

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

Prices of most of the paddy varieties in most of the producing areas have increased slightly. Prices of both imported samba and raw white rice have increased by about Rs.2.00/Kg.

(Page No.01-02)

Other Field Crops

Prices of both local and imported red onions have increased while price of imported big onion has decreased.

Prices of local and imported potatoes have also increased while prices of green gram and cowpea have decreased.

(Page No.02-04)

Vegetables

Prices of most of the vegetables have decreased. Considering up country varieties, the highest price decrease was reported for beans by Rs.49.00/kg followed by leeks Rs.33.00/kg.

(Page No.04-06)

Coconut

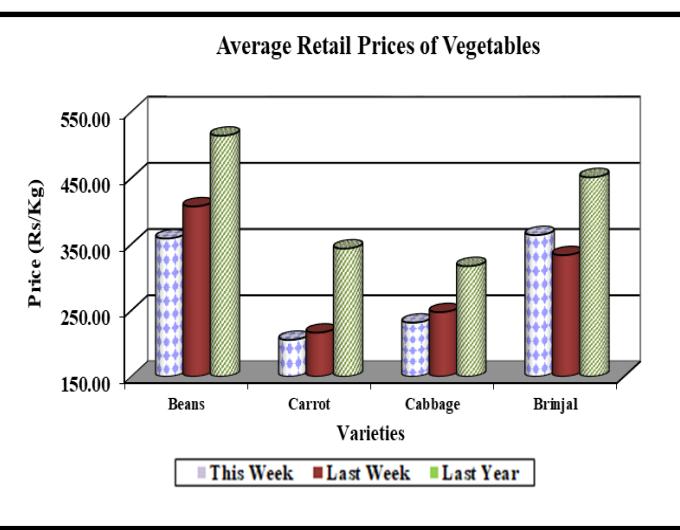
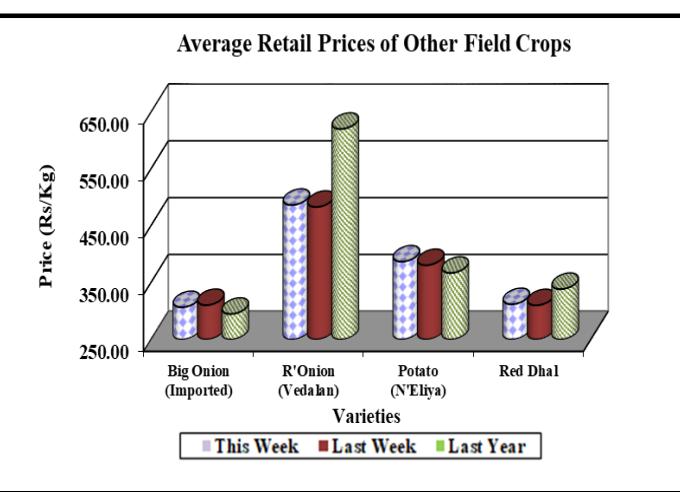
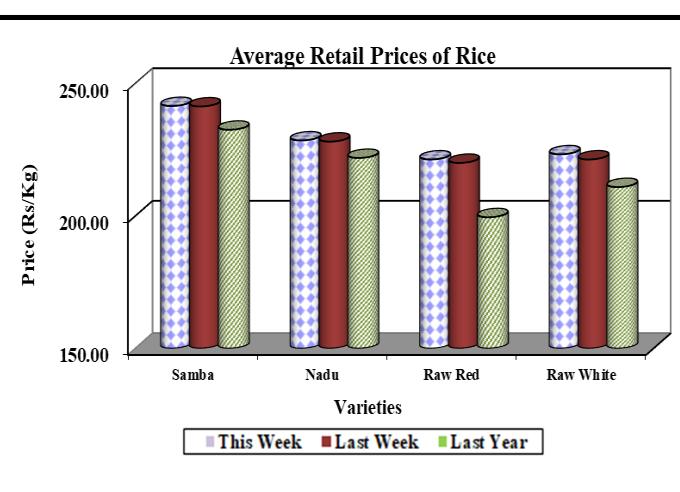
Prices of both large and small nuts have increased. Price ranged Rs.150.00-170.00 for large nuts and Rs.130.00-145.00 for small nuts.

