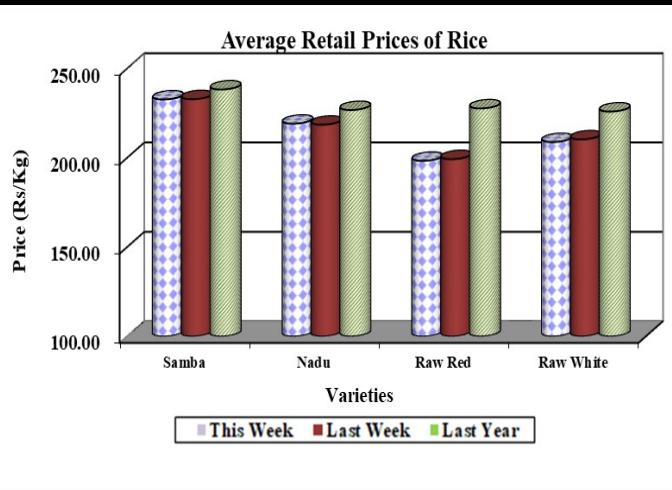
Summary

Rice



Prices of most local rice varieties except for raw red and raw white have not changed significantly. Prices ranged between Rs.220.00-240.00/kg for samba and Rs.200.00-230.00/kg for nadu rice. The average farm gate prices of both short-grain (samba) and long-grain (white) varieties have increased in the range of Rs.1.00-4.00/kg and Rs.1.00-3.00/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.22.00/kg and Rs.2.00/kg respectively. Price ranged between Rs.160.00-280.00/kg for big onion. Additionally, prices of Welimada potato have decreased by Rs.14.00/kg. On the other hand, the price of green gram has decreased further by Rs.17.00/kg during the week.

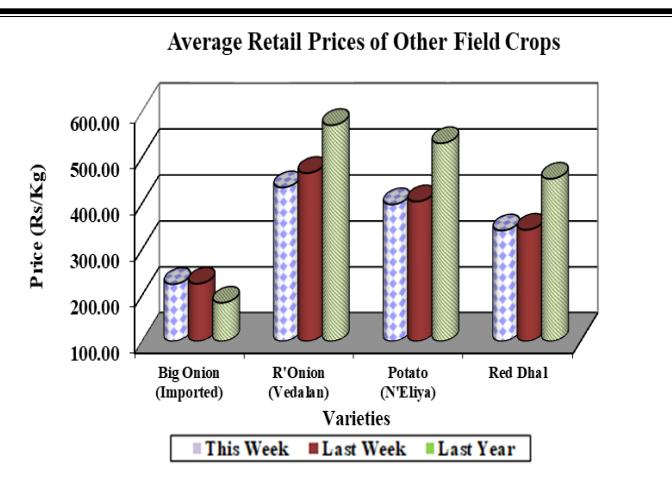
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Vegetables



Due to low supply during the rainy weather conditions, retail prices of most vegetables have increased. Among the up-country varieties, leeks showed the highest price increase of Rs.13.00/kg, followed by beans and radish at Rs.12.00/kg. Among the low country varieties, the highest price increase was reported for snake gourd at Rs.21.00/kg, followed by bitter gourd at Rs.13.00/kg in Colombo and its suburban markets.

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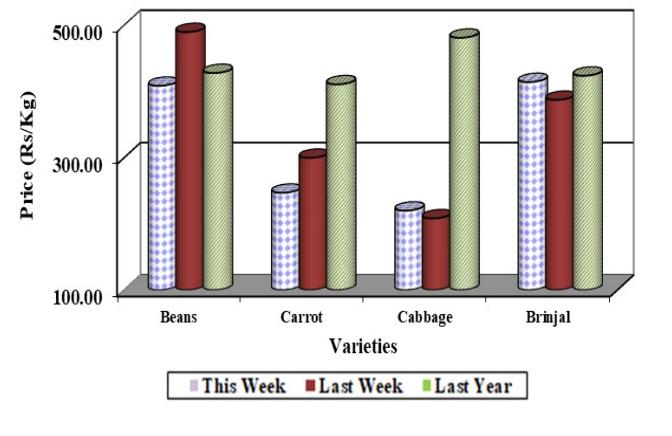
Coconut



Prices of both large and small coconuts have decreased slightly. The price range for large nuts was Rs.100.00-120.00/nut, while for small nuts, it was Rs.90.00-100.00/nut.

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Average Retail Prices of Vegetables



Eggs



Prices of both brown and white eggs remained same as last week. The average retail prices for brown and white eggs were Rs.49.00/egg and Rs.48.00/egg respectively.

(Page No.09)

Rice

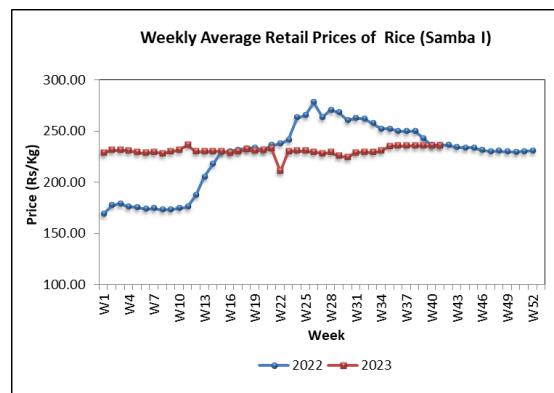
Wholesale

Prices of most of the local rice varieties except raw red and white have not changed significantly. Price of raw red and raw white has decreased by 1% and the prices ranged between Rs.170.00-180.00/kg and Rs.185.00-200.00/kg respectively. Prices for samba grade I and II ranged Rs.215.00-225.00/kg and the average prices of keeri samba and both grade I nadu were Rs.286.00/kg, Rs.200.00/kg and Rs.195.50/kg respectively.

Compared to the same period of last year prices of all local varieties except keeri samba have decreased in the range of 1%-18% while price of keeri samba has increased 19%.

