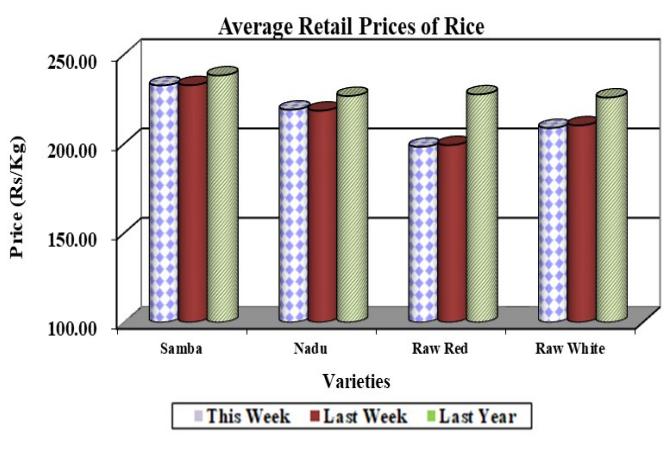


**RETAIL MARKET AT A GLANCE****Summary****Rice**

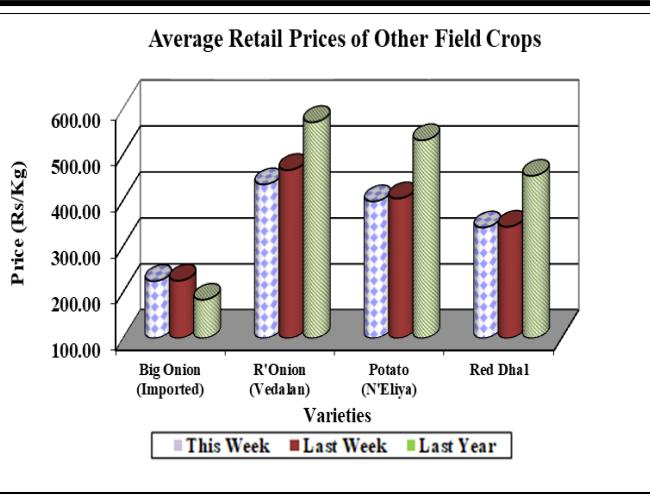
Price of raw white has increased by Rs.2.00/kg while the prices of nadu grade I, samba grade I and raw red have not changed significantly. Prices ranged Rs.360.00-370.00/kg for keeri samba, Rs.230.00-260.00/kg for samba grade I, Rs.220.00-230.00/kg for nadu and Rs.190.00-220.00/kg for raw rice in Colombo and suburb markets.

(Page No.01-02)

**Other Field Crops**

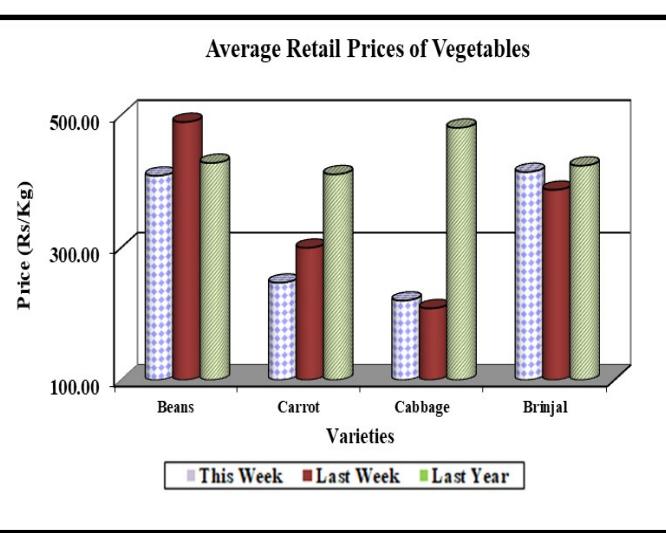
Price of imported big onion has increased by Rs.86.00/kg and the price ranged between Rs.440.00-600.00/kg. Prices of both Nuwara Eliya and imported potato have decreased by Rs.5.00/kg and Rs.9.00/kg respectively. Prices of both cowpea and green gram ranged between Rs.1200.00-1300.00/kg and Rs.1100.00-1300.00/kg respectively.

(Page No.02-03)

**Vegetables**

Prices of most of the vegetables have decreased due to low demand with prevailed high prices during the last few weeks and due to arrival of sufficient stocks for some varieties. Considering up country vegetables, price decrease was recorded for leeks, beans, cabbage, radish and tomato. However, the prices of carrot, beetroot and capsicum have increased further and the prices ranged Rs.600.00-1200.00/kg. Considering the low country vegetables, the prices of pumpkin, cucumber, snake gourd and luffa have decreased.

(Page No.04-05)



## **Rice**

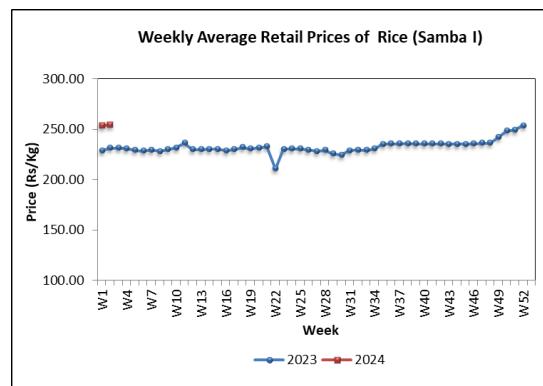
### **Wholesale**

Price of keeri samba has also increased by 4% due to unavailability of sufficient stocks and the price ranged Rs.330.00-340.00/kg. Price of samba grade II has increased by 1% the and price ranged Rs.230.00-232.00/kg. Prices of other local rice varieties have not changed significantly and the price ranges for samba grade I, nadu grade I and nadu grade II were Rs.235.00-245.00/kg, Rs.210.00-215.00/kg and Rs.205.00-208.00/kg respectively. Average prices of raw red and raw white were Rs.180.00/kg and Rs.204.38/kg respectively.

Compared to the same period of last year, prices of all local rice varieties except raw red have increased with the highest price increase of 50% being reported for keeri samba.