(Page No.06)

Eggs

Prices of both brown and white eggs have decreased. Price ranged Rs.37.00-41.00 for brown eggs and Rs.36.00-40.00 for white eggs.

(Page No.09)



Rice **Wholesale**

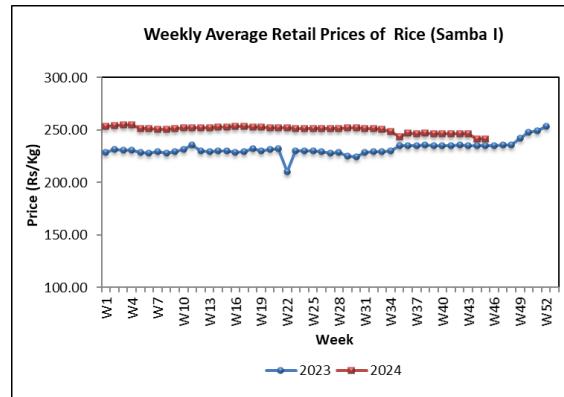
Price of raw red and raw white have increased by 2% and 1% due to limited supply from main producing areas and price ranged Rs.210.00-215.00/kg for both varieties. Prices of all other local rice varieties have not changed significantly. Price ranges of samba grade I, samba grade II and keeri samba were Rs.225.00-230.00/Kg, Rs.218.00-220.00/Kg and Rs.240.00-260.00/Kg respectively. Average price of nadu grade I and nadu grade II were Rs.228.00/kg, Rs.219.00/Kg respectively. Price of imported ponni samba has not changed significantly and price ranged Rs.270.00-280.00.

Compared to same period of last year, prices of most of the local rice varieties have increased in the range of 6%-17% while price of keeri samba has decreased by 18%.

Retail

Prices of both imported samba and raw white have increased by Rs.2 .00/kg and the prices ranged Rs.280.00-320.00/kg and Rs.210.00-230.00/kg respectively. Price of raw red has also increased by Rs.1.00 /kg and the price ranged Rs.210.00 - 230.00 /kg.

Prices of all the other rice varieties have not changed significantly.



Compared to the same period of last year, retail prices of all the rice varieties have increased with 1% - 11% and the highest price increase for raw red.

Paddy

The average farmgate paddy prices have increased slightly in most of the producing areas. Accordingly, the average price of short grain (samba) paddy has increased by Rs.1.00-3.00/kg in Anuradhapura, Kalawewa and Nikaweratiya areas. Subsequently, the price increase of Rs.1.00/kg was also reported for keeri samba paddy in Anuradhapura and Kalawewa areas. Price range Rs.122.00-133.00/kg for short grain paddy (samba) and Rs.125.00-132.00/kg for keeri samba. Further, the average price of long grain (white) paddy has increased by Rs.2.00/kg in Kalawewa and Dehiattakandiya areas and price ranged Rs.123.00-132.00/kg. As well price of long grain (red) paddy has

increased by Rs.5.00/kg in Matara and Rs.4.00/kg in Embilipitiya.

Compared to the same period of last year, the average farmgate prices of most of the paddy varieties in most of the producing areas have increased by 1%-29% with the highest price increase was reported for long gain red paddy. However, the average farmgate price of keeri samba paddy has decreased by 12%-19% in Anuradhapura, Polonnaruwa, Kalawewa and Dehiattakandiya areas.

Dried Chilies

Wholesale

Price of imported dried chilies has decreased by 2% due to availability of sufficient stocks and price ranged Rs.650.00-750.00.

Compared to same period of last year, current whole sale price of imported dried chilies has decreased by 33%.

Retail

In line with the wholesale prices, retail price of imported dried chilies has decreased by Rs.18.00/kg and the price ranged Rs.750.00-1100.00/kg.

Compared to the same period of last year, the current retail price of imported dried chilies has decreased by 30%.