Retail

Prices of local rice varieties except raw red and raw white have not changed significantly. Prices of raw red and raw white have decreased by Rs.2.00/kg and the prices ranged between Rs.180.00-210.00/kg and Rs.190.00-220.00/kg respectively. Prices of samba II and nadu II ranged between Rs.220.00-230.00/kg and Rs.220.00-220.00/kg respectively. Average prices for samba I and nadu I were Rs.235.00/kg and Rs.221.00/kg respectively.



Compared to the same period of last year, current retail prices of all local rice varieties have decreased in the range of 1%-15% except samba grade II.

Paddy

It was observed that the average farm gate paddy price of major paddy varieties have increased slightly in major producing areas except long grain red paddy. Accordingly, the average price of short grain paddy (samba) has increased by Rs.1.00-4.00/kg and the prices ranged Rs.110.00-121.00/kg. Subsequently, price increases of Rs.1.00-3.00/kg were also reported for keeri samba paddy and its prices ranged Rs.130.00-145.00/kg. Further, a price increment of Rs.1.00-3.00/kg for long grain white paddy was also reported in Anuradhapura, Polonnaruwa, Kalawewa and Ampara areas and its prices ranged Rs.100.00-110.00/kg. However, the prices have decreased by Rs.3.00/kg and Rs.1.00/kg in Matara and Hambantota areas respectively and its prices ranged Rs.88.00-100.00/kg

in major producing areas in the Southern province.

Compared to the same period of last year, the average farm gate price of both short grain and keeri samba paddy varieties have increased while the farm gate price of both long grain white and red paddy varieties have decreased.

Dried Chilies

Wholesale

Price of imported dried chilies has not changed significantly and the price ranged between Rs.1000.00-1100.00/kg.

Compared to the same period of last year, price of imported dried chilies has decreased by 29%.

Retail

Price of imported dried chilies has increased by Rs.1.00/kg and the price ranged between Rs.1100.00-1500.00/kg.

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

Onion

Wholesale

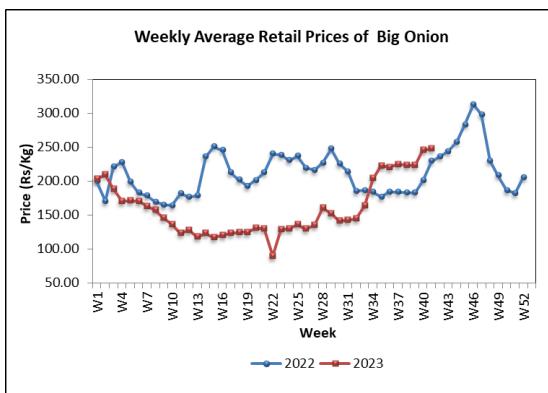
Prices of both sinnan and vedalan red onions have increased by 11% and 17% due to availability of high quality stocks and the prices ranged Rs.220.00-270.00/kg and Rs.320.00-370.00/kg respectively.

Prices of imported big onion and local big onion have increased by 1% and 21% respectively and the price ranged Rs.100.00-230.0/kg respectively.

Compared to the same period of last year, price of vedalan red onion has decreased by 31%. Further, price of imported big onion has decreased by 14% while the price of local big onion has increased by 15%.

Retail

Price of vedalan red onion has increased by Rs.22.00/kg and the price ranged Rs.400.00-560.00/kg. Sinnan red onion was also available in the retail market and the average price was Rs.290.00/kg. Prices of both imported and local big onion have increased by Rs.2.00/kg and the prices ranged between Rs.160.00-280.00/kg and Rs.240.00-280.00/kg respectively.



Compared to the same period of last year, price of vedalan and sinnan red onions have decreased by 16% and 23% respectively while the prices of imported and local big onions have increased by 8% and 18% respectively.

Potato

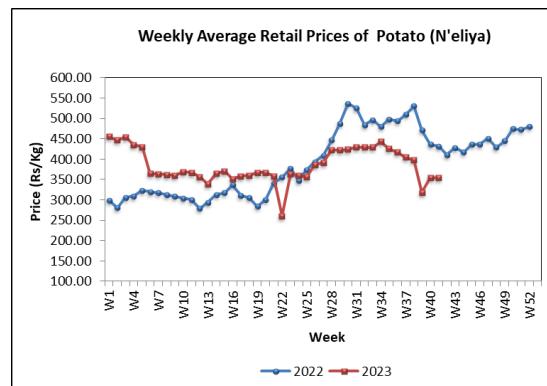
Wholesale

Prices of both Welimada and Nuwara Eliya potatoes have decreased by 9% due to availability of sufficient stocks and the prices ranged Rs.170.00-190.00/kg and Rs.200.00-220.00/kg respectively. Price of imported potato has increased by 2% due to availability of high quality Pakistan stocks and the price ranged Rs.150.00-195.00/kg. Price ranges were Rs.150.00-165.00/kg for Indian (Gujarat) stocks and Rs.170.00-195.00/kg for Pakistan stocks.

Compared to the same period of last year, price of local potato has decreased in the range of 30%-33% while price of imported potato has decreased by 11%.

Retail

Prices of Welimada and Nuwara Eliya potatoes have decreased by Rs.14.00/kg and Rs.1.00/kg respectively and prices ranged Rs.280.00-320.00/kg and Rs.340.00-360.00/kg respectively. Price of imported potato has increased by Rs.2.00/kg and the price ranged Rs.180.00-240.00/kg.



Compared to the same period of last year, prices of all local and imported potatoes have decreased in the range of 4%-18%.

Pulses

Wholesale

Price of white cowpea has increased by 1% and the price ranged Rs.900.00-960.00/kg. Price of green gram has decreased by 4% due to availability of low quality stocks and the price ranged Rs.750.00-800.00/kg. Price of red dhal has increased by 2% and the price ranged

Rs.280.00-300.00/kg. The average price of red cowpea was Rs.969.00/kg.

Compared to the same period of last year, prices of green gram and red dhal have decreased by 28% and 26%, while the prices of white cowpea and red cowpea have increased by 6%-9%.