### **Retail**

Prices of raw white and nadu grade I have increased by Rs.2.00/kg and 1.00/kg respectively. The prices ranged Rs.210.00-220.00/kg and Rs.220.00-240.00/kg respectively. Price of samba grade I and raw red have not changed significantly.



Compared to the same period of last year, prices of all rice varieties except raw red increased, recording the highest price increase of 32% for keeri samba.

## **Paddy**

The average farm gate paddy prices of most of the paddy varieties have not changed considerably in major producing areas. However, the average price of short grain paddy has increased by Rs.1.00/kg in few producing areas and its prices ranged Rs.120.00-131.00/kg. Further, the average price of keeri samba paddy has also increased by Rs.2.00/kg in Anuradhapura and Kalawewa areas and reported Rs.148.00-164.00/kg price range in major producing areas.

Subsequently, the average price of long grain white paddy has also increased by Rs.1.00/kg in Anuradhapura and Kurunegala areas while it has decreased by Rs.5.00/kg in Ampara area. It was reported Rs.105.00-118.00/kg price range for long grain white paddy in major producing

areas. Meanwhile, the average price of long grain red paddy has also increased by Rs.7.00/kg and Rs.3.00/kg in Hambantota and Matara areas respectively and reported Rs.98.00-105.00/kg price range in major producing areas in the Southern province.

Compared to the same period of last year, the average farm gate prices of short grain, keeri samba and long grain white paddy varieties have increased by 11%-59% and the highest price increase was reported for keeri samba paddy. However, the average paddy price of long grain red paddy has decreased by 3%-13%

### **Dried Chilies**

#### **Wholesale**

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

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

#### **Retail**

Price of imported dried chilies has increased by Rs.60.00/kg and price ranged Rs.1100.00-1500.00/kg.

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

### **Onion**

#### **Wholesale**

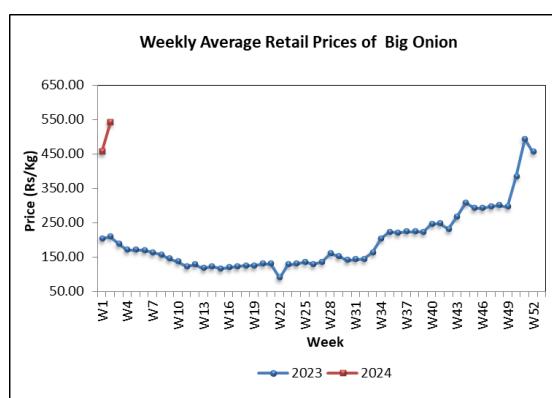
Price of imported red onion has decreased by 29% due to availability of sufficient stocks and the price ranged Rs.270.00-330.00/kg.

Price of imported big onion has decreased by 3% due to availability of low quality stocks at the market and the price ranged Rs.330.00-450.00/kg.

Compared to the same period of last year, price of imported red onion has decreased by 49% while the price of imported big onion has increased by 156%.

#### **Retail**

Price of imported red onion has decreased by Rs.1.00/kg and the price ranged Rs.400.00-600.00/kg. Price of imported big onion has increased by Rs.86.00/kg and the price ranged Rs.440.00-600.00/kg.



Compared to the same period of last year, price of imported red onion has decreased by 33% and the price of imported big onion has increased by 159%.

### **Potato**

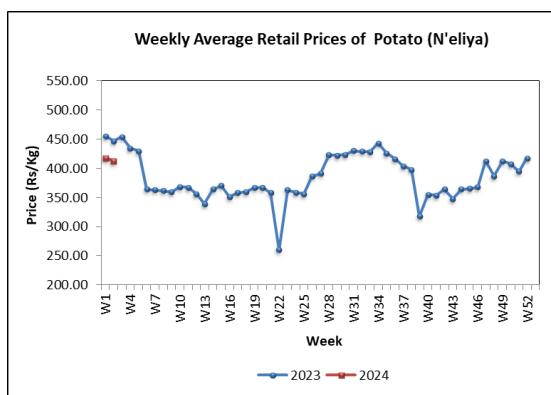
#### **Wholesale**

Price of Nuwara Eliya potato has decreased by 11% and the price ranged Rs.310.00-340.00/kg. Price of imported potato has also decreased by 4% due to availability of sufficient stocks and the price ranged Rs.120.00-190.00/kg.

Compared to the same period of last year, price of Nuwara Eliya potato has decreased by 8% while the price of imported potato has increased by 41%.

#### **Retail**

Prices of both Nuwara Eliya and imported potatoes have decreased by Rs.5.00/kg and Rs.9.00/kg respectively and their prices ranged between Rs.360.00-440.00/kg and Rs.180.00-200.00/kg respectively.



Compared to the same period of last year, prices of Nuwara Eliya and imported potatoes have decreased by 8% and 3% respectively.

### **Pulses**

#### **Wholesale**

Price of green gram has decreased by 1% and the price ranged Rs.1000.00-1050.00/kg. Price of red cowpea has also decreased by 13% due to unavailability of sufficient stocks and the price ranged Rs.950.00-1000.00/kg. Price of red dhal has not changed significantly and the price ranged Rs.290.00-300.00/kg.

Compared to the same period of last year, prices of all types of pulses except white cowpea have decreased in the range of 17%-25%.

#### **Retail**

Prices of white cowpea and red cowpea have decreased by Rs.71.00/kg and Rs.68.00/kg respectively and their prices ranged Rs.1200.00-1300.00/kg. Price of green gram has increased by Rs.13.00/kg and the price ranged Rs.1100.00-1300.00/kg.

Compared to the same period of last year, prices of all pulse varieties have decreased by 10%-15%.

### **Vegetable**

#### **Wholesale**

Prices of most of the up country vegetables have decreased while the prices of most of the low country vegetables have increased.

Considering up country vegetables, the highest price decrease was reported for leeks as 38% due to increase supply from Nuwara Eliya area, followed by raddish as 35% due to increased supply from all major producing areas. Price of beans has decreased by 17% due to increased supply from Balangoda and Kandy areas. However, the prices of beetroot and carrot have increased by 9% and 5% respectively due to limited supply owing to the adverse rainy weather condition. Price of tomato has decreased by 27% due to increased supply from Sooriyawewa area.