Onion

Wholesale

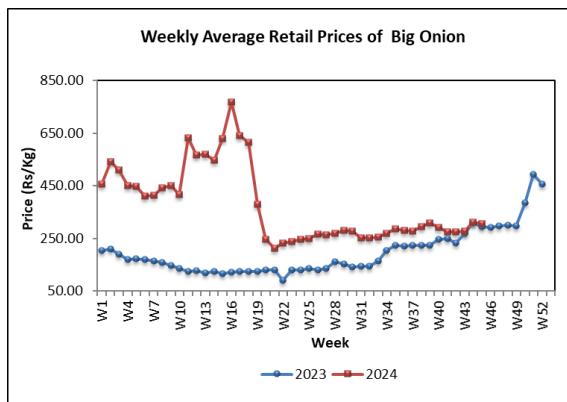
Price of sinnan and vedalan red onion have increased by 8% and 7% due to limited supplies from main producing areas and prices ranged Rs.220.00-260.000/kg and Rs.320.00-380.00/kg respectively. Prices of both imported red onion and big onion have decreased by 5% and 1% and prices ranged Rs.330.00-370.00/kg for imported red onion and Rs.200.00-290.00/kg for imported big onion.

Compared to same period of last year, current whole sale prices of vedalan and imported red onion have decreased by 12% and 24% while price of imported big onion has increased by 19%.

Retail

Due to insufficient stocks in the market, the retail prices of imported red onion, sinnan and vedalan red onion have increased by Rs.37.00/kg, Rs.9.00/kg and Rs.3.00/kg respectively. Prices ranged Rs.400.00-

520.00/kg, Rs.360.00- 460.00/kg and Rs.400.00-560.00/kg respectively.



Price of imported big onion has decreased by Rs.4.00/kg and retail price of local big onion has increased by Rs.12.00/kg due to limited stock position. The prices ranged for imported and local big onion were Rs.240.00-360.00/kg and Rs.340.00-380.00/kg respectively.

Compared to the same period of last year, the current retail price of vedalan red onion has decreased by 22% and current retail price of imported big onion has increased by 4%.

Potato

Wholesale

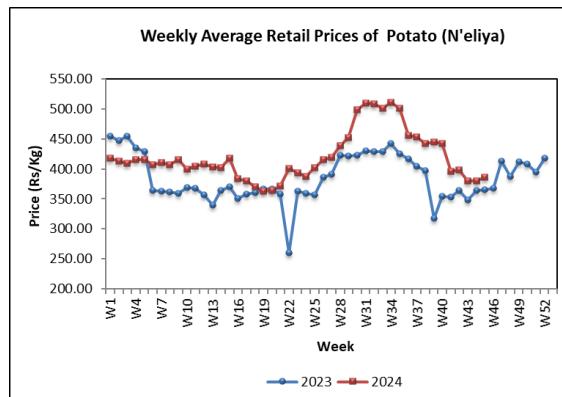
Prices of Welimada, Nuwara Eliya and imported potatoes have increased in the range of 4%-20% due to limited supply of local potatoes from main producing areas. Prices ranged Rs.220.00-260.00/kg for Welimada potato, Rs.240.00-280.00/kg for

Nuwara Eliya potato and Rs.150.00-190.00/kg for imported potatoes.

Compared to same period of last year, current whole sale prices of Welimada and Nuwara Eliya potatoes have increased by 7% and 6% while price of imported potato has decreased by 7%.

Retail

Due to adverse weather condition and limited stocks position in the market, the retail price local and imported potatoes have increased. Prices of Nuwara Eliya potato has increased by Rs.6.00/kg and prices of both Welimada and imported potatoes have increased by Rs.2.00/kg. Prices ranged Rs.320.00-450.00/kg for Nuwara Eliya potato, Rs.280.00-360.00/kg for Welimada potato and Rs.180.00-260.00/kg for imported potato.



Compared to the same period of last year, the current retail prices of Nuwara Eliya and

Welimada potatoes have increased by 5% and 1% respectively.

pulses have decreased by 8%-26% with the highest price decrease for white cowpea.

Pulses

Wholesale

Price of green gram and white cowpea have decreased by 3% due to availability of sufficient stocks and price ranged Rs.500.00-650.00/Kg and Rs.550.00-650.00/Kg respectively. A slight price increase was noted for red dhal by 1% and price ranged 275.00-280.00/Kg.

Compared to same period of last year, price of all the pulses varieties have decreased in the ranged of 6%-40%.