Retail

Price of green gram has decreased by Rs.18.00/kg and the price ranged Rs.900.00-1300.00/kg. Price of white cowpea has increased by Rs.12.00/kg and that of red cowpea has decreased by Rs.1.00/kg. Prices of both types ranged Rs.1000.00-1300.00/kg. Price of red dhal has decreased by Rs.1.00/kg and the price ranged Rs.300.00-360.00/kg.

Compared to the same period of last year, prices of red and white cowpea have increased in the range of 9%-15%. Prices of green gram and red dhal have decreased by 8% and 23% respectively.

Vegetable

Wholesale

With the decreased market demand due to prevailing rainy weather condition, prices of most of the vegetables have decreased.

Considering up country vegetables, the highest price decrease was reported for carrot as 24% due to increased supply from Nuwara Eliya area, followed by

knolkhol as 19%. Prices of all other varieties have decreased in the range of 6%-16% due to decreased market demand.

Price of tomato has increased by 14% due to decreased supply from Balangoda area and price of capsicum has increased by 9% due to decreased supply from Puttalam area.

Considering low country vegetables, the highest price decrease was reported for pumpkin as 22% due to increased supply from Mahavilachchiya area, followed by cucumber as 16% due to increased supply from Puttalam and Kalpitiya areas. Prices of both drumstick and brinjal have decreased by 7% due to availability of sufficient stocks. However, price of ash plantain has increased by 12% due to decreased supply from Embilipitiya area and prices of luffa, snake gourd and ladies fingers have increased in the range of 1%-6%.

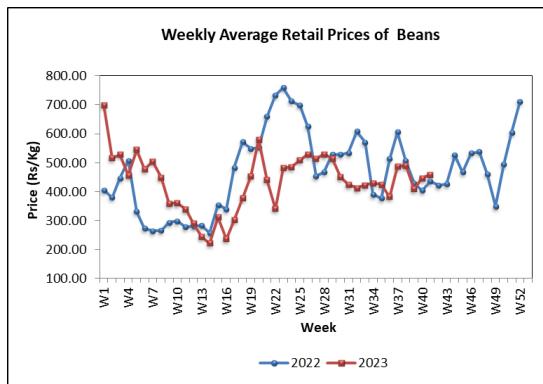
Due to slight changes of the market demand, prices of green chilies and lime have decreased by 2% and 3% respectively.

Compared to the same period of the last year, prices of most of the vegetables have decreased and the highest price decrease was reported for pumpkin as 77%.

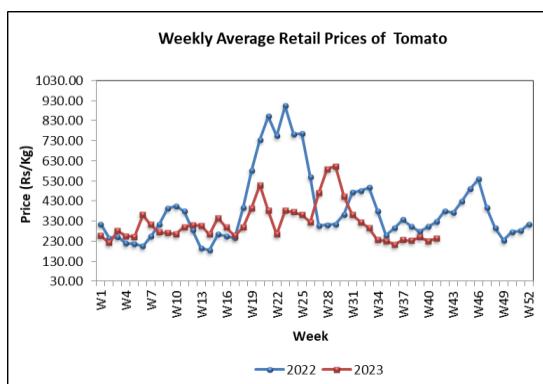
Retail

The average retail prices of most of the vegetable varieties have increased.

Considering up country varieties the highest price increase was reported for leeks as Rs.13.00/kg. Prices of both beans and raddish have increased by Rs.12.00/kg. However, prices of beetroot and carrot have decreased by Rs.28.00/kg and Rs.23.00/kg respectively. Prices of knolkhol and cabbage have decreased Rs.8.00/kg and Rs.6.00/kg respectively.



Price of tomato has increased by Rs.12.00/kg while the price of capsicum has decreased by Rs.50.00/kg.



Considering low country varieties, the highest price increase was reported for

snake gourd as Rs.25.00/kg followed by bitter gourd as Rs.13.00/kg. Prices of luffa, ash plantain and brinjal have increased by Rs.12.00/kg, Rs.7.00/kg and Rs.5.00/kg respectively. However, prices of cucumber, drumsticks and pumpkin have decreased by Rs.11.00/kg, Rs.9.00/kg and Rs.8.00/kg respectively.

Further, prices of green chilies and lime have decreased by Rs.14.00/kg and Rs.27.00/kg respectively.

In some retail, markets including Thotalanga and Dematagoda due to availability of previous purchased vegetable stocks, their retail prices were less compared with the wholesale prices.

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 55%.

Coconut

Wholesale

Prices of large and small nuts have increased by 2% and 4% respectively while prices ranged Rs.95.00-105.00 for a large nut and Rs.80.00-90.00 for a small nut.

Compared to the same period of last year, prices of large and small nuts have increased by 19% and 16% respectively.

Retail

Prices of large and small nuts have decreased by Rs.3.00/nut and Rs.1.00/nut respectively while prices ranged 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 by 17% and 13% respectively.

Fruits

Wholesale

Prices of most of fruit varieties have decreased due to low demand and availability of low quality stocks. The highest price decrease of 29% was reported for karthakolomban mango, followed by vilad (16%) due to low demand. Prices of all the banana varieties except anamalu banana have decreased in the range of 1%-13% with low demand. Further, prices of all the sizes of pineapple have decreased in the range of 7%-11% with low demand and availability of ripe fruit stocks. In addition, prices of avocado and king coconut have decreased by 3%, while price of imported grapes and slime apple have decreased by 4% and 6% respectively with low demand and availability of low quality stocks.

However, the price of papaw has increased by 15% due to increased demand after the

rainy weather. In addition, price of anamalu banana and passion fruit have increased by 7% with availability of limited stocks. Compared to the same period of last year, the price of the most of the fruit varieties have increased with the highest price increase reported to passion fruit as 70%.

Retail

Prices of most of fruit varieties have decreased in line with the decreased wholesale prices. The highest price decrease of Rs.113.00/fruit was reported for karthakolomban mango due to availability of stocks in the market. Further, the prices of small, medium and large sized pineapple have decreased in the range of Rs.6.00-68.00/fruit due to availability of sufficient stocks.

