

WEEKLY FOOD COMMODITIES BULLETIN

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No.42

RETAIL MARKET AT A GLANCE

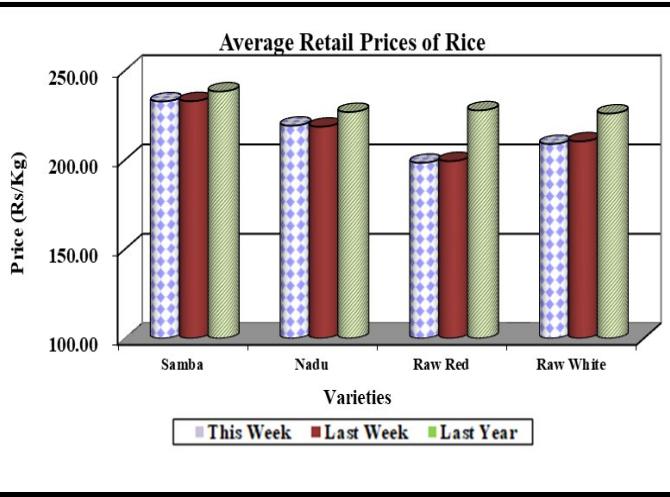
Summary

Rice



Prices of all local rice varieties have not changed significantly. The average price of samba grade I and II was Rs.235.00/kg and Rs.229.00/kg, respectively. The average price of raw white and raw red was Rs.207.00/kg and Rs.196.00 respectively. Compared to the same period last year, the current prices of all rice varieties have decreased by 2%–13%. The average farm gate price of paddy has increased by Rs.1.00–5.00/kg in most of the producing areas.

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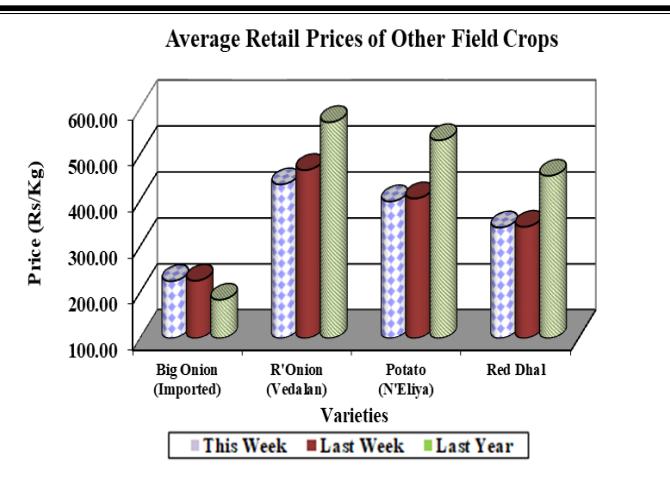


Other Field Crops



The price of imported dried chilies has remained stable, ranging between Rs.1100.00 and Rs.1500.00/kg. Price of vedalan red onion has increased by 15.00/kg, and the price ranges were Rs.380.00-600.00/kg. Prices of both imported and local big onions have decreased by Rs.16.00/kg and Rs.15.00/kg respectively. Prices of Welimada, Nuwara Eliya, and imported potatoes have increased by Rs.3.00/kg, Rs.10.00/kg and Rs.21.00/kg respectively.

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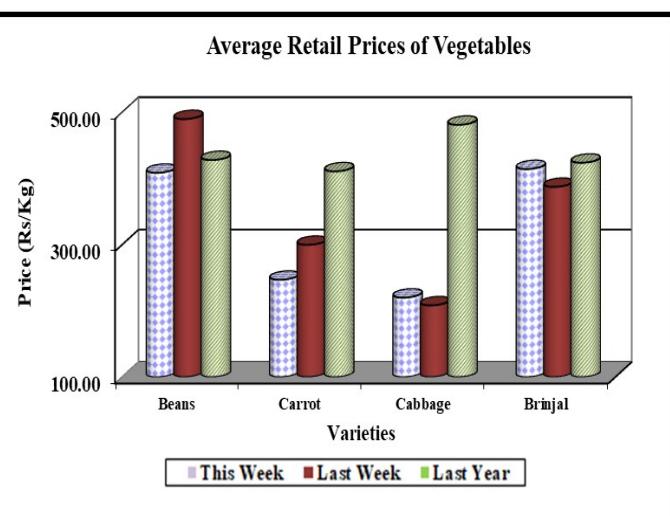


Vegetables



Prices of most of the vegetables have slightly increased due to decreased supply from the major producing area. Considering up-country varieties, the highest price increase was reported for radish at Rs.8.00/kg followed by cabbage at Rs.6.00/kg. Prices of tomato and capsicum have increased by Rs.53.00/kg and Rs.61.00/kg respectively. Considering low-country varieties, the highest price increase was reported for long beans at Rs.47.00/kg followed by snake gourd at Rs.46.00/kg.

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Rice

Wholesale

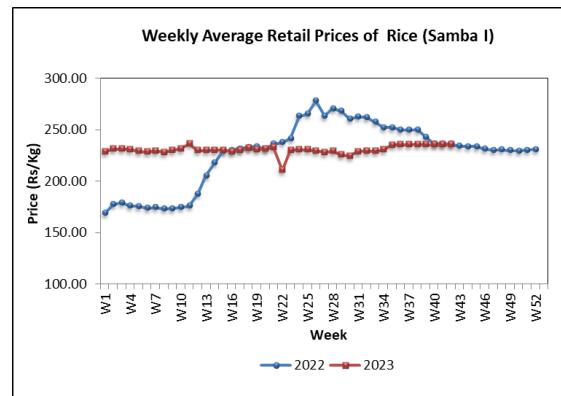
Price of raw red has decreased by 2% due to increased stocks and the price ranged Rs.165.00-175.00/kg. Prices of other local rice varieties have not changed significantly and the average price of both samba grade I and II were Rs.223.00/kg and Rs.215.00/kg.

Average price of keeri samba was Rs.286.00/kg. Price ranges of raw red and raw white were Rs.165.00-175.00/kg and Rs.190.00-200.00/kg respectively.

Compared to same period of last year, prices of all other local rice varieties except keeri samba have decreased in the range of 1%-20% and the price of keeri samba has increased by 19% respectively.

Retail

Prices of all local rice varieties have not changed significantly. Prices of samba grade I, II and raw white ranged Rs.220.00-230.00/kg, Rs.210.00-220.00/kg and Rs.200.00-210.00/kg respectively.



Compared to the same period of last year, the current prices of all rice varieties have decreased in the range of 2%-13%.

Paddy

Average price of short grain paddy has increased by Rs.1.00-4.00/kg in Anuradhapura, Kalawewa, Kurunegala, Nikeweratiya and Ampara. Prices ranged Rs.110.00-123.00/kg in all major producing areas. Further, average price of long grain white has increased by Rs.5.00/kg in the major producing areas except Dehiattakandiya. Meanwhile, the average price of keeri samba paddy has increased by Rs.2.00-3.00/kg. Subsequently, the average price of long grain red paddy has increased by Rs.4.00/kg in Matara and Embilipitiya areas. However, in Hambantota it was reported as Rs.90.00-100.00/kg.

Compared to the same period of last year, the average farm gate price of short grain and keeri samba paddy varieties have increased by 6%-35% in all the producing areas. The average farm gate price of long

grain red paddy has decreased by 19%-25% and the average farm gate price of long grain white has increased by 2%-5% in most of the producing area.

Dried Chilies

Wholesale

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

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

Retail

Price of imported dried chilies have not changed significantly and the price ranged Rs.1100.00-1500.00/kg.

Compared to the same period of last year, price of imported dried chilies have decreased by 26%.

Onion

Wholesale

Price of sinnan red onion has decreased by 3% due to insufficient stocks and the price ranged Rs.230.00-260.00/kg. Price of vedalan red onion has increased by 6% due to availability of high quality stocks and the price ranged Rs.340.00-400.00/kg.

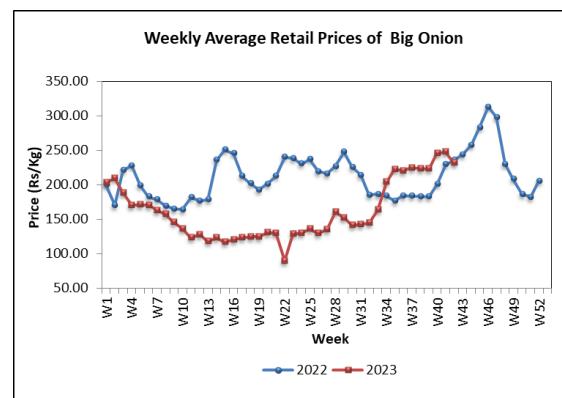
Price of imported big onion has increased by 8% due to unavailability of sufficient

stocks and the price ranged Rs.100.00-220.00/kg. Price of local big onion has decreased by 5% due to availability of low quality stocks and the price ranged Rs.200.00-230.00/kg.

Compared to the same period of last year, price of vedalan red onion has decreased by 25% and the price of imported big onion has decreased by 6% while local big onion has increased by 4% respectively.

Retail

Price of vedalan red onion have increased by 15.00/kg and price ranged Rs.380.00-600.00/kg. Prices of both imported and local big onion have decreased by Rs.16.00/kg and Rs.15.00/kg respectively and price ranged Rs.150.00-260.00/kg and Rs.240.00-300.00/kg respectively.