Considering low country vegetables, the highest price increase was reported for ladies fingers by 64% due to decreased supply from Dambulla area, followed by long beans as 15% due to decreased supply from Embilipitiya area. Prices of luffa, ash plantain, bitter gourd and snake gourd have increased in the range of 1%-5%. However, the price of pumpkin has decreased by 34% due to increased supply from Mahavilachchiya area and price of cucumber has decreased by 19% due to increased supply from Puttalam area.

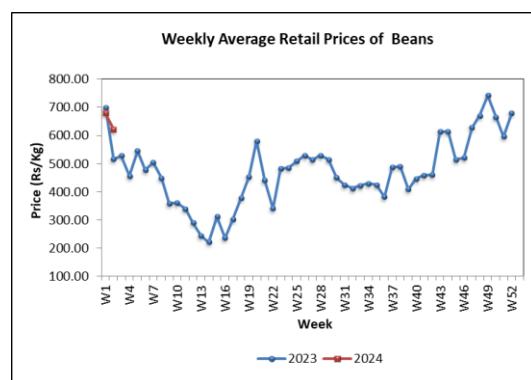
Price of green chilies has decreased by 32% due to increased supply from Nochchiyagama area and the price of lime has decreased by 29% with the increased supply from all major producing area.

Considering the same period of last year, prices of most of the vegetables have increased with the highest price increase reported for cabbage as 471%, followed by carrot (353%) with decreased supply due to adverse rainy weather condition in the up country area.

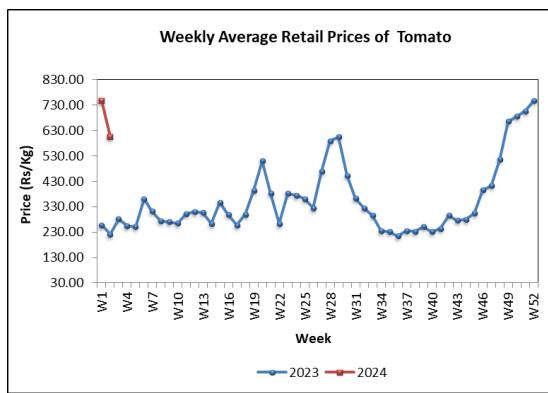
### **Retail**

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

Considering up country varieties the highest price decrease was reported for leeks as Rs.104.00/kg, followed by beans as Rs.57.00/kg. Prices of cabbage and raddish have decreased by Rs.55.00/kg and Rs.43.00/kg respectively. However, the prices of carrot, beetroot and knolkhol have increased by Rs.50.00/kg, Rs.36.00/kg and Rs.8.00/kg respectively.



Price of tomato has decreased by Rs.140.00/kg whereas capsicum has increased by Rs.50.00/kg.



Considering low country varieties, the highest price decrease was reported for brinjal as Rs.105.00/kg. Further, prices of pumpkin, cucumber, snake gourd and luffa have decreased in the range of Rs.13.00-32.00/kg. However, the prices of bitter gourd, long beans ladies fingers and ash plantain have increased by Rs.47.00/kg, Rs.33.00/kg, Rs.27.00/kg and Rs.5.00/kg respectively.

Further, the prices of green chilies and lime have decreased by Rs.377.00/kg and Rs.104.00/kg respectively.

Compared to the same period of last year, prices of most of the vegetable varieties have increased with the highest price increase reported for cabbage as 231%.

### **Coconut**

#### **Wholesale**

Prices of large and small nuts have increased by 3% and 1% respectively. Price ranges were Rs.95.00-105.00 for a large nut and Rs.80.00-92.00 for a small nut.

Compared to the same period of last year, price of large nut has increased by 3% and price of small nut has decreased by 2%.

### **Retail**

Prices of both large and small nuts have increased by Rs.2.00/nut. Price ranges were Rs.100.00-120.00 for a large nut and Rs.90.00-100.00 for a small nut.

Compared to the same period of last year, prices of both large and small nuts have increased by 2% and 1% respectively.

### **Fruits**

#### **Wholesale**

Prices of most of the fruit varieties have decreased due to rainy weather and low demand. The highest price decrease was reported as 17% for avocado due to availability of low quality small sized fruit stocks. Prices of slime apple and wood apple have decreased by 14% and 13% respectively with availability of low quality stocks and low demand. Further, the prices of papaw and orange have decreased by 12% and 10% respectively. In addition, the prices of all varieties of banana have decreased in the range of 1%-12% with low demand.

However, the prices of all sizes of pineapple have increased in the range of 22%-32% with availability of sufficient stocks.

Further, the price of passion fruit has increased by 21% with limited supply. Price of karthakolomban mango has increased by 14% due to end of peak supply period. Compared to the same period of last year, prices of the most of the fruit varieties have increased with the highest price increase reported for orange (189%).

### Retail

Prices of most of the fruit varieties have increased despite the decreased wholesale prices. The highest price increase of Rs.92.00/fruit was reported for large sized pineapple due to unavailability of sufficient stocks in the market, followed by both small and medium sized pineapple (Rs.82.00/fruit and Rs.91.00/fruit). Further, the prices of karthakolomban mango, orange and passion fruit have increased by Rs.47.00/fruit, Rs.44.00/fruit and Rs.41.00/fruit respectively. Prices of king coconut and imported grapes have also increased by Rs.15.00/fruit and Rs.14.00/kg respectively.

Meanwhile, the highest price decrease of Rs.72.00/fruit was reported for avocado due to availability of low quality stocks in the market. Further, the price of papaw has decreased by Rs.9.00/kg. Considering the banana varieties, prices of seeni and kolikuttu banana have decreased by Rs.6.00/kg and Rs.23.00/kg respectively.

Compared to the same period of last year, prices of most of the fruit varieties have increased with the highest price increase reported for orange as 17%.