Retail

Retail prices of green gram, red cowpea and white cowpea have decreased by Rs.14.00/kg, Rs.11.00/kg and Rs.2.00/kg respectively. Prices ranged Rs.700.00-1,000.00/kg, Rs.750.00-1,000.00 and Rs.750.00 -Rs.1,100.00/kg respectively. Price of red dhal has increased by Rs.2.00/kg and the price ranged Rs.290.00-340.00/kg.

Compared to the same period of last year, the current retail prices of all the types of

Vegetable

Wholesale

Prices of most of the up-country vegetables have decreased due to increased supply from up-country areas and the prices of most of the low-country vegetables have increased due to decrease supply from major producing areas.

Considering up-country vegetables, the highest price decrease reported for leeks as 27% due to increased supply from Nuwara-Eliya area, followed by beans as 9% due to increased supply from Bandarawela and Kandy areas. However, price of knolkhol has increased by 28% with decreased supply from Dambulla and Puttalam areas, followed by beetroot as 18% due to decreased supply from Puttalam areas.

Price of tomato has decreased by 12% due to increased supply from Balangoda and Kandy areas and price of capsicum has also decreased by 5% due to increased supply from Thalawakele area.

Considering low-country vegetables, the highest price increase reported for

cucumber as 30% followed by brinjal as 19% with decreased supply from Embilipitiya and Dambulla areas. Price of long beans has increased by 11% with decreased supply from Balangoda and Puttalam areas while prices of both luffa and bitter gourd have increased by 8%. However, prices drumstick has decreased by 17% due to increased supply from Jaffna and Dambulla areas, while price of ladies fingers and ash plantain have decreased by 8% and 4% respectively.

Price of lime have increased by 27% with decreased supply from Nikaweratiya and Bibila areas and price of green chilies has decreased by 2%.

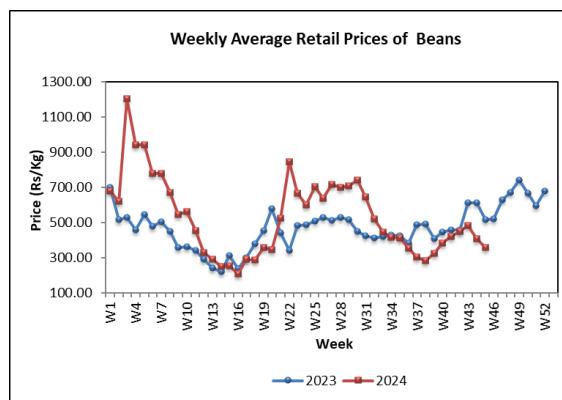
Compared to the same period of last year, prices of most of the vegetables have decreased with the highest reported for carrot as 64%.

Retail

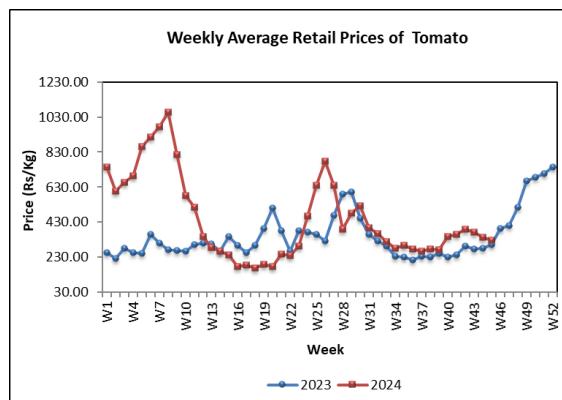
In line with the decreased wholesale prices retail price of most of the vegetable varieties have also decreased.

Considering up-country varieties, the highest price decrease was reported for

beans by Rs. 49.00/kg followed by leeks as Rs.33.00/kg. Prices of raddish and cabbage have decreased by Rs.17.00/kg and Rs.16.00/kg respectively. However, prices of beetroot and knolkhol have increased by Rs.3.00/kg and Rs.2.00/kg respectively.



The prices of capsicum and tomato have decreased by Rs.54.00/kg and Rs.14.00/kg respectively.