Compared to the same period of last year, price of vedalan red onion have decreased by 19%. Imported big onion have decreased by 2% and local big onion have increased by 6%.

Potato

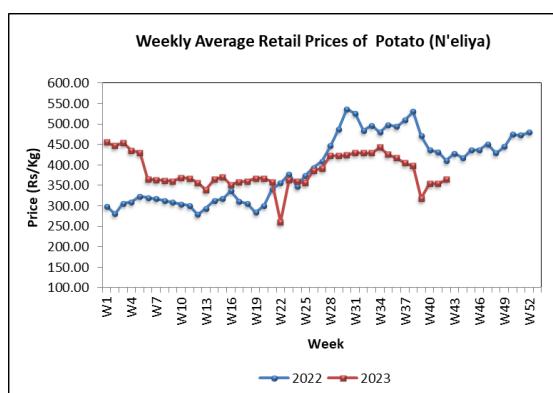
Wholesale

Price of Welimada and Nuwara Eliya potato has increased by 10% and 7% due to unavailability of sufficient stocks and price ranged Rs.180.00-210.00/kg and Rs.220.00-230.00/kg respectively. Price of imported potato has increased by 5% due to availability of high quality stocks and price ranged Rs.170.00-190.00/kg.

Compared to the same period of last year, price of Welimada and Nuwara Eliya potato has decreased by 30% and 29% while price of imported potato has increased by 11% respectively.

Retail

Prices of Welimada, Nuwara Eliya and imported potato have increased by Rs.3.00/kg, Rs.10.00/kg and Rs.21.00/kg respectively and the price ranged Rs.280.00-320.00/kg, Rs.320.00-380.00/kg and Rs.220.00-250.00/kg respectively.



Compared to the same period of last year, imported potato have increased by 6% and Welimada and Nuwara Eliya potato have decreased by 9%-11%.

Pulses

Wholesale

Prices of white cowpea, red cowpea and red dhal have not changed significantly and price of white cowpea and red cowpea ranged Rs.950.00/kg and Rs.950.00-1000.00/kg respectively. Average price of green gram was Rs.766.00/kg.

Compared to the same period of last year, price of green gram and red dhal have decreased by 29% and 23% while price of white cowpea and red cowpea have increased by 10% and 8% respectively.

Retail

Price of green gram have increased by Rs.1.00/kg and the price ranged Rs.950.00-1200.00/kg. Prices of white and red cowpea have increased by Rs.17.00/kg and Rs.36.00/kg respectively. White and red cowpea price ranged Rs.1000.00-1350.00/kg and Rs.1100.00-1300.00 respectively. Price of red dhal have increased by Rs.7.00/kg and the price ranged Rs.310.00-380.00/kg.

Compared to the same period of last year, white and red cowpea have increased by 8%-15% and price of green gram have

decreased by 9%. Price of red dhal have decreased by 17%.

Vegetable

Wholesale

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

Considering up country vegetables, the highest price increase was reported for cabbage as 18% due to decreased supply from Nuwara Eliya area. Prices of knolkhol, beans and raddish have decreased in the range of 3%-4% due to slight changes of the market demand. However, price of carrot has decreased by 12% due to increased supply from Nuwara Eliya and Bandarawela areas. Followed by leeks as prices are reduced by 2% due to decreased supply from Balangoda and Sooriyawewa areas. Price of tomato has increased by 49% and due to decreased supply from Puttalam and Nuwara Eliya areas. Price of capsicum has increased by 8%.

Considering low country vegetables, the highest price increase was reported for drumsticks as 39% due to decreased supply from Jaffna and Embilipitiya areas, followed by snake gourd as 31% due to decreased supply from Dambulla and

Balangoda areas. Prices of both pumpkin and long beans have increased by 21% due to decreased supply from Dambulla, Mahavilachchiya and Puttalam areas respectively. Prices of cucumber and ladies fingers have increased by 10% and 12% respectively due to decreased supply from Puttalam and Dambulla areas.

Prices of luffa, bitter gourd and brinjal have decreased in the range of 2% -4% due to slight changes of the market demand.

Price of green chilies has decreased by 16% due to increased supply from Puttalam and Nochchiyagama areas and price of lime has further increased by 7%.

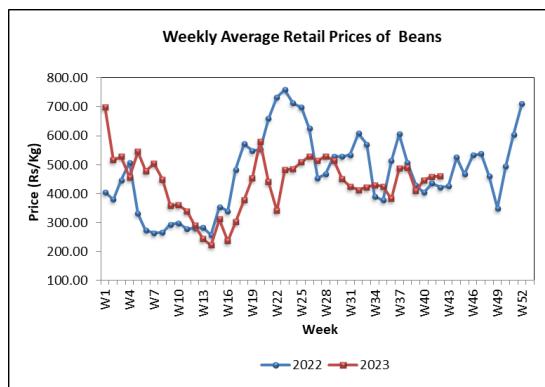
Compared to the same period of last year, prices of most of the varieties have decreased and the highest price decrease was reported for pumpkin as 66%.

Retail

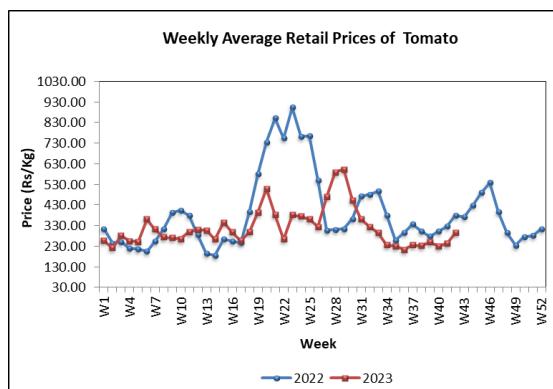
In line with the increased wholesale price retail prices of most of the vegetable varieties have increased.

Considering up-country varieties, the highest price increase was reported for raddish as Rs.8.00/kg followed by cabbage as Rs.6.00/kg. Prices of knolkhol and beans have increased by Rs.2.00/kg and Rs.1.00/kg respectively. However, prices of beetroot and leeks have

decreased by Rs.13.00/kg and Rs.12.00/kg respectively.



Prices of tomato and capsicum have increased by Rs.53.00/kg and Rs.61.00/kg respectively.



Considering low-country varieties, the highest price increase was reported for long beans as Rs.47.00/kg followed by snake gourd of Rs.46.00/kg. Prices of drumstick, luffa, ladies fingers have increased by Rs.46.00/kg, Rs.42.00/kg and Rs.23.00/kg respectively. Prices of cucumber, pumpkin and bitter gourd have increase in the range of Rs.6.00-10.00/kg. However, price of ash plantain has decreased by Rs.7.00/kg.

Further, prices of green chilies have decreased by Rs.72.00/kg and the price of lime has increase by Rs.83.00/kg.

Compared to the same period of last year, prices of most of the varieties have decreased and the highest price decrease was reported for capsicum as 47%.

Coconut

Wholesale

Prices of large and small nut have decreased by 2% and 1% respectively. Price ranges were Rs.95.00-100.00 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 nut have increased by 18% and 17% respectively.

Retail

When compared with the previous week, large and small coconut did not show price change. Price ranges were Rs.100.00-120.00 for a large nut and Rs.85.00-100.00 for a small nut.

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

Fruits

Wholesale

Price of most of fruit varieties have increased due to unavailability of sufficient stocks. The highest price increase was reported as 29% for slime apple due to limited stocks. The price of avocado has increased by 25% due to availability of quality stocks. Further, price of orange, anamalu and ambun banana have increased by 15%, 14% and 8% respectively with limited supply due to heavy rain.

However, prices of all mango varieties have decreased in the range of 11%-38%. Price of all sizes of pineapple have decreased in the range of 14%-16% due to low demand and availability of ripe fruit stocks. In addition, prices of ambul, kolikuttu and seeni banana have decreased by 5%, 4% and 3% respectively and price of imported grapes has decreased by 5% due to low demand.

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 passion fruit as 85%.

Retail

Price of most of the fruit varieties has increased in line with the increased wholesale prices. The highest price

increase of Rs.7.00/fruit was reported for king coconut due to unavailability of sufficient stocks in the market. Further, the price of slime apple, orange and avocado have increased by Rs.7.00/fruit, Rs.6.00/fruit and Rs.5.00/fruit respectively.

In addition, the price of wood apple and passion fruit have increased by Rs.5.00/fruit and Rs.4.00/fruit respectively due to unavailability of sufficient stocks in the market.

Meanwhile, the highest price decrease of Rs.32.00/kg was reported for kolikuttu banana due to availability of sufficient stocks. Further, the price of ambul and seeni banana have decreased by Rs.4.00/kg and Rs.4.00/kg respectively. Price of small, medium and large sized pineapple have decreased in the range of Rs.3.00-23.00/fruit due to availability of stocks in the market. In addition, the price of imported grapes has decreased by Rs.14.00/kg.

Compared to the same period of last year, prices of most of the fruit varieties have increased and the highest price increase was reported for passion fruit as 71%.