### Fresh Fish

#### Wholesale

Wholesale prices of most of the fresh fish types have increased due to limited supply. The highest price increase of 16% was noted for mora due to low supply from the Northern areas and the price ranged Rs.850.00-1200.00/kg. A price increase of 14% was noted for thalapath due to low supply from Negombo, Beruwala and Kalmunai areas and the price ranged between Rs.1750.00-2600.00/kg. Likewise, a price increase of 7% was noted for paraw due to low supply from Walachchenai, Mannar and Trincomalee areas and the price ranged between Rs.1350.00-1550.00/kg.

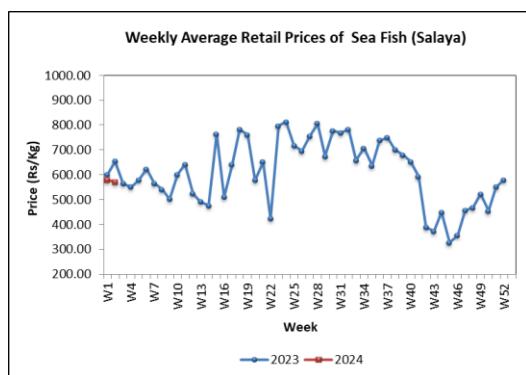
However, a price decrease of 13% was noted for balaya due to high supply from Beruwala, Galle and Mirissa areas and the price ranged between Rs.680.00-1100.00/kg. Likewise, a price decrease of 11% was noted for salaya due to high supply from Trincomalee, Mannar and Walachchenai areas and the price ranged between Rs.250.00-450.00/kg.

Compared to the same period of last year, wholesale prices of the most of the fresh fish types have increased in the range of 3%-26% with the highest price increase noted for balaya.

### **Retail**

In line with increased wholesale prices, retail prices of most types of fresh fish have also increased due to decreased supply. The highest price increase of Rs.349.00/kg was reported for paraw. Prices of thalapath, kelawalla and hurulla have also increased by Rs.144.00/kg, Rs.118.00/kg and Rs.47.00/kg respectively.

However, the prices of balaya, salaya and shrimps have decreased by Rs.92.00/kg, Rs.10.00/kg and Rs.2.00/kg respectively due to a slight increase of supply.



Compared to the same period of last year, prices of the most types of fresh fish have decreased in the range of 1%-13% and

the highest price decrease was reported for hurulla.

### **Dried Fish**

#### **Wholesale**

Due to increase of local dried fish supply, the prices of most of the local and imported dried fish types have decreased. The highest price decrease of 11% was noted for local salaya due to high supply from Puttalam, Chilaw and Mannar areas and the price ranged between Rs.350.00-500.00/kg.

However, a price increase of 8% was noted for local maduwa due to low supply from Negombo and Jaffna areas and the price ranged between Rs.1350.00-1500.00/kg. In addition, price of local mora has increased by 2%.

Compared to the same period of last year, wholesale prices of most of the dried fish types have increased in the range of 4%-22% with the highest price increase reported for local maduwa.

### **Retail**

In line with decreased wholesale prices, the retail prices of most types of dried fish have also decreased due to low demand. The highest price decrease of Rs.106.00/kg was reported for kattawa followed by Rs.74.00/kg and Rs.35.00/kg for imported sprats and local sprats respectively. Prices

of balaya and salaya have decreased in the range of Rs.8 .00-23.00/kg.

However, the prices of anguluwa and mora have increased by Rs.13.00/kg and Rs.9.00/kg respectively due to decreased supply.

Compared to the same period of last year, prices of the most types of dried fish have increased in the range of 1%-13% with the highest price increase reported for balaya.

### Eggs

#### Wholesale

Prices of both brown and white eggs have decreased by 2% and their prices ranged between Rs.51.00-53.00/egg and Rs.48.00-50.00/egg respectively.

Compared to the same period of last year, prices of both brown and white eggs have decreased by 13% and 12% respectively.

#### Retail

Prices of both brown and white eggs have decreased by Rs.1.00/egg due to decreased farm gate price. Prices ranged Rs.54.00-55.00/egg for a brown egg and Rs.51.00-52.00/egg for a white egg.

Compared to the same period of last year, prices of both brown and white eggs have decreased by 7% and 9% respectively.

#### Meat

#### Retail

Price of skinless curry chicken has decreased by Rs.176.00/kg due to decreased farm gate prices. Prices of beef and skinless broiler chicken have decreased by Rs.100.00/kg and Rs.43.00/kg respectively.

However, the price of mutton has increased by Rs.7.00/kg due to decreased supply. Price of pork has not changed significantly.

Compared to the same period of last year, prices of most types of meat have increased in the range of 4%-13% with the highest price increase reported for beef.