Considering low-country varieties, the highest price decrease was reported for drumstick as Rs.70.00/kg followed by snake gourd at Rs.42.00/kg. Prices of Ladies fingers and ash plantain have decreased by Rs.36.00/kg and Rs.23.00/kg respectively. However, prices of brinjal and bitter gourd have increased by Rs.30.00/kg and Rs.9.00 /kg respectively.

Further, price of green chilies has decreased by Rs.7.00/kg and price of lime has increased by Rs.67.00/kg.

Compared to the same period last year, prices of most of the vegetable varieties have decreased and the highest price decrease was reported for lime as 61%.

Coconut

Wholesale

Prices of both large and small nuts have increased by 6% and 3% respectively. Price ranged Rs.140.00-50.00 for a large nut and Rs.110.00-120.00 for a small nut.

Compared to the same period of last year, the current wholesale prices of large and small nuts have increased by 46% and 43% respectively.

Retail

Prices of both large and small nuts have increased by around Rs.1.00/nut and Rs.4.00/nut respectively. Price ranged Rs.150.00-170.00 for a large nut and Rs.130.00-145.00 for a small nut.

Compared to the same period last year, prices of large nuts and small nuts have increased by 38 % and 46 % respectively.

Fruits

Wholesale

Prices of most of the fruit varieties have increased due to limited supply.

The highest price increase was recorded at 111% for slime apple due to availability of better-quality stocks. Price of papaya has increased by 39% due to its good quality. Prices of all banana varieties have increased in the range of 3%-30%due to limited stock position. Price of all sizes of pineapple have increased by 15% due to limited supplies form main producing areas. However, price of karthakolomban and vilad mangoes have decreased by 7%-18% due to availability of low-quality stocks.

However, Price of Avocado has increased by 25% due to limited stocks. Price of king coconut has increased by 22% due to high demand.

Compared to the same period of last year, the current wholesale prices of most of the fruit verities have increased with the

highest price increase of 140% reported for avocado.

Retail

In line with the increased wholesale prices, the retail prices of most of the fruit varieties have increased. The highest price increase of Rs.141.00/fruit was reported for avocado due to limited stock with the end of the harvesting season. Prices of all the banana varieties except kolikuttu banana, have increased slightly. Prices of all sizes of pineapple have increased in the range of Rs.36.00- 49.00. However, price of karathakolomban and vilad mangoes have decreased by Rs.32.00/fruit and Rs.21.00/fruit respectively.

Considering other fruit varieties, the price of orange and king coconut have increased by Rs.18.00/fruit and Rs.11.00/fruit respectively due to limited stocks in the market. Price of imported grapes (China) has also decreased by Rs.15.00/kg.

Compared to the same period of last year, the current retail prices of most of the fruit varieties have increased with the highest price increase of 330% reported for avocado.

Fresh Fish

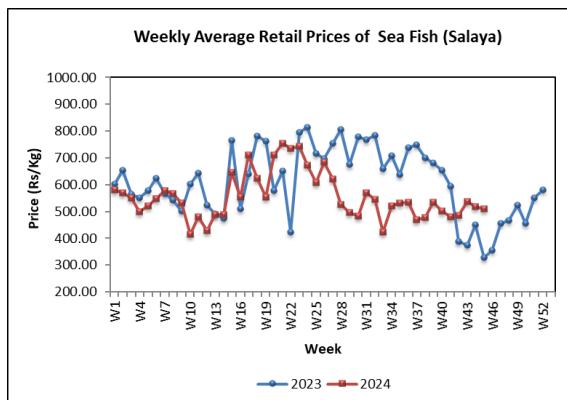
Wholesale

Wholesale prices of all of the fresh fish types have decreased due to increased supply. The highest price decrease of 19% was noted for balaya due to high supply from Galle, Mirissa and Beruwala areas and the price ranged Rs.550.00-800.00/Kg. A price decrease of 12% was noted for shrimps due to high supply from Kalpitiya, Chilaw and Puttalam areas and the price ranged Rs.1500.00-1700.00/Kg. As well a price decrease of 11% were noted for paraw and salaya due to high supply from Trincomalee, Mannar, Valachchenai and Kalpitiya areas and their prices ranged Rs.1000.00-1350.00/Kg and Rs.250.00-400.00/Kg respectively. The wholesale prices of kelawalla, hurulla, thalapath and thora have decreased by 5%-6%.