Retail

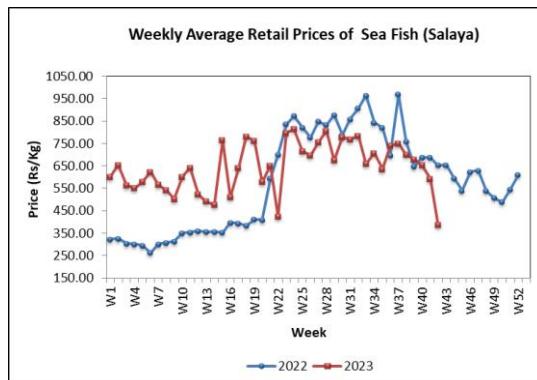
Fresh Fish

Wholesale

Wholesale prices of all of fresh fish types have decreased due to increase in wholesale supply compared to demand. The highest price decrease of 33% was reported for salaya due to high supply from Trincomalee and Mannar areas and the price ranged Rs.150.00-250.00/kg. A price decrease of 26% was noted for hurulla due to high supply from Kalpitiya and Mullaitivu area and the price ranged Rs.280.00-450.00/kg. Price decrease of 25% was reported for paraw due to high supply from the Northern areas and the price ranged Rs.980.00-1180.00/kg. In addition, a price decrease of 24% and 21% were noted for kelawalla and balaya due to high supply from Beruwala, Galle and Mirissa areas and their prices ranged Rs.800.00-1200.00/kg and Rs.550.00-650.00/kg respectively. In addition, the wholesale prices of thalapath, mora, thora and shrimps have decreased by 9%-20% respectively.

Compared to the same period of last year, prices of most of the fresh fish types have decreased in the range of 4%-53% and the highest price decrease was noted for salaya.

In line with decreased wholesale prices, retail prices of most types of fresh fish have decreased. The highest price decrease was reported for kelawalla as Rs.288.00/kg followed by Rs.273.00/kg for thalapath and Rs.272.00/kg for shrimps.



Compared to the same period of last year, prices of most types of fresh fish have decreased in the range of 11%-41% and highest price decrease was reported for salaya.

Dried Fish

Wholesale

Prices of most of the local and imported dried fish types have decreased due to increase of local dried fish supply. The highest price decrease of 12% was noted for local balaya due to high supply from Negombo and Beruwala areas and the

price ranged Rs.900.00-1050.00/kg. The price decrease of 4% were noted for imported kattawa and imported sprats due to high supply from Iran, Thailand, Oman and Indonesia and their prices ranged Rs.1250.00-1350.00/kg and Rs.840.00-980.00/kg respectively. In addition, price of local maduwa has decreased by 3% and price of local mora has decreased by 2% respectively.

However, a price increase of 2% was noted for local sprats due to low supply from Trincomalee, Mannar and Negombo areas and the price ranged Rs.1050.00-1200.00/kg.

Compared to the same period of last year, current wholesale prices of all dried fish types except balaya have decreased in the range of 11%-47% and the highest price decrease was reported for local sprats.

Retail

In line with decrease wholesale prices, retail prices of most types of dried fish have decreased due to low demand with reporting higher prices. The highest price decrease was reported for balaya by Rs.164.00/kg. Prices of mora and anguluwa have decreased by Rs.64.00/kg and Rs.27.00/kg respectively.

However, prices of local sprats, imported sprats and salaya have increased by

Rs.65.00/kg, Rs.14.00/kg and Rs.6.00/kg respectively due to decreased supply.

Compared to the same period of last year, prices of all types of dried fish except balaya have decreased due to sufficient supply.

Eggs

Wholesale

Prices of brown and white eggs ranged Rs.47.00-49.00/egg and Rs.46.00-47.50/egg respectively.

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

Retail

Prices of brown eggs and white eggs have not changed significantly in the market this week. Average price of white and brown eggs were reported as Rs.49.00/egg and Rs.50.00/egg respectively.

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

Meat

Retail

Prices of all types of meat except pork have increased due to insufficient supply. Price of skin- less broiler chicken has increased by Rs.151.00/kg. The price of skin less curry chicken and mutton has increased by Rs.90.00/kg and Rs.33.00/kg respectively.

However, price of pork have decreased by Rs.183.00/kg.

Compared to the same period of last year, prices of most types of meat have decreased in the range of 7%-27% and the highest price decrease was reported for pork.

EXPLANATORY NOTE

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

The information is analyzed and presented as prevailing prices, price ranges, averages, and a comparison of weekly prices. The changes in prices reported are always with price prevailed during the previous week unless otherwise stated.

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

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

Week 42: 13 - 19 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	8250 –	8750	9500 – 10000
	Divulapitiya	11250 –	11400	10500 –	11000	14000 –	14250	10000 –	10850	9400 –	9800	8500 –	8750	9000 – 9400
	Kurunegala	10900 –	11500	10750 –	10750	13000 –	14000	10500 –	10500	9250 –	9500	8500 –	8500	8900 – 9100
	Nikaweratiya	11400 –	11600	10500 –	10750	13750 –	15000	10650 –	10750	9400 –	9500	9250 –	10500	9000 – 9500
	Badulla	–	–	–	–	–	–	10400 –	10600	–	–	8250 –	8600	8750 – 9250
	Puttalam	11200 –	11300	10800 –	11000	–	–	10500 –	10800	9000 –	9200	9750 –	10250	8500 – 8750
	Dambulla	11300 –	11350	11100 –	11200	–	–	10750 –	10850	9400 –	9500	9500 –	9750	9250 – 9400
	Anuradhapura	11350 –	11500	–	–	14750 –	15500	10500 –	10850	9750 –	10250	9250 –	9750	9250 – 9750
	Tambuttegama	11000 –	11000	10350 –	10800	–	–	–	–	9500 –	9750	–	–	9100 – 9250
	Polonnaruwa	11250 –	11300	–	–	–	–	10700 –	10750	9700 –	9750	10200 –	10250	9700 – 9750
	Kalutara	–	–	10750 –	10900	–	–	–	–	9750 –	9900	8750 –	8900	9900 – 10000
	Ampara	11500 –	11500	10750 –	10750	13000 –	13000	10750 –	10750	–	–	8250 –	8750	8750 – 8750
	Kandy	11150 –	11250	10400 –	10500	14500 –	14750	10000 –	10500	9500 –	9750	8500 –	8750	9250 – 9500
	Moneragala	11250 –	11350	10500 –	10500	13500 –	14500	10500 –	10850	–	–	8250 –	8500	8500 – 9000
	Kegalle	–	–	–	–	–	–	–	–	–	–	–	–	
	Dehiattakandiya	11500 –	11750	–	–	–	–	10750 –	10850	9150 –	9750	9250 –	10000	9900 – 10000
	Hambantota	11250 –	11400	–	–	–	–	–	–	–	–	8000 –	8250	8500 – 9000
	Matara	11400 –	11500	–	–	–	–	10300 –	10500	–	–	8000 –	8250	9000 – 9300
	Galle	11400 –	11500	–	–	–	–	10750 –	10900	–	–	8150 –	8750	8750 – 9500
	Meegoda	10900 –	11000	10750 –	10750	–	–	–	–	9250 –	9500	7900 –	8250	8750 – 9250
	Tissamaharama	–	–	–	–	–	–	–	–	–	–	–	–	
	Embilipitiya	–	–	10800 –	10900	13000 –	13000	10250 –	10350	9950 –	10050	7600 –	7750	8750 – 8900
	Jaffna	11000 –	11250	–	–	15250 –	15500	10000 –	10700	10000 –	10500	9250 –	10000	9700 – 10000
	Vavuniya	11000 –	11250	–	–	–	–	10000 –	10400	9500 –	9750	8750 –	8900	8800 – 9000
	Mannar	11000 –	11250	–	–	14850 –	15000	10250 –	10500	9750 –	10000	8750 –	9000	9500 – 9750
	Killinochchi	11000 –	11250	–	–	14500 –	15000	10000 –	10500	9500 –	9750	8500 –	8750	9750 – 10000
	Mullattivu	–	–	–	–	–	–	–	–	–	–	–	–	
	Batticaloa	11000 –	11250	–	–	15700 –	16200	–	–	9700 –	10050	8850 –	9250	9900 – 10300
	Trincomalee	11200 –	11500	–	–	15200 –	15500	10000 –	10400	9500 –	9900	8900 –	9250	9500 – 9900
	Galenbindunuwew	11400 –	11500	–	–	14750 –	15250	10750 –	10900	9900 –	10250	9250 –	9750	9250 – 9500
	Matale	11400 –	11450	11000 –	11100	14750 –	15000	10400 –	10500	9500 –	9600	8750 –	9250	9350 – 9500