In addition, the price of imported grapes has decreased by Rs.29.00/kg. Further, the prices of seeni, ambul and kolikuttu banana have decreased in the range of Rs.15.00-25.00/kg due to low demand. Further, the price of slime apple has decreased by Rs.3.00/fruit.

Meanwhile, the highest price increase of Rs.16.00/fruit was reported for orange due to unavailability of sufficient stocks in the market. Further, the prices of anamalu and ambun have increased in the range of Rs.3.00-11.00/fruit due to unavailability of sufficient stocks.

In addition, prices of passion fruit, avocado and king coconut have increased by Rs.8.00/fruit, Rs.8.00/fruit and Rs.6.00/fruit respectively.

Compared to the same period of last year, prices of most of the fruit varieties have increased with the highest price increase being reported for passion fruit as 60%.

Fresh Fish

Wholesale

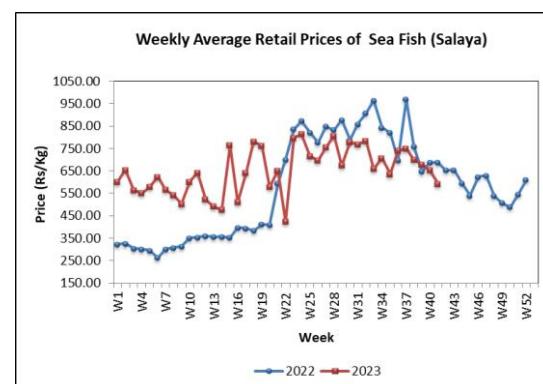
Wholesale prices of all fresh fish types except shrimps have decreased due to increased wholesale supply compared to demand. The highest price decrease of 19% was noted for hurulla due to high supply from Kalpitiya and Mullaitivu areas and the price ranged between Rs.360.00-600.00/kg. A price decrease of 13% was noted for kelawalla due to high supply from Galle, Mirissa and Beruwala areas and the price ranged between Rs.1100.00-1450.00/kg. Likewise, the price decrease of 10% was noted for salaya and thora due to high supply from Negomba, Beruwala, Walachchenai and Kalmunai areas and their prices ranged between Rs.200.00-350.00/kg and Rs.1800.00-2500.00/kg respectively. Also, the wholesale prices of balaya, paraw, and thalapath have decreased by 5%, 7% and 9% respectively.

However, a price increase of 10% was noted for shrimps due to low supply from Jaffna, Mannar and Trincomalee areas and the price ranged between Rs.1900.00-2150.00/kg.

Compared to the same period of last year, current wholesale prices of most of the fresh fish types have decreased in the range of 5% - 42% with and the highest price decrease noted for salaya.

Retail

In line with decreased wholesale prices and increased supply, the retail prices of most of fresh fish types have decreased. The highest price decrease was reported for paraw as Rs.386.00/kg followed by Rs.284.00/kg for kelawalla Rs.171.00/kg for balaya and Rs.167.00/kg for thora. The remaining types have decreased in the range of Rs.27.00-60.00/kg. However, prices of mora and shrimps have increased by Rs.67.00/kg and Rs.263.00/kg respectively due to limited supply.



Compared to the same period of last year, prices of most types of fresh fish have decreased in the range of 1%-14% with the highest price decrease reported for salaya.

Dried Fish

Wholesale

Due to decreased local dried fish supply, prices of most of the local and imported dried fish types have increased. The highest price increase of 13% was noted for local salaya due to low supply from Mannar, Chilaw and Puttalam area and the price ranged between Rs.320.00-440.00/kg. A price increase of 8% was noted for local maduwa due to low supply from Jaffna and Mannar area and the price ranged between Rs.1400.00-1500/kg. Likewise, a price increase of 6% was noted for local mora due to low supply from Negombo and Chilaw areas and the price ranged between Rs.1800.00-1900.00/kg.

However, a price increase of 2% was noted for imported sprats and imported kattawa due to low supply and their prices ranged between Rs.880.00-1000.00/kg and Rs.1300.00-1400.00/kg respectively.

Compared to the same period of last year, current wholesale prices of all dried fish

types except local balaya have decreased in the range of 10%-54% and the highest price decrease was noted for local salaya.

Retail

In line with increased wholesale prices, retail prices of most types of dried fish have increased. The highest price increase was reported for salaya by Rs.29.00/kg and mora by Rs.20.00/kg. Prices of anguluwa and balaya have increased by Rs.16.00/kg and Rs.7.00/kg respectively.

However, prices of local sprats, imported sprats and kattawa have decreased by Rs.165.00/kg, Rs.27.00/kg and Rs.170.00/kg respectively due to low demand.

Compared to the same period of last year, prices of most types of dried fish have decreased in the range of 6%-36% and the highest price decrease was reported for imported sprats.

Eggs

Wholesale

Price of brown egg has increased by 1% while the price of white egg has not changed significantly and their prices ranged between Rs.48.00-49.00/egg and Rs.47.00-47.50/egg respectively.

Compared to the same period of last year, prices of both brown and white eggs have decreased by 2% and 1% respectively.

Retail

Prices of brown and white eggs have not changed significantly. Average prices of brown and white eggs were Rs.49.00/egg and Rs.48.00/egg respectively.

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

Meat

Retail

Prices of most types of meat have decreased with low demand, the highest price decrease was reported for skinless curry chicken by Rs.67.00/kg, and price of skinless broiler chicken has decreased by Rs.61.00/kg. Further price of beef and pork have not changed significantly.

However, the price of mutton has increased by Rs.37.00/kg with decreased supply.

Compared to the same period of last year, the prices of most types of meat have decreased with the highest price decrease reported for skinless 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 ranges, averages, and a comparison of weekly prices. The changes in prices reported are always with price prevailed during the previous week unless otherwise stated.

The frequency of collection of wholesale price information is twice a week (i.e. Tuesday and Friday) while with retail prices, it is thrice a week (i.e. Friday, Monday, and Tuesday).