#### 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 02: 05 - 11 January 2024

LOCATIONS	Rice Varieties														
	Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White		
10	Colombo	11750 –	12250	11500 –	11600	16500 –	17000	10500 –	10750	10250 –	10400	8750 –	9250	10000 –	10500
	Divulapitiya	12000 –	13100	11200 –	11500	15500 –	15750	10500 –	10700	10000 –	10400	9000 –	9500	9500 –	9900
	Kurunegala	12200 –	12200	11500 –	11500	16000 –	16000	10600 –	10750	10000 –	10300	9250 –	9250	9500 –	9650
	Nikaweratiya	12250 –	12500	11250 –	11250	15500 –	16000	10650 –	10700	9900 –	10100	9000 –	9500	9400 –	9500
	Badulla	–	–	–	–	–	–	–	–	–	–	–	–	–	
	Puttalam	–	–	11200 –	11350	–	–	10750 –	10900	9750 –	9850	10000 –	10250	9250 –	10000
	Dambulla	11900 –	12000	11450 –	11450	–	–	10600 –	10700	9750 –	10000	9400 –	9750	9500 –	9750
	Anuradhapura	12000 –	12000	11500 –	11500	15500 –	16000	10750 –	10900	–	–	10000 –	10250	10000 –	10250
	Tambuttegama	–	–	11250 –	11450	–	–	–	–	10100 –	10250	–	–	9800 –	9950
	Polonnaruwa	–	–	11250 –	11500	15250 –	15750	10700 –	10750	9700 –	9750	10200 –	10250	9700 –	9750
	Kalutara	–	–	11500 –	11650	–	–	–	–	10250 –	10400	9000 –	9150	10250 –	10400
	Ampara	–	–	–	–	–	–	11000 –	11000	–	–	8750 –	9250	9250 –	9750
	Kandy	11900 –	12000	11400 –	11500	16250 –	16500	10600 –	10750	10250 –	10300	9000 –	9250	9800 –	10150
	Moneragala	11750 –	11750	11250 –	11250	15500 –	16000	10750 –	11000	–	–	8500 –	9250	9250 –	9750
	Kegalle	–	–	–	–	–	–	–	–	–	–	–	–	–	
	Dehiattakandiyā	–	–	–	–	–	–	10750 –	10750	10400 –	10400	10250 –	10250	9750 –	10250
	Hambantota	11750 –	12000	–	–	–	–	–	–	–	–	8000 –	8400	9500 –	9800
	Matara	–	–	–	–	–	–	10500 –	10800	–	–	8400 –	8600	9800 –	10250
	Galle	13000 –	13200	–	–	–	–	10750 –	10900	–	–	8750 –	9250	10000 –	10400
	Meegoda	–	–	11250 –	11500	–	–	–	–	10000 –	10400	8500 –	8750	9600 –	9900
	Tissamaharama	11750 –	12750	–	–	17750 –	18000	10750 –	11000	–	–	7750 –	8000	9500 –	10250
	Embilipitiya	–	–	11450 –	11500	–	–	10500 –	10600	10000 –	10050	7950 –	8200	9650 –	9750
	Jaffna	12000 –	12250	–	–	17000 –	17250	10500 –	10750	10000 –	10250	8500 –	8700	10000 –	10250
	Vavuniya	–	–	–	–	–	–	10500 –	10700	10000 –	10250	8750 –	8900	10200 –	10300
	Mannar	12000 –	12250	–	–	17000 –	17250	10500 –	10750	10100 –	10250	9000 –	9250	10000 –	10250
	Killinochchi	11750 –	12000	–	–	16750 –	17000	10500 –	10750	9700 –	9750	8750 –	9000	10000 –	10500
	Mullattivu	–	–	–	–	–	–	–	–	–	–	–	–	–	
	Batticaloa	11750 –	11750	11600 –	11600	16750 –	16800	10600 –	10700	10250 –	10400	9000 –	9200	10250 –	10400
	Trincomalee	11750 –	12000	–	–	15250 –	15750	10400 –	10500	9750 –	10250	8700 –	9000	10250 –	10500
	Galenbindunuwew	11800 –	11800	11500 –	11500	15500 –	16000	10750 –	10850	10500 –	10600	9750 –	10250	9750 –	10000
	Matale	11750 –	12250	11450 –	11450	–	–	10500 –	10750	10000 –	10250	9000 –	9500	9500 –	10000



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

Week 02: 05 - 11 January 2024

LOCATION	Dried Chillies	Red Onion			Big Onion	Potato			Pulses				
	Imported	Imported	Local			Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal		
Colombo	50000 - 52500	13500 - 16500	-		16500 - 22500	6000 - 9500	-	15500 - 17000	50000 - 52500	-	14500 - 15000		
Kurunegala	47500 - 55000	19000 - 20000	-		21750 - 24000	6500 - 7000	-	-	50000 - 55000	52500 - 57500	14500 - 15000		
Nikaweratiya	49250 - 50000	17000 - 19000	-		20000 - 22500	6250 - 7000	-	-	47000 - 49250	51500 - 51500	14550 - 14750		
Dehiattakandiya	50000 - 57500	22500 - 25000	-		20000 - 25000	6500 - 7000	-	-	42500 - 42500	-	14750 - 16500		
Dambulla (DEC)	45000 - 47500	18000 - 21000	-		19000 - 21500	5900 - 6500	-	16500 - 17000	52000 - 52500	57500 - 57500	14750 - 15000		
Anuradhapura	55000 - 59000	20000 - 22500	-		21000 - 23000	7000 - 8000	-	-	47500 - 55000	55000 - 57500	14750 - 15500		
Thambuththegama	49500 - 52500	18000 - 22500	-		21500 - 23000	6250 - 7000	-	17000 - 17500	-	-	14750 - 15000		
Polonnaruwa	57000 - 59000	17000 - 20000	-		22000 - 23500	10000 - 10000	-	19500 - 19500	48000 - 52000	50000 - 50000	15500 - 16250		
Kaluthara	52500 - 53000	18000 - 18400	-		22000 - 23000	6500 - 7000	-	15500 - 16000	50000 - 54000	52500 - 54000	14500 - 15000		
Puttalam	45000 - 50000	-	20000 - 26000		20000 - 22000	7750 - 8500	-	19000 - 21000	44000 - 47500	-	15000 - 15600		
Kandy	50100 - 50200	17000 - 17500	-		20000 - 22000	6250 - 6500	-	16500 - 17000	47500 - 50000	52500 - 55000	14750 - 15000		
Matara	55000 - 57500	18000 - 22500	-		22500 - 23000	7500 - 8000	-	-	47500 - 52500	50000 - 55000	15250 - 15750		
Hambantota	51000 - 56000	17500 - 20000	-		22500 - 24500	7500 - 8000	-	-	40000 - 45000	47500 - 55000	14750 - 15250		
Kegalle	52500 - 59500	16500 - 21500	-		20650 - 20750	5900 - 6000	-	18300 - 18500	47000 - 47500	55500 - 56000	15400 - 16000		
Galle	57500 - 60000	25000 - 27500	-		24000 - 26000	9000 - 10000	-	15500 - 16000	47500 - 50000	55000 - 55000	14750 - 15750		
Tissamaharama	52500 - 55000	17000 - 20000	-		23500 - 24500	8000 - 10000	-	-	47500 - 52000	47500 - 52000	15250 - 16250		
Meegoda (DEC)	50000 - 52500	14750 - 15250	-		19000 - 20000	6250 - 6750	-	16500 - 17500	50000 - 52000	54000 - 57500	14500 - 15000		
Jaffna	50000 - 52500	-	19000 - 21000		19000 - 22000	6500 - 7000	-	-	46000 - 47000	52500 - 55000	14750 - 15000		
Vavuniya	55000 - 57500	-	-		23000 - 23500	7000 - 7500	-	-	42500 - 45000	-	15000 - 15250		
Mannar	52500 - 55000	22000 - 22500	-		22250 - 22500	7500 - 8000	-	-	50000 - 52500	-	15300 - 15500		
Killinochchi	52500 - 54000	-	-		19000 - 21000	7500 - 8500	-	-	50000 - 52000	-	15250 - 15750		
Mullattivu	-	-	-		-	-	-	-	-	-	-		
Batticaloa	53000 - 54500	17000 - 18000	-		20000 - 21000	8250 - 9000	-	22000 - 25000	51500 - 52750	54250 - 55750	15100 - 15500		
Trincomalee	50000 - 55000	16000 - 19000	-		17000 - 19000	6000 - 7500	-	-	50000 - 54000	-	15100 - 15500		
Galenbindunuwewa	54000 - 56250	24500 - 25000	-		20000 - 25000	7000 - 7500	-	-	47500 - 55000	52500 - 55000	14900 - 16000		
Matale	49000 - 50000	20000 - 21000	-		22500 - 23000	6000 - 7000	-	-	47500 - 50000	57500 - 59000	14750 - 15000		