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

Week 42: 13 - 19 October 2023

LOCATION	Dried Chillies	Red Onion		Big Onion	Potato				Pulses					
	Imported	Imported	Local		Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal				
	Imported	Imported	Local		Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal				
Colombo	50000 - 55000	-	17000 - 20000	5000 - 11000	8500 - 9500	9000 - 10500	11000 - 11500	37500 - 40000	47500 - 47500	14250 - 15000				
Kurunegala	51250 - 52500	-	18500 - 18500	11000 - 11500	9750 - 10000	-	-	35000 - 40000	47500 - 50000	14250 - 14750				
Nikaweratiya	51500 - 52500	-	15000 - 15000	10000 - 10500	9250 - 9750	-	11500 - 12000	37500 - 45000	51250 - 51250	14600 - 14900				
Dehiattakandiya	51000 - 55000	-	-	4750 - 12500	-	-	11000 - 13500	32500 - 37500	-	14750 - 15000				
Dambulla (DEC)	50000 - 50500	-	16000 - 16500	9500 - 10000	8500 - 9250	9250 - 9750	-	32500 - 35000	37500 - 40000	14500 - 15000				
Anuradhapura	57500 - 60000	-	-	5000 - 11500	9500 - 9500	10500 - 11000	11000 - 12000	42500 - 45000	45000 - 50000	15000 - 15500				
Thambuththegama	51000 - 55000	-	17500 - 19000	4500 - 10400	8900 - 9500	9500 - 10500	-	35000 - 37500	-	14400 - 15000				
Polonnaruwa	56500 - 60000	-	15500 - 16250	11500 - 12250	10000 - 10250	-	12500 - 13250	42500 - 44000	50000 - 50000	15500 - 16000				
Kaluthara	54000 - 55000	-	17500 - 17750	11000 - 11250	9000 - 9250	9500 - 10000	11250 - 11500	38000 - 38500	48000 - 48500	14500 - 14750				
Puttalam	50000 - 52500	-	14000 - 17500	10000 - 11250	9250 - 9750	-	13000 - 13750	37000 - 40000	45000 - 46000	15000 - 15250				
Kandy	54000 - 55000	-	16000 - 16500	4500 - 11000	9500 - 9750	9500 - 10000	10500 - 11000	39000 - 40000	45000 - 46000	14500 - 15000				
Matara	55000 - 57500	-	18000 - 19500	10500 - 10750	9750 - 10000	10500 - 10500	11000 - 12000	41500 - 45000	46250 - 47500	15000 - 15600				
Hambantota	52500 - 57500	-	16750 - 18000	10500 - 11000	9750 - 10000	10250 - 10500	11500 - 12000	47500 - 49000	47500 - 49000	15000 - 15500				
Kegalle	53800 - 54500	-	15500 - 16000	10000 - 10250	8850 - 9000	10600 - 10750	-	38000 - 38500	47800 - 48000	15000 - 16000				
Galle	57500 - 62500	-	17500 - 20000	10500 - 11000	9500 - 10000	-	11000 - 14000	42500 - 50000	45000 - 45000	15000 - 16000				
Tissamaharama	-	-	-	-	-	-	-	-	-	-				
Meegoda (DEC)	51500 - 54000	-	19000 - 19000	10500 - 11000	9000 - 9250	10500 - 11000	11500 - 12000	40000 - 42500	40000 - 42500	14250 - 14500				
Jaffna	51000 - 52000	-	12700 - 13200	10000 - 10300	8500 - 9000	9500 - 10200	11000 - 11500	38000 - 39000	-	15000 - 16000				
Vavuniya	55000 - 60000	-	18000 - 19500	5500 - 6000	10000 - 10250	10250 - 10500	14000 - 14500	35000 - 37500	50000 - 54000	14750 - 15000				
Mannar	53000 - 55000	-	13500 - 14000	6000 - 11000	10000 - 10250	10500 - 10500	-	40000 - 42500	-	14900 - 15250				
Killinochchi	55000 - 57000	-	21500 - 22500	8000 - 9000	9000 - 10000	-	13500 - 15000	39000 - 41000	-	15000 - 15500				
Mullattivu	-	-	-	-	-	-	-	-	-	-				
Batticaloa	55000 - 57000	-	18000 - 19500	9000 - 9750	9950 - 10000	10500 - 10500	18500 - 19000	41000 - 42250	55000 - 56000	15200 - 15500				
Trincomalee	54000 - 57500	-	13500 - 15200	8500 - 9000	9250 - 9500	-	16900 - 17500	45500 - 46250	-	14750 - 15000				
Galenbindunuwewa	52500 - 57000	-	13000 - 15000	5000 - 11000	9500 - 9500	10500 - 10500	-	39000 - 45000	47000 - 47500	14750 - 15500				
Matale	52500 - 55000	-	18000 - 19000	10250 - 10500	9750 - 10000	9500 - 10000	11000 - 11500	37500 - 40000	45000 - 47500	15000 - 15250				

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

Week 42: 13 - 19 October 2023

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	300.00 - 480.00	120.00 - 150.00	50.00 - 80.00	80.00 - 130.00	70.00 - 100.00
Meegoda (DEC)	-	350.00 - 440.00	160.00 - 200.00	75.00 - 90.00	90.00 - 120.00	90.00 - 110.00
Dambulla (DEC)	-	350.00 - 400.00	140.00 - 180.00	70.00 - 90.00	80.00 - 120.00	65.00 - 80.00
Keppetipola (DEC)	-	350.00 - 400.00	120.00 - 140.00	50.00 - 60.00	80.00 - 90.00	50.00 - 70.00
Norochchhole (DEC)	-	-	-	-	60.00 - 80.00	-
Nuwara Eliya	-	370.00 - 400.00	170.00 - 180.00	50.00 - 70.00	80.00 - 90.00	80.00 - 90.00
Kandy	-	320.00 - 350.00	150.00 - 170.00	50.00 - 60.00	110.00 - 120.00	70.00 - 90.00
Hambantota	-	300.00 - 350.00	150.00 - 200.00	90.00 - 120.00	150.00 - 180.00	100.00 - 150.00
Thambuththegama (DEC)	-	360.00 - 410.00	170.00 - 200.00	70.00 - 80.00	80.00 - 100.00	60.00 - 80.00
Jaffna	-	385.00 - 400.00	190.00 - 200.00	90.00 - 110.00	75.00 - 90.00	-
Bandarawela		320.00 - 360.00	110.00 - 130.00	50.00 - 70.00	100.00 - 110.00	70.00 - 90.00
Veyangoda	-	380.00 - 420.00	160.00 - 180.00	70.00 - 100.00	80.00 - 110.00	100.00 - 130.00

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	60.00 - 80.00	60.00 - 100.00	150.00 - 180.00	100.00 - 130.00	200.00 - 300.00	250.00 - 350.00
Meegoda (DEC)	80.00 - 100.00	90.00 - 120.00	160.00 - 200.00	120.00 - 150.00	250.00 - 330.00	280.00 - 350.00
Moneragala	120.00 - 140.00	100.00 - 120.00	140.00 - 180.00	130.00 - 150.00	220.00 - 280.00	350.00 - 400.00
Dambulla (DEC)	50.00 - 60.00	60.00 - 70.00	120.00 - 130.00	80.00 - 100.00	150.00 - 180.00	200.00 - 230.00
Keppetipola (DEC)	50.00 - 60.00	60.00 - 70.00	130.00 - 150.00	90.00 - 110.00	120.00 - 150.00	300.00 - 330.00
Norochchhole (DEC)	40.00 - 60.00	60.00 - 80.00	-	80.00 - 100.00	200.00 - 250.00	180.00 - 250.00
Nuwara Eliya	60.00 - 70.00	90.00 - 100.00	150.00 - 160.00	110.00 - 120.00	160.00 - 170.00	320.00 - 340.00
Kandy	50.00 - 70.00	40.00 - 80.00	130.00 - 150.00	100.00 - 120.00	120.00 - 160.00	280.00 - 300.00
Hambantota	140.00 - 150.00	100.00 - 120.00	150.00 - 180.00	100.00 - 150.00	200.00 - 250.00	250.00 - 300.00
Thambuththegama (DEC)	60.00 - 90.00	80.00 - 100.00	100.00 - 130.00	70.00 - 80.00	200.00 - 250.00	170.00 - 220.00
Tissamaharama	-	-	-	-	-	-
Jaffna	55.00 - 70.00	90.00 - 100.00	190.00 - 205.00	140.00 - 160.00	190.00 - 200.00	270.00 - 285.00
Bandarawela	40.00 - 60.00	60.00 - 70.00	130.00 - 150.00	-	150.00 - 170.00	280.00 - 300.00
Veyangoda	80.00 - 110.00	80.00 - 100.00	150.00 - 170.00	100.00 - 130.00	220.00 - 250.00	240.00 - 300.00

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	40.00 - 70.00	70.00 - 80.00	300.00 - 350.00	200.00 - 250.00	100.00 - 220.00	150.00 - 200.00
Meegoda (DEC)	45.00 - 55.00	90.00 - 100.00	290.00 - 330.00	240.00 - 300.00	-	140.00 - 180.00
Moneragala	80.00 - 90.00	100.00 - 150.00	350.00 - 400.00	200.00 - 250.00	140.00 - 150.00	200.00 - 240.00
Dambulla (DEC)	30.00 - 40.00	60.00 - 70.00	250.00 - 280.00	140.00 - 160.00	80.00 - 120.00	170.00 - 200.00
Keppetipola (DEC)	50.00 - 55.00	70.00 - 80.00	280.00 - 290.00	150.00 - 170.00	100.00 - 110.00	170.00 - 180.00
Norochchhole (DEC)	60.00 - 80.00	40.00 - 70.00	220.00 - 260.00	100.00 - 150.00	90.00 - 120.00	100.00 - 150.00
Nuwara Eliya	55.00 - 60.00	80.00 - 90.00	280.00 - 300.00	170.00 - 180.00	110.00 - 120.00	180.00 - 200.00
Kandy	50.00 - 60.00	80.00 - 90.00	250.00 - 280.00	140.00 - 160.00	100.00 - 120.00	180.00 - 200.00
Hambantota	70.00 - 90.00	70.00 - 80.00	280.00 - 350.00	160.00 - 220.00	120.00 - 160.00	150.00 - 180.00
Thambuththegama (DEC)	30.00 - 50.00	40.00 - 50.00	210.00 - 250.00	120.00 - 140.00	80.00 - 120.00	120.00 - 150.00
Tissamaharama	-	-	-	-	-	-
Jaffna	40.00 - 50.00	65.00 - 80.00	400.00 - 410.00	85.00 - 100.00	260.00 - 280.00	-
Bandarawela	50.00 - 60.00	60.00 - 80.00	-	-	-	-
Veyangoda	50.00 - 60.00	70.00 - 90.00	280.00 - 320.00	170.00 - 180.00	130.00 - 150.00	160.00 - 200.00