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

Week 41: 06 - 12 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 –	9900	8500 –	9000	9250 – 10000
	Divulapitiya	11000 –	11400	10500 –	10750	13500 –	14700	10000 –	10700	9400 –	9750	8500 –	8750	9000 – 9500
	Kurunegala	11000 –	11400	10750 –	10750	13000 –	14000	10500 –	10500	9250 –	9400	8750 –	8750	8900 – 9250
	Nikaweratiya	11250 –	11600	10350 –	10750	13000 –	14750	10650 –	10750	9250 –	9500	8900 –	10000	8750 – 9000
	Badulla	–	–	–	–	–	–	10250 –	10750	–	–	8000 –	8250	8750 – 9250
	Puttalam	11200 –	11300	10750 –	10900	–	–	10750 –	10900	9000 –	9250	9000 –	9750	8500 – 8700
	Dambulla	11300 –	11400	11200 –	11250	–	–	10750 –	10800	9750 –	10000	9000 –	9250	9250 – 9400
	Anuradhapura	11250 –	11400	10750 –	10850	14750 –	15250	10500 –	10850	9750 –	10000	9250 –	9750	9250 – 9750
	Tambuttegama	–	–	10350 –	11000	–	–	–	–	9350 –	9500	–	–	9000 – 9100
	Polonnaruwa	11250 –	11300	–	–	–	–	10700 –	10750	9700 –	9750	10200 –	10250	9700 – 9750
	Kalutara	–	–	10900 –	11000	–	–	–	–	9900 –	10000	8900 –	9000	9750 – 9900
	Ampara	11500 –	11500	10750 –	10750	13000 –	13000	10750 –	11000	–	–	8250 –	8750	8750 – 8750
	Kandy	11150 –	11250	10400 –	10500	14500 –	14700	10000 –	10500	9600 –	9750	8500 –	9000	9100 – 9500
	Moneragala	11250 –	11350	–	–	13500 –	14500	10500 –	10850	–	–	8000 –	8500	8500 – 9000
	Kegalle	–	–	–	–	–	–	–	–	–	–	–	–	–
	Dehiattakandiya	11250 –	11250	–	–	–	–	10750 –	10750	9750 –	9750	10000 –	10000	9250 – 10000
	Hambantota	11250 –	11400	–	–	–	–	–	–	–	–	8000 –	8250	8500 – 9000
	Matara	11250 –	11450	–	–	–	–	10250 –	10500	–	–	8000 –	8300	9000 – 9500
	Galle	11400 –	11500	–	–	–	–	10750 –	10900	–	–	8150 –	8750	8750 – 9500
	Meegoda	–	–	10900 –	11000	–	–	–	–	9250 –	9300	8000 –	8250	8500 – 9250
	Tissamaharama	–	–	–	–	–	–	–	–	–	–	–	–	–
	Embiliptiya	–	–	10800 –	10900	–	–	10400 –	10500	–	–	7500 –	7650	8750 – 8900
	Jaffna	11000 –	11250	–	–	15000 –	15250	10000 –	10700	–	–	9250 –	10000	9500 – 10000
	Vavuniya	11000 –	11250	–	–	15000 –	15500	10000 –	10500	9500 –	9800	8500 –	8750	9250 – 9500
	Mannar	11000 –	11250	–	–	14850 –	15000	10250 –	10500	9750 –	10000	8750 –	9000	9500 – 9750
	Killinochchi	11000 –	11250	–	–	15000 –	15500	10000 –	10500	9500 –	9750	8500 –	8750	9250 – 9500
	Mullattivu	–	–	–	–	–	–	–	–	–	–	–	–	–
	Batticaloa	11150 –	11450	–	–	15750 –	16000	10400 –	10600	–	–	9400 –	9600	9500 – 9850
	Trincomalee	11250 –	11500	–	–	15000 –	15500	10000 –	10600	9500 –	10000	9000 –	9400	9500 – 10000
	Galenbindunuwew	11400 –	11400	10750 –	11000	14750 –	15250	10750 –	10900	9750 –	10000	9250 –	9750	9400 – 9500
	Matale	11400 –	11450	–	–	14500 –	15000	10750 –	10800	9250 –	9500	8750 –	9250	9500 – 9750