Compared to the same period of last year, current wholesale prices of all of the fresh fish types except balaya have increased and the highest price increase of 84% was noted for salaya.

Retail

With decreased wholesale prices, prices of all most fish varieties have decreased. The highest price decrease was recorded for thora by Rs.228.00/kg, followed by paraw as Rs.183.00/kg. Price decrease of balaya and kelawalla has recorded as Rs.137.00/kg and Rs.134.00/kg respectively. The prices of other fish varieties have decreased in the range of Rs.9.00-94.00/kg.



Compared to the same period of last year, the prices of all fish varieties have increased in the range of 1%-56%. The highest price increase was recorded by 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 sprats due to high supply from Trincomalee, Mannar and Mullaitivu areas and the price ranged Rs.950.00-1150.00/Kg. A price decrease of 9% was noted for local maduwa due to high supply from Jaffna and Negombo areas and the price ranged Rs.1100.00-1200.00/Kg.

However, a price increase of 6% was noted for imported anguluwa due to low supply from Oman, Indonesia and Pakistan and the price ranged Rs.1500.00 -1600.00/Kg.

Compared to the same period of last year, the current wholesale prices of most of the dried fish types have decreased and the highest price decrease of 17% was reported for local maduwa.

Retail

Prices of most of the dry fish varieties have decreased and the highest price decrease was recorded for mora by Rs.106.00/kg. Prices of local sprats has decreased by Rs.78.00/kg. The prices of other dry fish varieties have decreased in the range of Rs.6.00/kg-35.00/kg. However, prices of kattawa and imported sprats have increased by Rs.60.00/kg and Rs.48.00/kg respectively.

Compared to the same period of last year, the prices of most of the dried fish varieties have decreased in the range of 3%-30% while the highest price decrease was recorded for maduwa.

Eggs

Wholesale

Prices of both brown and white eggs have decreased by 8% and their prices ranged Rs.36.00-40.00/egg and Rs.34.00-37.00/egg respectively.

Compared to the same period of last year prices of both brown and white eggs have decreased by 18% and 20% respectively.

Retail

Prices of both brown and white eggs have decreased by Rs.2.00 and Rs.3.00 respectively. Price ranged Rs.37.00-41.00 for brown eggs and Rs.36.00-40.00 for white eggs.

Compared to the same period of last year, the prices of both egg varieties have decreased by 18%.

Meat

Retail

Prices of all the meat types except pork have decreased. The highest price decrease was recorded for beef by Rs.44.00/kg and the second highest price decrease was recorded for mutton by Rs.40.00/kg. Price decrease of broiler and curry chicken has recorded as Rs.24.00/kg and Rs.5.00/kg respectively. However, Price of pork has increased by Rs.33.00/kg.

Compared to the same period of last year, price of most of the meat have decreased in the range of 11%-16% with the highest price decrease was recorded by curry chicken.

EXPLANATORY NOTE

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

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

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

Table 06 (Contd.)