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

Week 42: 13 - 19 October 2023

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	300.00 - 480.00	120.00 - 150.00	50.00 - 80.00	80.00 - 130.00	70.00 - 100.00
Meegoda (DEC)	-	350.00 - 440.00	160.00 - 200.00	75.00 - 90.00	90.00 - 120.00	90.00 - 110.00
Dambulla (DEC)	-	350.00 - 400.00	140.00 - 180.00	70.00 - 90.00	80.00 - 120.00	65.00 - 80.00
Keppetipola (DEC)	-	350.00 - 400.00	120.00 - 140.00	50.00 - 60.00	80.00 - 90.00	50.00 - 70.00
Norochchhole (DEC)	-	-	-	-	60.00 - 80.00	-
Nuwara Eliya	-	370.00 - 400.00	170.00 - 180.00	50.00 - 70.00	80.00 - 90.00	80.00 - 90.00
Kandy	-	320.00 - 350.00	150.00 - 170.00	50.00 - 60.00	110.00 - 120.00	70.00 - 90.00
Hambantota	-	300.00 - 350.00	150.00 - 200.00	90.00 - 120.00	150.00 - 180.00	100.00 - 150.00
Thambuththegama (DEC)	-	360.00 - 410.00	170.00 - 200.00	70.00 - 80.00	80.00 - 100.00	60.00 - 80.00
Jaffna	-	385.00 - 400.00	190.00 - 200.00	90.00 - 110.00	75.00 - 90.00	-
Bandarawela		320.00 - 360.00	110.00 - 130.00	50.00 - 70.00	100.00 - 110.00	70.00 - 90.00
Veyangoda	-	380.00 - 420.00	160.00 - 180.00	70.00 - 100.00	80.00 - 110.00	100.00 - 130.00

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	60.00 - 80.00	60.00 - 100.00	150.00 - 180.00	100.00 - 130.00	200.00 - 300.00	250.00 - 350.00
Meegoda (DEC)	80.00 - 100.00	90.00 - 120.00	160.00 - 200.00	120.00 - 150.00	250.00 - 330.00	280.00 - 350.00
Moneragala	120.00 - 140.00	100.00 - 120.00	140.00 - 180.00	130.00 - 150.00	220.00 - 280.00	350.00 - 400.00
Dambulla (DEC)	50.00 - 60.00	60.00 - 70.00	120.00 - 130.00	80.00 - 100.00	150.00 - 180.00	200.00 - 230.00
Keppetipola (DEC)	50.00 - 60.00	60.00 - 70.00	130.00 - 150.00	90.00 - 110.00	120.00 - 150.00	300.00 - 330.00
Norochchhole (DEC)	40.00 - 60.00	60.00 - 80.00	-	80.00 - 100.00	200.00 - 250.00	180.00 - 250.00
Nuwara Eliya	60.00 - 70.00	90.00 - 100.00	150.00 - 160.00	110.00 - 120.00	160.00 - 170.00	320.00 - 340.00
Kandy	50.00 - 70.00	40.00 - 80.00	130.00 - 150.00	100.00 - 120.00	120.00 - 160.00	280.00 - 300.00
Hambantota	140.00 - 150.00	100.00 - 120.00	150.00 - 180.00	100.00 - 150.00	200.00 - 250.00	250.00 - 300.00
Thambuththegama (DEC)	60.00 - 90.00	80.00 - 100.00	100.00 - 130.00	70.00 - 80.00	200.00 - 250.00	170.00 - 220.00
Tissamaharama	-	-	-	-	-	-
Jaffna	55.00 - 70.00	90.00 - 100.00	190.00 - 205.00	140.00 - 160.00	190.00 - 200.00	270.00 - 285.00
Bandarawela	40.00 - 60.00	60.00 - 70.00	130.00 - 150.00	-	150.00 - 170.00	280.00 - 300.00
Veyangoda	80.00 - 110.00	80.00 - 100.00	150.00 - 170.00	100.00 - 130.00	220.00 - 250.00	240.00 - 300.00

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	40.00 - 70.00	70.00 - 80.00	300.00 - 350.00	200.00 - 250.00	100.00 - 220.00	150.00 - 200.00
Meegoda (DEC)	45.00 - 55.00	90.00 - 100.00	290.00 - 330.00	240.00 - 300.00	-	140.00 - 180.00
Moneragala	80.00 - 90.00	100.00 - 150.00	350.00 - 400.00	200.00 - 250.00	140.00 - 150.00	200.00 - 240.00
Dambulla (DEC)	30.00 - 40.00	60.00 - 70.00	250.00 - 280.00	140.00 - 160.00	80.00 - 120.00	170.00 - 200.00
Keppetipola (DEC)	50.00 - 55.00	70.00 - 80.00	280.00 - 290.00	150.00 - 170.00	100.00 - 110.00	170.00 - 180.00
Norochchhole (DEC)	60.00 - 80.00	40.00 - 70.00	220.00 - 260.00	100.00 - 150.00	90.00 - 120.00	100.00 - 150.00
Nuwara Eliya	55.00 - 60.00	80.00 - 90.00	280.00 - 300.00	170.00 - 180.00	110.00 - 120.00	180.00 - 200.00
Kandy	50.00 - 60.00	80.00 - 90.00	250.00 - 280.00	140.00 - 160.00	100.00 - 120.00	180.00 - 200.00
Hambantota	70.00 - 90.00	70.00 - 80.00	280.00 - 350.00	160.00 - 220.00	120.00 - 160.00	150.00 - 180.00
Thambuththegama (DEC)	30.00 - 50.00	40.00 - 50.00	210.00 - 250.00	120.00 - 140.00	80.00 - 120.00	120.00 - 150.00
Tissamaharama	-	-	-	-	-	-
Jaffna	40.00 - 50.00	65.00 - 80.00	400.00 - 410.00	85.00 - 100.00	260.00 - 280.00	-
Bandarawela	50.00 - 60.00	60.00 - 80.00	-	-	-	-
Veyangoda	50.00 - 60.00	70.00 - 90.00	280.00 - 320.00	170.00 - 180.00	130.00 - 150.00	160.00 - 200.00