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

Week 41: 06 - 12 October 2023

LOCATION	Dried Chillies	Red Onion			Big Onion	Potato				Pulses				
	Imported	Imported	Local			Imported	Welimada	Nuwara Eliya		Green Gram	Cowpea		Red Dhal	
	Imported													
Colombo	50000 - 55000	-	16000 - 18500	5000 - 11500	7500 - 9750	8500 - 9500	10000 - 11000		37500 - 40000	45000 - 48000		14000 - 15000		
Kurunegala	51250 - 52500	-	15000 - 16500	11500 - 12000	9000 - 9500	-	-	-	35000 - 42500	42500 - 50000		14250 - 14750		
Nikaweratiya	51500 - 52500	-	15000 - 17500	5000 - 11500	8750 - 8750	-	10750 - 11500		38000 - 42500	43000 - 45000		14250 - 14500		
Dehiattakandiya	50000 - 57500	-	16500 - 16500	5000 - 11000	9500 - 11000	-	11000 - 14000		35000 - 37500	45000 - 45000		14000 - 16000		
Dambulla (DEC)	51500 - 54500	-	14000 - 15000	9500 - 9750	8750 - 9000	9000 - 10000	-	-	32500 - 35000	40000 - 42500		14500 - 15000		
Anuradhapura	57500 - 60000	-	-	5000 - 12000	8750 - 9500	-	11000 - 13000		42500 - 47500	45000 - 50000		14500 - 15000		
Thambuththegama	50500 - 55000	-	13500 - 16500	4250 - 10250	8500 - 8750	9000 - 9500	-	-	35000 - 37500	-		14100 - 14750		
Polonnaruwa	60000 - 61000	-	15500 - 15750	11500 - 11750	10000 - 10250	-	13500 - 14000		41000 - 41500	50000 - 50000		15900 - 16000		
Kaluthara	52500 - 54000	-	17000 - 18000	10500 - 11000	8500 - 9000	9000 - 9500	10500 - 10750		39000 - 41000	47000 - 48000		14500 - 14750		
Puttalam	50000 - 52000	-	13000 - 15500	9500 - 11000	8000 - 9500	-	11500 - 13200		33000 - 39000	45000 - 46000		14250 - 15100		
Kandy	52500 - 55000	-	16000 - 16250	5000 - 11000	9000 - 10000	9000 - 9500	10500 - 11000		40000 - 41000	45000 - 46000		14250 - 15000		
Matara	55000 - 57500	-	17000 - 18000	11000 - 11500	9250 - 9500	-	11250 - 12000		41500 - 45000	46250 - 47500		15500 - 15750		
Hambantota	52500 - 57500	-	16750 - 18000	10500 - 11000	9250 - 10000	-	11500 - 12000		47500 - 49000	47500 - 49000		15500 - 15750		
Kegalle	53800 - 54500	-	13300 - 13500	9500 - 9600	8400 - 8500	-	10500 - 10600		38000 - 41000	46500 - 47000		15000 - 16000		
Galle	57500 - 62500	-	17500 - 19000	11500 - 12500	10000 - 10500	-	10500 - 11500		42500 - 50000	42500 - 45000		15000 - 16000		
Tissamaharama	-	-	-	-	-	-	-	-	-	-	-	-	-	
Meegoda (DEC)	52500 - 54000	-	13000 - 15000	10000 - 10750	8750 - 9250	10000 - 10500	11000 - 11500		40000 - 42500	46500 - 48000		14250 - 14500		
Jaffna	51000 - 52000	-	11500 - 12000	9500 - 10000	8250 - 9000	9000 - 10000	10750 - 11000		39000 - 40250	-		15000 - 16000		
Vavuniya	55000 - 57000	-	16000 - 16500	10500 - 10750	10000 - 11000	-	12500 - 13000		40000 - 43000	47000 - 49000		14750 - 15000		
Mannar	53000 - 55000	-	-	6000 - 11000	10000 - 10500	-	-	-	40000 - 42500	-		14900 - 15250		
Killinochchi	55000 - 57000	-	16000 - 17000	7000 - 8000	10000 - 11000	-	12500 - 13500		39000 - 41000	-		15000 - 15500		
Mullattivu	-	-	-	-	-	-	-	-	-	-	-	-	-	
Batticaloa	54750 - 56000	-	17750 - 18500	9900 - 10500	9500 - 10000	-	16000 - 17000		41000 - 42250	49000 - 49750		14750 - 15000		
Trincomalee	54000 - 55500	-	13250 - 14000	8000 - 8500	9000 - 9500	-	16000 - 17000		45000 - 46250	-		14750 - 15000		
Galenbindunuwewa	52500 - 57000	-	13000 - 14500	5000 - 12250	9250 - 9500	-	-	-	39000 - 45000	41000 - 47500		14750 - 15000		
Matale	52500 - 55000	-	15000 - 16000	11250 - 11500	8500 - 9000	10000 - 10000	11000 - 12500		37500 - 42500	45000 - 47500		14750 - 15000		

Table 06 (Contd.)

	Long Beans	Ash Plantain	Green Chillies	Lime	Sweet Potatoe	Manioc
Colombo	150.00 - 220.00	200.00 - 250.00	350.00 - 450.00	##### - #####	70.00 - 100.00	80.00 - 120.00
Meegoda (DEC)	180.00 - 200.00	180.00 - 220.00	320.00 - 360.00	##### - #####	70.00 - 100.00	90.00 - 110.00
Moneragal	150.00 - 200.00	80.00 - 100.00	500.00 - 600.00	##### - #####	100.00 - 120.00	70.00 - 90.00
Dambulla (DEC)	140.00 - 160.00	180.00 - 200.00	280.00 - 350.00	##### - #####	60.00 - 70.00	60.00 - 70.00
Keppetipola (DEC)	160.00 - 170.00	180.00 - 190.00	400.00 - 450.00	##### - #####	100.00 - 110.00	100.00 - 120.00
Norochchhole (DEC)	140.00 - 200.00	-	280.00 - 350.00	-	80.00 - 140.00	70.00 - 80.00
Nuwara Eliya	180.00 - 190.00	200.00 - 210.00	450.00 - 500.00	##### - #####	100.00 - 120.00	120.00 - 130.00
Kandy	160.00 - 180.00	180.00 - 200.00	350.00 - 400.00	##### - #####	80.00 - 100.00	90.00 - 100.00
Hambantota	200.00 - 250.00	100.00 - 150.00	500.00 - 600.00	900.00 - #####	90.00 - 150.00	90.00 - 130.00
Thambuththegama (DEC)	140.00 - 170.00	140.00 - 170.00	300.00 - 400.00	##### - #####	70.00 - 80.00	60.00 - 80.00
Tissamaharama	-	-	-	-	-	-
Jaffna	-	-	-	-	-	-
Bandarawela	-	-	400.00 - 450.00	-	80.00 - 100.00	100.00 - 120.00
Veyangoda	180.00 - 220.00	180.00 - 230.00	300.00 - 350.00	##### - #####	70.00 - 85.00	100.00 - 130.00

Locations	Leafy Vegetables (Rs/Bundle)			Coconut (Rs/Nut)	
	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	30.00 - 40.00	30.00 - 40.00	140.00 - 150.00	95.00 - 105.00	80.00 - 90.00
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	80.00 - 90.00	65.00 - 72.00
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	25.00 - 30.00	25.00 - 30.00	80.00 - 90.00	65.00 - 70.00	55.00 - 58.00
Kandy	35.00 - 40.00	40.00 - 45.00	180.00 - 190.00	82.00 - 85.00	65.00 - 68.00
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 - 80.00	60.00 - 65.00
Tissamaharama	-	-	-	-	-
Jaffna	-	-	-	70.00 - 80.00	40.00 - 45.00
Bandarawela	-	-	-	-	-
Veyangoda	35.00 - 40.00	35.00 - 40.00	120.00 - 120.00	85.00 - 90.00	-