**Table 06 (Contd.)**

	<b>Long Beans</b>	<b>Ash Plantain</b>	<b>Green Chillies</b>	<b>Lime</b>	<b>Sweet Potaoe</b>	<b>Manioc</b>
Colombo	100.00 - 200.00	220.00 - 300.00	750.00 - 1000.00	150.00 - 300.00	100.00 - 120.00	80.00 - 120.00
Meegoda (DEC)	150.00 - 250.00	280.00 - 330.00	900.00 - 1200.00	160.00 - 220.00	140.00 - 170.00	110.00 - 120.00
Moneragala	200.00 - 220.00	180.00 - 200.00	1000.00 - 1200.00	200.00 - 250.00	180.00 - 200.00	60.00 - 80.00
Dambulla (DEC)	160.00 - 200.00	250.00 - 280.00	850.00 - 1000.00	140.00 - 180.00	130.00 - 150.00	70.00 - 85.00
Keppetipola (DEC)	160.00 - 170.00	240.00 - 250.00	800.00 - 1000.00	140.00 - 150.00	110.00 - 130.00	100.00 - 120.00
Norochchhole (DEC)	100.00 - 140.00	140.00 - 180.00	700.00 - 1000.00	170.00 - 250.00	90.00 - 90.00	100.00 - 120.00
Nuwara Eliya	180.00 - 200.00	260.00 - 280.00	900.00 - 1000.00	160.00 - 180.00	140.00 - 150.00	90.00 - 100.00
Kandy	200.00 - 240.00	240.00 - 260.00	700.00 - 750.00	150.00 - 180.00	120.00 - 150.00	80.00 - 90.00
Hambantota	150.00 - 200.00	160.00 - 220.00	900.00 - 1100.00	250.00 - 300.00	160.00 - 200.00	140.00 - 160.00
Thambuththegama (DEC)	160.00 - 200.00	200.00 - 250.00	900.00 - 1000.00	80.00 - 120.00	140.00 - 160.00	70.00 - 80.00
Tissamaharama	120.00 - 140.00	200.00 - 240.00	800.00 - 920.00	200.00 - 250.00	200.00 - 250.00	120.00 - 130.00
Jaffna	-	160.00 - 170.00	780.00 - 800.00	310.00 - 340.00	210.00 - 230.00	70.00 - 90.00
Bandarawela	-	-	900.00 - 1000.00	-	120.00 - 140.00	100.00 - 120.00
Veyangoda	170.00 - 200.00	280.00 - 280.00	900.00 - 1100.00	130.00 - 180.00	130.00 - 160.00	100.00 - 120.00

Locations	Leafy Vegetables (Rs/bundle)			Coconut (Rs/nut)	
	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	40.00 - 50.00	40.00 - 50.00	300.00 - 350.00	95.00 - 105.00	80.00 - 92.00
Meegoda (DEC)	80.00 - 90.00	80.00 - 90.00	270.00 - 270.00	105.00 - 110.00	85.00 - 95.00
Norochchhole (DEC)	50.00 - 60.00	50.00 - 60.00	120.00 - 130.00	90.00 - 105.00	75.00 - 90.00
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	25.00 - 30.00	25.00 - 30.00	120.00 - 125.00	80.00 - 90.00	70.00 - 75.00
Kandy	45.00 - 50.00	45.00 - 55.00	230.00 - 240.00	90.00 - 100.00	70.00 - 75.00
Hambantota	50.00 - 60.00	50.00 - 60.00	180.00 - 200.00	-	-
Thambuththegama (DEC)	30.00 - 40.00	30.00 - 40.00	-	80.00 - 85.00	-
Tissamaharama	40.00 - 55.00	40.00 - 60.00	180.00 - 240.00	90.00 - 105.00	70.00 - 85.00
Jaffna	80.00 - 100.00	35.00 - 42.00	180.00 - 190.00	78.00 - 84.00	45.00 - 50.00
Bandarawela	-	-	-	-	-
Veyangoda	35.00 - 40.00	35.00 - 40.00	-	90.00 - 95.00	-