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

Week 42: 13 - 19 October 2023

LOCATIONS	Banana					Pineapple			Mango	
	Ambul (Rs/Kg)	Kolikuttu (Rs/Kg)	Seeni (Rs/Kg)	Anamalu	Ambun	Large	Medium	Small	Betti	Karthakolomban
Colombo	160.00 - 250.00	450.00 - 700.00	150.00 - 260.00	30.00 - 47.00	33.00 - 58.00	600.00 - 750.00	550.00 - 650.00	450.00 - 580.00	-	133.00 - 330.00
Gampaha	180.00 - 200.00	450.00 - 500.00	180.00 - 200.00	30.00 - 30.00	38.00 - 38.00	500.00 - 550.00	400.00 - 450.00	300.00 - 350.00	-	150.00 - 150.00
Kurunegala	160.00 - 200.00	600.00 - 650.00	150.00 - 200.00	23.00 - 25.00	42.00 - 45.00	700.00 - 700.00	500.00 - 500.00	250.00 - 350.00	80.00 - 80.00	150.00 - 180.00
Nikaweratiya	200.00 - 250.00	480.00 - 580.00	180.00 - 220.00	-	43.00 - 50.00	850.00 - 1000.00	700.00 - 800.00	600.00 - 650.00	-	-
Dambulla	240.00 - 260.00	500.00 - 560.00	160.00 - 200.00	-	40.00 - 45.00	800.00 - 850.00	550.00 - 600.00	280.00 - 350.00	40.00 - 50.00	180.00 - 200.00
Anuradhapura	200.00 - 260.00	550.00 - 600.00	180.00 - 200.00	28.00 - 34.00	35.00 - 45.00	900.00 - 1000.00	720.00 - 810.00	540.00 - 670.00	-	-
Thambuththegama	220.00 - 260.00	500.00 - 560.00	180.00 - 220.00	33.00 - 35.00	48.00 - 50.00	830.00 - 1080.00	700.00 - 900.00	550.00 - 720.00	-	-
Polonnaruwa	230.00 - 250.00	400.00 - 470.00	150.00 - 180.00	-	30.00 - 31.00	750.00 - 800.00	600.00 - 650.00	500.00 - 550.00	-	150.00 - 150.00
Kaluthara	200.00 - 220.00	580.00 - 600.00	200.00 - 220.00	34.00 - 36.00	35.00 - 37.00	650.00 - 700.00	550.00 - 600.00	-	-	-
Badulla	180.00 - 200.00	450.00 - 500.00	150.00 - 170.00	21.00 - 23.00	32.00 - 34.00	850.00 - 900.00	720.00 - 750.00	400.00 - 460.00	-	-
Keppetipola	190.00 - 220.00	520.00 - 540.00	160.00 - 170.00	24.00 - 26.00	45.00 - 48.00	-	720.00 - 760.00	440.00 - 460.00	-	240.00 - 260.00
Moneragala	150.00 - 170.00	380.00 - 420.00	120.00 - 140.00	20.00 - 22.00	25.00 - 30.00	-	825.00 - 900.00	-	-	100.00 - 120.00
Kegalle	160.00 - 180.00	540.00 - 560.00	160.00 - 180.00	20.00 - 25.00	20.00 - 30.00	850.00 - 950.00	550.00 - 650.00	200.00 - 300.00	-	-
Ampara	180.00 - 190.00	400.00 - 530.00	120.00 - 130.00	22.00 - 28.00	28.00 - 35.00	-	-	590.00 - 750.00	-	100.00 - 110.00
Dehiattakandiya	250.00 - 260.00	-	150.00 - 180.00	-	40.00 - 50.00	660.00 - 750.00	450.00 - 580.00	300.00 - 400.00	-	200.00 - 200.00
Nuwaraeliya	220.00 - 230.00	540.00 - 560.00	170.00 - 180.00	34.00 - 36.00	48.00 - 52.00	-	740.00 - 760.00	480.00 - 500.00	-	240.00 - 260.00
Kandy	230.00 - 250.00	550.00 - 600.00	180.00 - 200.00	25.00 - 30.00	42.00 - 45.00	800.00 - 900.00	600.00 - 650.00	400.00 - 450.00	-	250.00 - 260.00
Puttalam	150.00 - 180.00	450.00 - 500.00	160.00 - 180.00	20.00 - 22.00	-	800.00 - 850.00	600.00 - 650.00	-	-	100.00 - 120.00
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	-	100.00 - 120.00
Hambantota	140.00 - 160.00	450.00 - 520.00	180.00 - 200.00	23.00 - 25.00	26.00 - 30.00	850.00 - 920.00	580.00 - 650.00	400.00 - 450.00	-	120.00 - 140.00
Matara	190.00 - 200.00	530.00 - 550.00	160.00 - 180.00	23.00 - 25.00	32.00 - 35.00	750.00 - 775.00	600.00 - 675.00	350.00 - 450.00	-	130.00 - 150.00
Galle	200.00 - 220.00	550.00 - 600.00	180.00 - 200.00	34.00 - 36.00	36.00 - 37.00	-	680.00 - 680.00	530.00 - 560.00	-	-
Tissamaharama	-	-	-	-	-	-	-	-	-	-
Meegoda (DEC)	160.00 - 200.00	460.00 - 480.00	180.00 - 180.00	40.00 - 40.00	40.00 - 40.00	780.00 - 850.00	600.00 - 650.00	460.00 - 500.00	-	150.00 - 175.00
Embilipitiya	120.00 - 150.00	350.00 - 450.00	130.00 - 150.00	25.00 - 30.00	30.00 - 40.00	-	550.00 - 650.00	400.00 - 500.00	50.00 - 70.00	100.00 - 140.00
Jaffna	110.00 - 130.00	310.00 - 340.00	130.00 - 150.00	32.00 - 34.00	32.00 - 34.00	1000.00 - 1150.00	650.00 - 800.00	480.00 - 600.00	-	200.00 - 220.00
Vavuniya	200.00 - 240.00	400.00 - 420.00	180.00 - 200.00	40.00 - 45.00	-	800.00 - 900.00	600.00 - 680.00	450.00 - 500.00	-	240.00 - 250.00
Mannar	160.00 - 200.00	400.00 - 450.00	140.00 - 160.00	20.00 - 24.00	24.00 - 30.00	720.00 - 750.00	620.00 - 650.00	520.00 - 550.00	-	150.00 - 180.00
Killinochchi	200.00 - 220.00	400.00 - 440.00	140.00 - 160.00	35.00 - 36.00	35.00 - 36.00	700.00 - 750.00	550.00 - 600.00	450.00 - 500.00	40.00 - 50.00	150.00 - 170.00
Mullaithivu	-	-	-	-	-	-	-	-	-	-
Batticaloa	180.00 - 220.00	440.00 - 480.00	150.00 - 160.00	30.00 - 32.00	-	600.00 - 620.00	540.00 - 550.00	480.00 - 500.00	40.00 - 45.00	140.00 - 150.00
Trincomalee	240.00 - 250.00	445.00 - 460.00	190.00 - 220.00	-	-	730.00 - 760.00	540.00 - 565.00	340.00 - 360.00	-	106.00 - 112.00
Veyangoda	200.00 - 250.00	500.00 - 600.00	180.00 - 230.00	20.00 - 25.00	31.00 - 44.00	800.00 - 930.00	500.00 - 550.00	350.00 - 350.00	-	150.00 - 200.00
Galenbindunuwewa	180.00 - 200.00	350.00 - 400.00	140.00 - 150.00	28.00 - 30.00	35.00 - 40.00	850.00 - 950.00	700.00 - 800.00	600.00 - 650.00	-	-
Bandarawela	220.00 - 240.00	450.00 - 500.00	160.00 - 180.00	22.00 - 24.00	30.00 - 32.00	-	750.00 - 800.00	480.00 - 520.00	-	-
Matale	180.00 - 200.00	500.00 - 550.00	180.00 - 200.00	25.00 - 28.00	38.00 - 40.00	800.00 - 850.00	650.00 - 700.00	380.00 - 450.00	-	-

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

Week 42: 13 - 19 October 2023

LOCATIONS	Meat	Meat (Chicken)		Meat	
	Beef	Broiler	Curry	Mutton	Pork
Colombo	2200.00 – 2500.00	1100.00 – 1320.00	1200.00 – 1450.00	3100.00 – 3500.00	1300.00 – 1400.00
Gampaha	2200.00 – 2200.00	1100.00 – 1200.00	1300.00 – 1300.00	3300.00 – 3300.00	1200.00 – 1200.00
Kurunegala	1900.00 – 1900.00	1095.00 – 1200.00	–	2700.00 – 2700.00	1400.00 – 1400.00
Nikaweratiya	2000.00 – 2200.00	1100.00 – 1250.00	–	–	–
Dambulla	–	1100.00 – 1150.00	–	–	1500.00 – 1600.00
Anuradhapura	2200.00 – 2200.00	1050.00 – 1200.00	–	–	1400.00 – 1500.00
Thambuththegama	2000.00 – 2200.00	950.00 – 1150.00	1100.00 – 1100.00	–	1450.00 – 1600.00
Polonnaruwa	1800.00 – 1800.00	1480.00 – 1480.00	–	–	1800.00 – 1800.00
Kaluthara	2200.00 – 2300.00	1030.00 – 1050.00	1080.00 – 1120.00	–	1400.00 – 1500.00
Badulla	1800.00 – 2000.00	1300.00 – 1400.00	1600.00 – 1650.00	2800.00 – 3000.00	–
Keppetipola	2000.00 – 2100.00	1150.00 – 1180.00	1200.00 – 1280.00	2900.00 – 3000.00	–
Moneragala	2100.00 – 2100.00	1250.00 – 1380.00	–	–	1500.00 – 1600.00
Kegalle	2200.00 – 2200.00	1150.00 – 1180.00	–	2900.00 – 3000.00	1750.00 – 1850.00
Ampara	2000.00 – 2000.00	950.00 – 1260.00	1075.00 – 1300.00	–	1650.00 – 1800.00
Dehiattakandiya	–	1100.00 – 1300.00	–	–	1380.00 – 1500.00
Nuwaraeliya	2000.00 – 2200.00	1100.00 – 1180.00	1220.00 – 1280.00	3000.00 – 3200.00	1600.00 – 1700.00
Kandy	2200.00 – 2200.00	1140.00 – 1160.00	1380.00 – 1400.00	3000.00 – 3000.00	1400.00 – 1450.00
Puttalam	2000.00 – 2300.00	950.00 – 1100.00	–	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	–	1240.00 – 1250.00	–	–	–
Galle	2200.00 – 2200.00	1100.00 – 1200.00	–	3200.00 – 3400.00	–
Tissamaharama	–	–	–	–	–
Meegoda	–	950.00 – 1080.00	1200.00 – 1200.00	–	1300.00 – 1300.00
Embiliptiya	2150.00 – 2200.00	980.00 – 1100.00	1250.00 – 1300.00	2900.00 – 3000.00	1450.00 – 1600.00
Jaffna	2000.00 – 2050.00	1300.00 – 1400.00	1500.00 – 1600.00	3200.00 – 3300.00	–
Vavuniya	2000.00 – 2150.00	1300.00 – 1450.00	–	2900.00 – 3000.00	–
Mannar	1700.00 – 1900.00	1300.00 – 1400.00	1700.00 – 1800.00	–	–
Killinochchi	1900.00 – 1950.00	1350.00 – 1400.00	1550.00 – 1600.00	3000.00 – 3200.00	–
Mullaittivu	–	–	–	–	–
Batticaloa	1700.00 – 1750.00	1150.00 – 1250.00	1300.00 – 1400.00	–	–
Trincomalee	1750.00 – 1800.00	1000.00 – 1320.00	1480.00 – 1520.00	–	–
Veyangoda	2200.00 – 2200.00	1200.00 – 1200.00	–	3000.00 – 3000.00	1500.00 – 1500.00
Galenbindunuwewa	1900.00 – 1900.00	1090.00 – 1120.00	–	–	1500.00 – 1500.00
Bandarawela	2000.00 – 2200.00	1250.00 – 1350.00	–	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

Table 16: Farmgate/Producer Prices of Food Commodities in Selected Producing Areas (Rs/Kg)
Week 42: 13 - 19 October 2023