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

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

Week 41: 06 - 12 October 2023

LOCATIONS	Meat	Meat (Chicken)		Meat	
	Beef	Broiler	Curry	Mutton	Pork
Colombo	2200.00 – 2500.00	950.00 – 1160.00	1200.00 – 1300.00	3100.00 – 3400.00	1400.00 – 1600.00
Gampaha	2200.00 – 2200.00	1000.00 – 1100.00	–	3300.00 – 3300.00	1400.00 – 1400.00
Kurunegala	1900.00 – 1900.00	1000.00 – 1150.00	–	2700.00 – 2700.00	1400.00 – 1400.00
Nikaweratiya	2000.00 – 2200.00	960.00 – 1100.00	–	–	–
Dambulla	–	1100.00 – 1150.00	–	–	1500.00 – 1600.00
Anuradhapura	2200.00 – 2200.00	1000.00 – 1200.00	–	–	1400.00 – 1500.00
Thambuththegama	2000.00 – 2200.00	950.00 – 1200.00	–	–	1450.00 – 1600.00
Polonnaruwa	1800.00 – 1800.00	–	–	–	1800.00 – 1800.00
Kaluthara	2200.00 – 2400.00	1080.00 – 1100.00	1100.00 – 1180.00	–	1400.00 – 1500.00
Badulla	1800.00 – 2000.00	1180.00 – 1280.00	1600.00 – 1600.00	2800.00 – 3000.00	–
Keppetipola	2000.00 – 2100.00	1200.00 – 1250.00	1300.00 – 1360.00	2900.00 – 3000.00	–
Moneragala	2100.00 – 2100.00	1150.00 – 1300.00	1500.00 – 1600.00	2800.00 – 2800.00	1500.00 – 1600.00
Kegalle	2200.00 – 2200.00	1150.00 – 1180.00	–	2900.00 – 3000.00	1800.00 – 1850.00
Ampara	2100.00 – 2100.00	950.00 – 1100.00	–	–	1650.00 – 1700.00
Dehiattakandiya	–	1090.00 – 1150.00	–	–	1380.00 – 1500.00
Nuwaraeliya	2000.00 – 2200.00	1160.00 – 1240.00	1280.00 – 1350.00	3000.00 – 3200.00	1600.00 – 1700.00
Kandy	2200.00 – 2200.00	960.00 – 980.00	1350.00 – 1400.00	3000.00 – 3000.00	1400.00 – 1450.00
Puttalam	2200.00 – 2300.00	1040.00 – 1100.00	–	3200.00 – 3200.00	–
Hambantota	–	1130.00 – 1150.00	–	–	–
Rathnapura	2200.00 – 2200.00	990.00 – 1020.00	–	3000.00 – 3200.00	1300.00 – 1360.00
Matara	–	1000.00 – 1020.00	–	–	–
Galle	2200.00 – 2300.00	1080.00 – 1180.00	1400.00 – 1450.00	3300.00 – 3300.00	–
Tissamaharama	–	–	–	–	–
Meegoda	2300.00 – 2300.00	980.00 – 1080.00	1200.00 – 1380.00	3300.00 – 3300.00	1300.00 – 1500.00
Embiliptiya	2150.00 – 2200.00	1100.00 – 1200.00	1300.00 – 1350.00	2900.00 – 3000.00	1500.00 – 1700.00
Jaffna	2000.00 – 2050.00	1350.00 – 1400.00	1500.00 – 1600.00	3100.00 – 3300.00	–
Vavuniya	2000.00 – 2100.00	1280.00 – 1350.00	–	2900.00 – 3000.00	–
Mannar	1700.00 – 1900.00	1300.00 – 1300.00	1700.00 – 1800.00	–	–
Killinochchi	1900.00 – 1950.00	1200.00 – 1250.00	1550.00 – 1600.00	3000.00 – 3200.00	–
Mullaittivu	–	–	–	–	–
Batticaloa	1700.00 – 1750.00	1200.00 – 1250.00	1400.00 – 1500.00	3000.00 – 3000.00	–
Trincomalee	1800.00 – 1850.00	1000.00 – 1320.00	1500.00 – 1550.00	–	–
Veyangoda	2200.00 – 2200.00	1000.00 – 1000.00	–	3000.00 – 3000.00	1400.00 – 1400.00
Galenbindunuwewa	1900.00 – 1900.00	990.00 – 990.00	–	–	1500.00 – 1500.00
Bandarawela	2000.00 – 2200.00	1200.00 – 1300.00	–	3000.00 – 3200.00	–
Matale	2100.00 – 2200.00	1050.00 – 1120.00	1350.00 – 1400.00	2900.00 – 3000.00	1600.00 – 1700.00

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

Week 41: 06 - 12 October 2023

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NULEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
Rice									
Local									
Samba 1	230.00	-	230.00	230.00	-	240.00	230.00	-	230.00
Samba 2	230.00	-	230.00	230.00	-	230.00	230.00	-	230.00
Keeri Samba	-		-	-		-	-		-
Nadu 1	220.00	-	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	-	210.00
Raw (White)	200.00	-	210.00	200.00	-	210.00	195.00	-	220.00
Imported									
Samba	-		-	-		-	-		-
Nadu	-		-	-		-	-		-
Raw (Red)	-		-	-		-	-		-
Raw (White)	-		-	-		-	-		-
Dried Chillies									
Imported	1100.00	-	1300.00	1300.00	-	1500.00	1250.00	-	1400.00
Red Onion									
Sinnan	300.00	-	300.00	-		-	-		-
Vedalan	400.00	-	400.00	520.00	-	560.00	400.00	-	480.00
Imported	-		-	-		-	-		-
Big Onion									
Imported	260.00	-	280.00	280.00	-	280.00	230.00	-	280.00
Local	280.00	-	280.00	260.00	-	280.00	260.00	-	280.00
Potato									
Welimada	300.00	-	300.00	-		-	320.00	-	320.00
N'Eliya	340.00	-	350.00	360.00	-	360.00	360.00	-	360.00
Imported	200.00	-	200.00	200.00	-	240.00	220.00	-	240.00
Pulses									
Green Gram	900.00	-	1000.00	1100.00	-	1200.00	1000.00	-	1000.00
Cowpea (White)	1100.00	-	1100.00	1200.00	-	1300.00	1100.00	-	1200.00
Cowpea (Red)	1100.00	-	1100.00	1200.00	-	1300.00	1000.00	-	1200.00
Red Dhal	310.00	-	340.00	360.00	-	360.00	320.00	-	360.00