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

















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

Week 02: 05 - 11 January 2024

LOCATIONS	Meat	Meat (Chicken)		Meat	
	Beef	Broiler	Curry	Mutton	Pork
Colombo	2200.00 – 2500.00	1250.00 – 1410.00	1000.00 – 1400.00	3200.00 – 3400.00	1250.00 – 1300.00
Gampaha	2200.00 – 2200.00	1250.00 – 1250.00	1300.00 – 1300.00	3300.00 – 3300.00	1300.00 – 1300.00
Kurunegala	2000.00 – 2200.00	1150.00 – 1280.00	–	3000.00 – 3000.00	1350.00 – 1400.00
Nikaweratiya	2000.00 – 2200.00	1150.00 – 1250.00	–	–	–
Dambulla	–	1250.00 – 1300.00	–	–	1600.00 – 1600.00
Anuradhapura	1900.00 – 2000.00	1150.00 – 1250.00	–	3200.00 – 3400.00	1300.00 – 1450.00
Thambuththegama	2000.00 – 2200.00	1000.00 – 1220.00	1100.00 – 1300.00	–	1450.00 – 1500.00
Polonnaruwa	1800.00 – 1800.00	1200.00 – 1300.00	–	–	1800.00 – 1800.00
Kaluthara	2000.00 – 2200.00	1160.00 – 1200.00	1320.00 – 1360.00	–	–
Badulla	–	–	–	–	–
Keppetipola	2100.00 – 2200.00	1180.00 – 1260.00	1300.00 – 1380.00	3000.00 – 3100.00	–
Moneragala	2100.00 – 2100.00	1250.00 – 1350.00	–	3000.00 – 3000.00	1500.00 – 1600.00
Kegalle	2200.00 – 2200.00	1100.00 – 1350.00	–	2900.00 – 3000.00	1750.00 – 1800.00
Ampara	2100.00 – 2150.00	1000.00 – 1000.00	1250.00 – 1250.00	–	1400.00 – 1700.00
Dehiattakandiya	–	1230.00 – 1300.00	–	–	1230.00 – 1600.00
Nuwaraeliya	2200.00 – 2300.00	1250.00 – 1300.00	1360.00 – 1400.00	3200.00 – 3300.00	1600.00 – 1700.00
Kandy	2200.00 – 2200.00	1190.00 – 1200.00	1400.00 – 1420.00	3000.00 – 3000.00	1450.00 – 1500.00
Puttalam	2000.00 – 2200.00	1250.00 – 1350.00	–	3200.00 – 3200.00	–
Hambantota	–	1280.00 – 1300.00	–	–	–
Rathnapura	–	–	–	–	–
Matara	–	1240.00 – 1300.00	–	–	–
Galle	2200.00 – 2200.00	1180.00 – 1250.00	–	3200.00 – 3400.00	–
Tissamaharama	–	1250.00 – 1350.00	–	2800.00 – 2800.00	1600.00 – 1750.00
Meegoda	–	1200.00 – 1270.00	1250.00 – 1450.00	3300.00 – 3300.00	1500.00 – 1500.00
Embiliptiya	2150.00 – 2200.00	1000.00 – 1150.00	1250.00 – 1300.00	2900.00 – 3000.00	1450.00 – 1600.00
Jaffna	2000.00 – 2100.00	1150.00 – 1200.00	1450.00 – 1550.00	3450.00 – 3500.00	–
Vavuniya	2000.00 – 2150.00	1350.00 – 1450.00	–	2900.00 – 3000.00	–
Mannar	1800.00 – 2000.00	1380.00 – 1400.00	–	–	–
Killinochchi	1900.00 – 1960.00	1400.00 – 1450.00	1600.00 – 1650.00	3000.00 – 3200.00	–
Mullaittivu	–	–	–	–	–
Batticaloa	1700.00 – 1800.00	1200.00 – 1250.00	1500.00 – 1600.00	3000.00 – 3000.00	–
Trincomalee	1900.00 – 2000.00	1250.00 – 1300.00	–	–	–
Veyangoda	2200.00 – 2200.00	1200.00 – 1200.00	1250.00 – 1250.00	3000.00 – 3000.00	1500.00 – 1500.00
Galenbindunuwewa	1900.00 – 1900.00	1190.00 – 1200.00	–	–	1400.00 – 1400.00
Bandarawela	2100.00 – 2200.00	1250.00 – 1300.00	–	3000.00 – 3200.00	–
Matale	2000.00 – 2200.00	1250.00 – 1300.00	1300.00 – 1400.00	2800.00 – 3000.00	1500.00 – 1600.00







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

**Week 02: 05 - 11 January 2024**

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NULEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<b>Rice</b>									
<b>Local</b>									
Samba 1	260.00	-	260.00	230.00	-	260.00	260.00	-	260.00
Samba 2	-		-	-		-	-		-
Keeri Samba	-		370.00	-	370.00	370.00	-	370.00	-
Nadu 1	220.00	-	230.00	220.00	-	230.00	220.00	-	230.00
Nadu 2	-		-	-		-	-		-
Raw (Red)	200.00	-	210.00	190.00	-	200.00	200.00	-	220.00
Raw (White)	210.00	-	220.00	210.00	-	220.00	210.00	-	220.00
<b>Imported</b>									
Samba	-		-	-		-	-		-
Nadu	-		-	-		-	-		-
Raw (Red)	-		-	-		-	-		-
Raw (White)	-		-	-		-	-		-
<b>Dried Chillies</b>									
Imported	1100.00	-	1200.00	1300.00	-	1500.00	1300.00	-	1400.00
<b>Red Onion</b>									
Sinnan	-		-	-		-	-		-
Vedalan	-		-	-		-	-		-
Imported	400.00	-	480.00	600.00	-	600.00	600.00	-	520.00
<b>Big Onion</b>									
Imported	500.00	-	550.00	500.00	-	600.00	520.00	-	600.00
Local	-		-	-		-	-		-
<b>Potato</b>									
Welimada	-		-	-		-	-		-
N'Eliya	430.00	-	440.00	360.00	-	400.00	360.00	-	400.00
Imported	180.00	-	180.00	180.00	-	200.00	180.00	-	200.00
<b>Pulses</b>									
Green Gram	1100.00	-	1200.00	1300.00	-	1300.00	1200.00	-	1200.00
Cowpea (White)	1200.00	-	1200.00	1300.00	-	1300.00	1200.00	-	1200.00
Cowpea (Red)	1200.00	-	1200.00	1300.00	-	1300.00	1200.00	-	1200.00
Red Dhal	310.00	-	320.00	340.00	-	360.00	320.00	-	360.00