COMMODITY	Range	Average Price	COMMODITY	Range	Average Price	COMMODITY	Range	Average Price
Paddy			Vegetable (Up Country)			Snake Gourd		
Short Grain			Beans			Dambulla	130.00 – 140.00	135.00
A'pura	115.00 – 120.00	117.00	Dambulla	340.00 – 370.00	348.00	Hambantota	120.00 – 150.00	135.00
P'naruwa	121.00 – 123.00	121.83	Wellimada	320.00 – 340.00	332.00	Embilipitiya	220.00 – 250.00	236.00
Kalawewa	115.00 – 120.00	117.20	Badulla	325.00 – 360.00	341.00	Matara	–	
Kurunegala	115.00 – 120.00	117.25	Carrot			A'pura	120.00 – 130.00	124.00
Dehiattakandiya	115.00 – 117.00	116.00	N'Ellya	130.00 – 145.00	139.00	Luffa		
Nikaweratiya	115.00 – 120.00	117.57	Wellimada	95.00 – 105.00	99.00	Dambulla	162.50 – 172.50	167.50
Ampara	110.00 – 120.00	113.33	Hanguranketha	90.00 – 110.00	100.00	Hambantota	100.00 – 140.00	122.00
Long Grain (White)			Leeks			Embilipitiya	180.00 – 220.00	200.00
A'pura	108.00 – 112.00	109.60	N'Ellya	35.00 – 40.00	37.00	Matara	–	
P'naruwa	107.00 – 109.00	108.33	Wellimada	30.00 – 38.00	34.40	A'pura	120.00 – 130.00	124.00
Kalawewa	105.00 – 110.00	107.80	Beetroot			Green Chillies		
Kurunegala	110.00 – 114.00	112.00	N'Ellya	70.00 – 75.00	72.00	Dambulla	240.00 – 290.00	266.00
Dehiattakandiya	102.00 – 107.00	104.67	Dambulla	76.00 – 90.00	84.80	Hambantota	–	
Embilipitiya	–		Kurunegala	–		Embilipitiya	400.00 – 430.00	416.00
Nikaweratiya	110.00 – 114.00	111.86	Wellimada	64.00 – 66.00	65.00	Puttalam	260.00 – 330.00	293.33
Hambantota	–		Hanguranketha	55.00 – 70.00	61.60	A'pura	380.00 – 420.00	396.00
Ampara	105.00 – 112.00	108.25	Knol Khol			Pumpkin		
Long Grain (Red)			N'Ellya	55.00 – 65.00	59.00	Dambulla	28.00 – 35.00	31.60
Matara	90.00 – 95.00	93.75	Wellimada	30.00 – 40.00	36.00	Hambantota	40.00 – 60.00	50.00
Hambantota	95.00 – 100.00	97.75	Hanguranketha	45.00 – 60.00	53.00	Embilipitiya	55.00 – 65.00	60.00
Embilipitiya	93.00 – 95.00	94.20	Raddish			Matara	35.00 – 40.00	37.50
Keeri Samba			N'Ellya	35.00 – 45.00	41.00	A'pura	35.00 – 45.00	39.00
A'pura	135.00 – 143.00	139.00	Wellimada	30.00 – 35.00	32.20	Moneragala	50.00 – 60.00	54.00
P'naruwa	146.00 – 148.00	147.17	Hambantota	–		Cucumber		
Kalawewa	135.00 – 145.00	139.60	Hanguranketha	28.00 – 45.00	33.60	A'pura	45.00 – 55.00	49.00
Kurunegala	140.00 – 145.00	141.25	Cabbage			Dambulla	55.00 – 67.00	61.60
Dehiattakandiya	140.00 – 145.00	143.33	N'Ellya	65.00 – 70.00	67.00	Hambantota	50.00 – 70.00	60.00
Red Onion			Wellimada	40.00 – 45.00	43.00	Matara	50.00 – 60.00	55.75
Puttalam	–		Badulla	50.00 – 65.00	55.60	Long Beans		
Jaffna	–		Hanguranketha	28.00 – 45.00	37.60	Dambulla	145.00 – 157.50	150.50
Big Onion			Tomato			Hambantota	–	
Dambulla	190.00 – 210.00	196.00	Wellimada	105.00 – 115.00	111.00	Embilipitiya	230.00 – 260.00	246.00
Kalawewa	–		Hambantota	–		Matara	150.00 – 180.00	163.33
A'pura	–		Dambulla	120.00 – 130.00	124.00	A'pura	140.00 – 160.00	148.00
Potato			Hanguranketha	60.00 – 100.00	75.00	Ash Plantain		
N'Ellya	195.00 – 200.00	198.00	Vegetable (Low Country)			Hambantota	80.00 – 120.00	100.00
Badulla	–		Ladies Fingers			Embilipitiya	150.00 – 170.00	161.00
Wellimada	165.00 – 175.00	169.00	A'pura	70.00 – 80.00	74.00	Matara	110.00 – 120.00	113.75
Pulses			Dambulla	76.00 – 90.00	85.60	Lime		
Green Gram			Hambantota	80.00 – 120.00	100.00	Hambantota	–	
Hambantota	–		Embilipitiya	120.00 – 140.00	131.00	Embilipitiya	1150.00 – 1250.00	1200.00
Moneragala	600.00 – 650.00	620.00	Matara	75.00 – 90.00	81.25	Moneragala	1200.00 – 1250.00	1220.00
Embilipitiya	700.00 – 720.00	710.00	Brinjal			Fruits (Rs/Kg)		
Nikaweratiya	600.00 – 625.00	612.50	A'pura	160.00 – 180.00	168.00	Banana		
A'pura	600.00 – 650.00	625.00	Dambulla	140.00 – 162.50	150.50	Ambul		
Cowpea			Hambantota	–		Moneragala	90.00 – 100.00	94.00
Hambantota	–		Embilipitiya	160.00 – 220.00	190.00	Embilipitiya	70.00 – 100.00	84.00
Nikaweratiya	700.00 – 750.00	725.00	Matara	140.00 – 160.00	150.00	Hambantota	80.00 – 110.00	95.00
Moneragala	800.00 – 850.00	820.00	Wellimada	95.00 – 105.00	101.00	Kolikuttu		
Embilipitiya	900.00 – 980.00	940.00	Capsicum			Moneragala	260.00 – 280.00	268.00
Maize			Badulla	–		Embilipitiya	260.00 – 350.00	308.33
A'pura	130.00 – 135.00	132.50	Wellimada	275.00 – 285.00	280.00	Hambantota	–	
Kalawewa	120.00 – 140.00	130.00	Bitter Gourd			Papaw		
Gingelly			A'pura	260.00 – 280.00	268.00	Moneragala	50.00 – 60.00	54.00
A'pura	700.00 – 750.00	725.00	Dambulla	230.00 – 260.00	248.00	Embilipitiya	50.00 – 60.00	56.00
Kalawewa	–		Hambantota	–		Hambantota	50.00 – 60.00	55.00
Black Gram			Embilipitiya	360.00 – 380.00	372.50	Pineapple		
A'pura	900.00 – 950.00	925.00	Matara	260.00 – 290.00	275.00	Divulapitiya	–	

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

Week 42: 13 - 19 October 2023

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NULEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA																			
Rice																												
Local																												
Samba 1	-	230.00	-	240.00	230.00	-	240.00	230.00	-	240.00	230.00	-	240.00	230.00	-	230.00	230.00	-	230.00									
Samba 2	228.00	-	230.00	230.00	-	230.00	220.00	-	230.00	230.00	-	230.00	-	230.00	230.00	-	230.00	230.00	-	230.00								
Keeri Samba	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-								
Nadu 1	220.00	-	220.00	220.00	-	220.00	230.00	-	230.00	220.00	-	220.00	220.00	-	230.00	220.00	-	220.00	220.00	-	220.00							
Nadu 2	210.00	-	210.00	215.00	-	215.00	220.00	-	220.00	215.00	-	215.00	220.00	-	220.00	220.00	-	220.00	220.00	-	220.00							
Raw (Red)	190.00	-	210.00	200.00	-	200.00	180.00	-	180.00	186.00	-	186.00	200.00	-	210.00	210.00	-	210.00	190.00	-	200.00							
Raw (White)	210.00	-	210.00	200.00	-	200.00	210.00	-	210.00	200.00	-	200.00	200.00	-	210.00	200.00	-	210.00	200.00	-	210.00							
Imported										-	-	-	-	-	-	-	-	-	-	-	-							
Samba	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-							
Nadu	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-							
Raw (Red)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-							
Raw (White)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-							
Dried Chillies										-	-	-	-	-	-	-	-	-	-	-	-							
Imported	1100.00	-	1200.00	1500.00	-	1500.00	1250.00	-	1280.00	1500.00	-	1500.00	1400.00	-	1400.00	1500.00	-	1500.00	1200.00	-	1400.00	1200.00	-	1300.00	1300.00	-	1300.00	
Red Onion										-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
Sinnan	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Vedalan	380.00	-	400.00	600.00	-	600.00	400.00	-	460.00	560.00	-	560.00	400.00	-	520.00	400.00	-	460.00	450.00	-	450.00	480.00	-	480.00	480.00	-	480.00	
Imported	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Big Onion										-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Imported	220.00	-	240.00	-	-	240.00	-	260.00	260.00	-	260.00	250.00	-	260.00	150.00	-	240.00	230.00	-	230.00	160.00	-	160.00	260.00	-	260.00		
Local	-	-	280.00	-	280.00	-	-	-	-	300.00	-	300.00	260.00	-	260.00	240.00	-	260.00	240.00	-	240.00	240.00	-	260.00	260.00	-	260.00	
Potato										-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Welimada	280.00	-	300.00	-	-	320.00	-	320.00	-	-	-	-	-	-	280.00	-	280.00	-	-	300.00	-	320.00	320.00	-	320.00			
N'Eliya	320.00	-	320.00	360.00	-	360.00	360.00	-	380.00	380.00	-	380.00	360.00	-	360.00	-	-	380.00	-	380.00	-	-	-	-	-	-	-	-
Imported	220.00	-	230.00	220.00	-	230.00	240.00	-	250.00	250.00	-	250.00	240.00	-	250.00	230.00	-	240.00	220.00	-	240.00	220.00	-	240.00	240.00	-	240.00	
Pulses											-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Green Gram	1000.00	-	1100.00	1100.00	-	1200.00	1000.00	-	1100.00	1200.00	-	1200.00	1200.00	-	1200.00	1000.00	-	1100.00	950.00	-	1000.00	1100.00	-	1200.00	1200.00	-	1200.00	
Cowpea (White)	1200.00	-	1200.00	-	-	1200.00	-	1200.00	-	-	1100.00	-	1350.00	1200.00	-	1200.00	1000.00	-	1100.00	1100.00	-	1300.00	1200.00	-	1200.00			
Cowpea (Red)	1200.00	-	1200.00	1200.00	-	1200.00	1300.00	-	1300.00	1280.00	-	1300.00	1100.00	-	1300.00	1300.00	-	1100.00	1100.00	-	1200.00	1200.00	-	1200.00				
Red Dhal	310.00	-	340.00	380.00	-	380.00	340.00	-	360.00	380.00	-	380.00	360.00	-	380.00	340.00	-	360.00	320.00	-	320.00	320.00	-	320.00				