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

Week 41: 06 - 12 October 2023

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Vegetable</u>									
Beans	360.00	-	480.00	480.00	-	560.00	400.00	-	560.00
Carrot	220.00	-	280.00	320.00	-	320.00	260.00	-	320.00
Leeks	120.00	-	150.00	260.00	-	280.00	200.00	-	280.00
Beetroot	150.00	-	180.00	280.00	-	320.00	240.00	-	320.00
Knolkhol	120.00	-	150.00	260.00	-	280.00	230.00	-	280.00
Raddish	110.00	-	160.00	280.00	-	300.00	200.00	-	300.00
Cabbage	120.00	-	140.00	260.00	-	280.00	220.00	-	280.00
Tomato	200.00	-	220.00	280.00	-	320.00	240.00	-	320.00
Ladies Fingers	150.00	-	200.00	280.00	-	320.00	260.00	-	320.00
Brinjal	350.00	-	400.00	460.00	-	480.00	460.00	-	480.00
Capsicum	260.00	-	340.00	520.00	-	540.00	400.00	-	420.00
Pumpkin	80.00	-	180.00	160.00	-	200.00	160.00	-	200.00
Cucumber	80.00	-	110.00	200.00	-	240.00	200.00	-	240.00
Bitter Gourd	380.00	-	450.00	480.00	-	560.00	460.00	-	560.00
Snake Gourd	200.00	-	350.00	320.00	-	400.00	320.00	-	400.00
Drumstick	120.00	-	160.00	320.00	-	320.00	240.00	-	320.00
Luffa	220.00	-	250.00	320.00	-	360.00	320.00	-	360.00
Long Beans	200.00	-	300.00	400.00	-	400.00	320.00	-	400.00
Ash Plantain	250.00	-	280.00	320.00	-	360.00	300.00	-	360.00
Green Chillies	400.00	-	500.00	800.00	-	900.00	600.00	-	900.00
Lime	1500.00	-	1700.00	1800.00	-	1900.00	1600.00	-	2000.00
<u>Root Crops</u>									
Sweet Potato	110.00	-	140.00	200.00	-	240.00	200.00	-	240.00
Manioc	140.00	-	180.00	220.00	-	240.00	200.00	-	240.00
<u>Leafy Vegetable</u>									
Mukunuwenna	60.00	-	70.00	80.00	-	80.00	70.00	-	70.00
Kankun	60.00	-	70.00	80.00	-	80.00	70.00	-	70.00
Gotukola	90.00	-	100.00	100.00	-	100.00	100.00	-	100.00
<u>Coconut</u>									
Large	100.00	-	100.00	120.00	-	120.00	100.00	-	120.00
Small	90.00	-	90.00	90.00	-	100.00	90.00	-	90.00

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

Week 41: 06 - 12 October 2023

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Plantain</u>									
Ambul (Rs/Kg)	150.00	-	220.00	240.00	-	250.00	240.00	-	260.00
Kolikuttu (Rs/Kg)	450.00	-	650.00	580.00	-	600.00	600.00	-	700.00
Seeni (Rs/Kg)	150.00	-	200.00	200.00	-	240.00	220.00	-	260.00
Anamalu	31.00	-	35.00	37.00	-	40.00	43.00	-	47.00
Ambun	41.00	-	46.00	50.00	-	53.00	58.00	-	58.00
<u>Pineapple</u>									
Large	580.00	-	600.00	680.00	-	700.00	680.00	-	720.00
Medium	450.00	-	550.00	620.00	-	650.00	600.00	-	650.00
Small	400.00	-	480.00	580.00	-	600.00	530.00	-	580.00
<u>Mango</u>									
Betti	-	-	-	-	-	-	-	-	-
Karthakolomban	200.00	-	216.00	-	-	-	200.00	-	200.00
Vilad	100.00	-	110.00	-	150.00	-	150.00	120.00	-
Kohu	-	-	-	-	-	-	-	-	-
<u>Other Fruits</u>									
Wood Apple	30.00	-	32.00	50.00	-	60.00	40.00	-	60.00
Orange	75.00	-	80.00	120.00	-	120.00	140.00	-	160.00
Avocado	80.00	-	120.00	75.00	-	80.00	100.00	-	150.00
Slime Apple	65.00	-	70.00	120.00	-	120.00	140.00	-	140.00
Grapes (Rs/Kg)	1500.00	-	2500.00	2000.00	-	3500.00	2000.00	-	2500.00
Papaw (Rs/Kg)	100.00	-	120.00	180.00	-	200.00	200.00	-	220.00
Passion	65.00	-	80.00	80.00	-	80.00	90.00	-	100.00
King Coconut	120.00	-	150.00	130.00	-	150.00	130.00	-	150.00

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

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

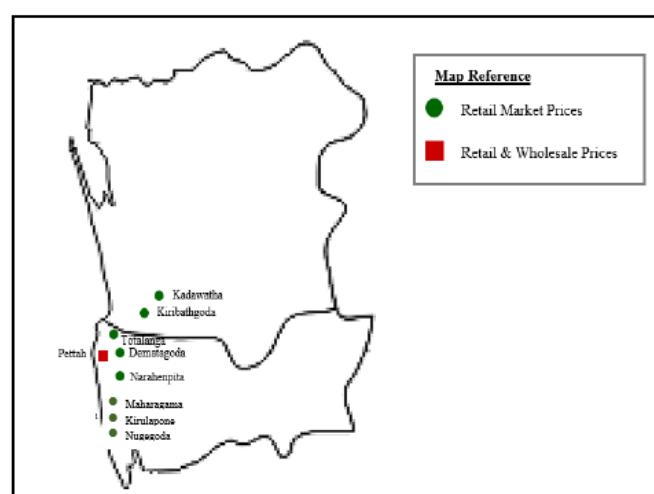
Fruits

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 & Data Management Division

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