**Annex 02 - Colombo Markets: Retail Prices of Vegetables (Rs/kg) and Coconut (Rs/nut)**

**Week 02: 05 - 11 January 2024**

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<b><u>Vegetable</u></b>									
Beans	500.00	-	520.00	720.00	-	800.00	540.00	-	680.00
Carrot	600.00	-	680.00	1120.00	-	1200.00	940.00	-	1000.00
Leeks	300.00	-	320.00	560.00	-	560.00	520.00	-	560.00
Beetroot	660.00	-	740.00	800.00	-	1000.00	800.00	-	880.00
Knolkhol	-		-	-		-	600.00	-	600.00
Raddish	160.00	-	200.00	400.00	-	400.00	320.00	-	360.00
Cabbage	500.00	-	560.00	720.00	-	800.00	680.00	-	740.00
Tomato	400.00	-	420.00	600.00	-	720.00	600.00	-	660.00
Ladies Fingers	260.00	-	300.00	400.00	-	480.00	340.00	-	400.00
Brinjal	450.00	-	460.00	600.00	-	640.00	600.00	-	660.00
Capsicum	660.00	-	700.00	800.00	-	1000.00	1000.00	-	1100.00
Pumpkin	200.00	-	220.00	260.00	-	280.00	260.00	-	280.00
Cucumber	120.00	-	160.00	260.00	-	260.00	220.00	-	260.00
Bitter Gourd	350.00	-	450.00	640.00	-	660.00	600.00	-	660.00
Snake Gourd	250.00	-	280.00	400.00	-	480.00	400.00	-	420.00
Drumstick	-		-	-		-	-		-
Luffa	360.00	-	450.00	540.00	-	560.00	440.00	-	500.00
Long Beans	260.00	-	280.00	460.00	-	480.00	400.00	-	420.00
Ash Plantain	340.00	-	360.00	400.00	-	480.00	400.00	-	420.00
Green Chillies	1000.00	-	1400.00	1600.00	-	1600.00	1400.00	-	1600.00
Lime	280.00	-	320.00	800.00	-	800.00	600.00	-	600.00
<b><u>Root Crops</u></b>									
Sweet Potato	220.00	-	260.00	320.00	-	320.00	320.00	-	320.00
Manioc	160.00	-	180.00	220.00	-	240.00	240.00	-	220.00
<b><u>Leafy Vegetable</u></b>									
Mukunuwenna	50.00	-	50.00	100.00	-	100.00	80.00	-	80.00
Kankun	50.00	-	50.00	100.00	-	100.00	80.00	-	80.00
Gotukola	100.00	-	100.00	120.00	-	120.00	100.00	-	100.00
<b><u>Coconut</u></b>									
Large	100.00	-	100.00	120.00	-	120.00	120.00	-	120.00
Small	90.00	-	90.00	100.00	-	100.00	100.00	-	100.00

29



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

**Week 02: 05 - 11 January 2024**

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<b><u>Sea Fish</u></b>									
Salaya	350.00	390.00	580.00	600.00	600.00	600.00	580.00	560.00	580.00
Hurulla	660.00	700.00	1000.00	1000.00	1000.00	1000.00	880.00	880.00	900.00
Balaya	820.00	880.00	1600.00	1600.00	-	-	1600.00	1600.00	1600.00
Kelawalla	1500.00	1600.00	2200.00	2600.00	2200.00	2600.00	2400.00	2000.00	2000.00
Thora	2500.00	2600.00	3200.00	3400.00	3600.00	3600.00	3200.00	2800.00	3200.00
Paraw	2500.00	2600.00	2200.00	2400.00	2400.00	2600.00	2400.00	2400.00	2400.00
Mora	-	-	-	-	-	-	-	-	-
Shrimps Small	2000.00	2100.00	2000.00	2000.00	2000.00	2000.00	2000.00	2000.00	2000.00
Talapath	2200.00	2300.00	2800.00	3000.00	3000.00	3000.00	2800.00	2800.00	2800.00
<b><u>Eggs (Rs/egg)</u></b>									
Brown	54.00	55.00	54.00	54.00	54.00	54.00	54.00	54.00	54.00
White	51.00	52.00	51.00	51.00	51.00	51.00	51.00	51.00	51.00
<b><u>Dried Fish</u></b>									
Sprats	1800.00	2000.00	1800.00	2000.00	1800.00	2000.00	1800.00	1800.00	2200.00
Kattawa	2200.00	2400.00	2200.00	2200.00	2200.00	2200.00	2000.00	2000.00	2200.00
Thora	-	-	-	-	-	-	-	-	-
Mora	2500.00	2600.00	2400.00	2500.00	2600.00	2400.00	2200.00	2200.00	2400.00
Balaya	1600.00	1800.00	1600.00	1800.00	1600.00	1800.00	1600.00	1600.00	1800.00
Anguluwa	-	2200.00	2400.00	2400.00	2400.00	2400.00	-	2400.00	2400.00
Salaya	1000.00	1100.00	1000.00	1000.00	1000.00	1000.00	1000.00	1100.00	1100.00
<b><u>Meat</u></b>									
Beef (without Bones)	-	2500.00	2500.00	2500.00	2500.00	-	2200.00	2200.00	-
Chicken (Broiler)	1300.00	1300.00	1320.00	1320.00	1320.00	1320.00	1250.00	1250.00	1350.00
Chicken (Curry)	1000.00	1000.00	1100.00	1100.00	1000.00	1100.00	900.00	1000.00	1100.00
Mutton	-	-	-	3200.00	3200.00	3200.00	3300.00	3200.00	3100.00
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)
<b>Rice</b>												
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
<b>Dried chilies</b>												
<b>Onion</b>												
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
<b>Potatoes</b>												
	71	1.67	0.25		0.01	0.09	14.31	20.5	9.83	23.84	0.46	0.29
<b>Pulses</b>												
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
<b>Vegetables</b>												
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
<b>Coconuts nuts</b>	390	3.67	39.92	-	0.05	0.11	14.86	-				

<b>Root Crop</b>												
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
<b>Leafy Vegetables</b>												
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
<b>Meat</b>												
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
<b>Fish</b>												
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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