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

Week 42: 13 - 19 October 2023

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Vegetable</u>									
Beans	400.00	-	600.00	560.00	-	600.00	340.00	-	340.00
Carrot	240.00	-	260.00	260.00	-	400.00	320.00	-	400.00
Leeks	120.00	-	140.00	260.00	-	280.00	260.00	-	280.00
Beetroot	140.00	-	180.00	200.00	-	280.00	240.00	-	280.00
Knolkhol	110.00	-	250.00	240.00	-	280.00	240.00	-	320.00
Raddish	120.00	-	250.00	240.00	-	280.00	280.00	-	320.00
Cabbage	120.00	-	140.00	240.00	-	280.00	260.00	-	280.00
Tomato	250.00	-	280.00	400.00	-	400.00	320.00	-	400.00
Ladies Fingers	200.00	-	220.00	240.00	-	280.00	320.00	-	280.00
Brinjal	300.00	-	360.00	400.00	-	400.00	460.00	-	480.00
Capsicum	400.00	-	450.00	600.00	-	600.00	540.00	-	480.00
Pumpkin	100.00	-	110.00	260.00	-	260.00	200.00	-	200.00
Cucumber	120.00	-	160.00	200.00	-	260.00	240.00	-	260.00
Bitter Gourd	400.00	-	450.00	400.00	-	480.00	560.00	-	600.00
Snake Gourd	260.00	-	300.00	320.00	-	480.00	320.00	-	480.00
Drumstick	200.00	-	220.00	160.00	-	320.00	360.00	-	420.00
Luffa	240.00	-	280.00	360.00	-	400.00	420.00	-	480.00
Long Beans	260.00	-	280.00	320.00	-	400.00	350.00	-	400.00
Ash Plantain	250.00	-	260.00	260.00	-	320.00	320.00	-	360.00
Green Chillies	400.00	-	520.00	700.00	-	800.00	600.00	-	600.00
Lime	1600.00	-	1800.00	1800.00	-	2000.00	2000.00	-	2200.00
<u>Root Crops</u>									
Sweet Potato	120.00	-	160.00	200.00	-	260.00	240.00	-	240.00
Manioc	160.00	-	180.00	240.00	-	240.00	200.00	-	240.00
<u>Leafy Vegetable</u>									
Mukunuwenna	50.00	-	50.00	80.00	-	80.00	80.00	-	80.00
Kankun	50.00	-	50.00	80.00	-	80.00	80.00	-	80.00
Gotukola	100.00	-	110.00	100.00	-	100.00	100.00	-	100.00
<u>Coconut</u>									
Large	100.00	-	100.00	120.00	-	120.00	120.00	-	120.00
Small	85.00	-	90.00	90.00	-	90.00	100.00	-	100.00

29

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

Week 42: 13 - 19 October 2023

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Plantain</u>									
Ambul (Rs/Kg)	200.00	-	250.00	200.00	-	240.00	240.00	-	250.00
Kolikuttu (Rs/Kg)	450.00	-	550.00	550.00	-	580.00	600.00	-	700.00
Seeni (Rs/Kg)	150.00	-	200.00	240.00	-	250.00	260.00	-	260.00
Anamalu	30.00	-	37.00	37.00	-	42.00	43.00	-	47.00
Ambun	33.00	-	50.00	50.00	-	56.00	58.00	-	58.00
<u>Pineapple</u>									
Large	600.00	-	650.00	700.00	-	720.00	700.00	-	720.00
Medium	550.00	-	580.00	600.00	-	650.00	600.00	-	600.00
30 Small	450.00	-	500.00	550.00	-	580.00	550.00	-	580.00
<u>Mango</u>									
Betti	-	-	-	-	-	-	-	-	-
Karthakolomban	166.00	-	166.00	-	-	250.00	260.00	330.00	330.00
Vilad	70.00	-	80.00	80.00	-	100.00	100.00	-	140.00
Kohu	-	-	-	-	-	-	-	-	-
<u>Other Fruits</u>									
Wood Apple	26.00	-	32.00	60.00	-	70.00	60.00	-	80.00
Orange	80.00	-	90.00	150.00	-	160.00	140.00	-	160.00
Avocado	80.00	-	100.00	80.00	-	100.00	130.00	-	100.00
Slime Apple	80.00	-	90.00	140.00	-	140.00	120.00	-	140.00
Grapes (Rs/Kg)	1500.00	-	2000.00	2000.00	-	2200.00	2000.00	-	2500.00
Papaw (Rs/Kg)	100.00	-	120.00	180.00	-	200.00	160.00	-	200.00
Passion	65.00	-	80.00	86.00	-	90.00	100.00	-	75.00
King Coconut	120.00	-	150.00	130.00	-	150.00	150.00	-	150.00

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

Week 42: 13 - 19 October 2023

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA		
<u>Sea Fish</u>											
Salaya	340.00	380.00	380.00	380.00	400.00	400.00	400.00	400.00	360.00	380.00	
Hurulla	580.00	600.00	600.00	600.00	600.00	600.00	600.00	600.00	600.00	600.00	
Balaya	1000.00	1200.00	-	-	-	-	-	1600.00	1800.00	1600.00	1600.00
Kelawalla	1600.00	1700.00	2000.00	2000.00	1800.00	2000.00	2000.00	2000.00	2000.00	2000.00	
Thora	1800.00	2400.00	2400.00	2400.00	2600.00	2600.00	3000.00	3000.00	2800.00	3000.00	
Paraw	1800.00	2000.00	2000.00	2000.00	1800.00	2000.00	1800.00	2000.00	2000.00	1800.00	
Mora	1100.00	1200.00	2000.00	2000.00	-	-	-	1400.00	1600.00	-	
Shrimps Small	1950.00	2000.00	2000.00	2000.00	2000.00	2000.00	1900.00	1900.00	1800.00	1850.00	
Talapath	1700.00	1800.00	2600.00	2800.00	2600.00	2800.00	3200.00	3200.00	3000.00	3200.00	
31 <u>Eggs (Rs/Egg)</u>											
Brown	49.50	49.50	50.00	50.00	49.50	49.50	49.50	49.50	49.50	49.50	
White	48.00	48.00	49.00	49.00	48.00	48.00	48.00	48.00	48.00	48.00	
<u>Dried Fish</u>											
Sprats	1800.00	1800.00	1800.00	2000.00	2000.00	2200.00	2200.00	2000.00	2000.00	2000.00	
Kattawa	2000.00	2000.00	2200.00	2400.00	2200.00	2300.00	2600.00	2800.00	2200.00	2200.00	
Thora	-	-	-	-	-	-	-	-	-	-	
Mora	2000.00	2200.00	2200.00	2400.00	2400.00	2500.00	2600.00	2600.00	2400.00	2600.00	
Balaya	1600.00	1800.00	2200.00	2200.00	2000.00	2200.00	1800.00	1800.00	1600.00	1800.00	
Anguluwa	1800.00	1800.00	2600.00	2600.00	2800.00	2800.00	2400.00	2400.00	2000.00	2600.00	
Salaya	900.00	1100.00	900.00	1000.00	1100.00	1100.00	1200.00	1200.00	1000.00	1100.00	
<u>Meat</u>											
Beef (without Bones)	-	2500.00	2500.00	2500.00	2500.00	-	2200.00	2200.00	-	-	
Chicken (Broiler)	-	1300.00	1300.00	1280.00	1280.00	1320.00	1320.00	1200.00	1100.00	1100.00	
Chicken (Curry)	1200.00	1200.00	1400.00	1400.00	1400.00	1450.00	1300.00	1300.00	1250.00	1300.00	
Mutton	-	3200.00	3200.00	3200.00	3200.00	3200.00	3200.00	3200.00	3500.00	3500.00	
Pork	-	-	-	-	-	-	-	-	1300.00	1300.00	

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 & Data Management Division

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යොඩ්නික මිලටරි කොළ විල,
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