	Long Beans	Ash Plantain	Green Chillies	Lime	Sweet Potatoes	Manioc
Colombo	140.00 - 200.00	70.00 - 120.00	250.00 - 350.00	600.00 - 700.00	80.00 - 100.00	80.00 - 100.00
Meegoda (DEC)	220.00 - 250.00	120.00 - 150.00	320.00 - 360.00	570.00 - 650.00	60.00 - 70.00	90.00 - 110.00
Moneragala	200.00 - 250.00	100.00 - 120.00	550.00 - 600.00	600.00 - 650.00	100.00 - 120.00	40.00 - 50.00
Dambulla (DEC)	100.00 - 140.00	80.00 - 110.00	300.00 - 350.00	480.00 - 550.00	45.00 - 60.00	45.00 - 60.00
Keppetipola (DEC)	150.00 - 160.00	120.00 - 130.00	350.00 - 400.00	580.00 - 620.00	70.00 - 80.00	80.00 - 90.00
Norochchhole (DEC)	120.00 - 180.00	150.00 - 170.00	280.00 - 320.00	-	-	80.00 - 100.00
Nuwara Eliya	160.00 - 180.00	130.00 - 140.00	380.00 - 400.00	620.00 - 650.00	80.00 - 90.00	90.00 - 100.00
Kandy	150.00 - 170.00	120.00 - 150.00	300.00 - 350.00	550.00 - 580.00	70.00 - 80.00	80.00 - 100.00
Hambantota	180.00 - 200.00	80.00 - 120.00	350.00 - 450.00	400.00 - 500.00	100.00 - 120.00	120.00 - 150.00
Thambuththegama (DEC)	160.00 - 200.00	100.00 - 120.00	300.00 - 360.00	450.00 - 500.00	60.00 - 70.00	50.00 - 60.00
Tissamaharama	100.00 - 130.00	80.00 - 100.00	380.00 - 400.00	500.00 - 580.00	120.00 - 160.00	100.00 - 120.00
Jaffna	200.00 - 220.00	70.00 - 80.00	360.00 - 375.00	350.00 - 370.00	120.00 - 130.00	150.00 - 170.00
Bandarawela	-	-	380.00 - 400.00	-	80.00 - 90.00	-
Veyangoda	150.00 - 200.00	120.00 - 150.00	330.00 - 370.00	550.00 - 650.00	70.00 - 90.00	90.00 - 120.00

Locations	Leafy Vegetables (Rs/bundle)			Coconut (Rs/nut)	
	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	35.00 - 40.00	35.00 - 40.00	320.00 - 350.00	140.00 - 150.00	110.00 - 120.00
Meegoda (DEC)	50.00 - 60.00	50.00 - 60.00	210.00 - 240.00	135.00 - 145.00	120.00 - 125.00
Norochchhole (DEC)	-	-	-	-	-
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	25.00 - 30.00	25.00 - 30.00	100.00 - 125.00	120.00 - 130.00	95.00 - 100.00
Kandy	40.00 - 45.00	40.00 - 50.00	200.00 - 220.00	130.00 - 135.00	100.00 - 110.00
Hambantota	30.00 - 45.00	35.00 - 45.00	150.00 - 180.00	-	-
Thambuththegama (DEC)	-	-	-	115.00 - 120.00	85.00 - 100.00
Tissamaharama	20.00 - 25.00	20.00 - 25.00	120.00 - 150.00	130.00 - 140.00	110.00 - 120.00
Jaffna	65.00 - 75.00	40.00 - 45.00	120.00 - 125.00	130.00 - 140.00	80.00 - 85.00
Bandarawela	-	-	-	-	-
Veyangoda	30.00 - 35.00	30.00 - 35.00	200.00 - 250.00	-	-

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

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

Week 45: 01 - 07 Nov 2024

LOCATIONS	Meat	Meat (Chicken)		Meat	
	Beef	Broiler	Curry	Mutton	Pork
Colombo	2300.00 – 2600.00	1000.00 – 1140.00	1000.00 – 1150.00	3300.00 – 3600.00	1300.00 – 1300.00
Gampaha	2400.00 – 2400.00	1000.00 – 1100.00	–	3500.00 – 3500.00	–
Kurunegala	–	–	–	–	–
Nikaweratiya	2200.00 – 2200.00	1020.00 – 1050.00	–	–	1170.00 – 1170.00
Dambulla	–	1000.00 – 1100.00	–	–	1300.00 – 1300.00
Anuradhapura	2300.00 – 2400.00	980.00 – 1100.00	1250.00 – 1400.00	3500.00 – 3600.00	1200.00 – 1300.00
Thambuththegama	–	980.00 – 1000.00	–	–	1500.00 – 1500.00
Polonnaruwa	2100.00 – 2200.00	1100.00 – 1200.00	1280.00 – 1300.00	3000.00 – 3100.00	1800.00 – 1800.00
Kaluthara	2550.00 – 2550.00	960.00 – 1000.00	1150.00 – 1300.00	4000.00 – 4000.00	–
Badulla	2200.00 – 2200.00	1150.00 – 1250.00	1450.00 – 1500.00	3100.00 – 3100.00	–
Keppetipola	2100.00 – 2200.00	1100.00 – 1150.00	1350.00 – 1400.00	3200.00 – 3300.00	–
Moneragala	2300.00 – 2300.00	1000.00 – 1250.00	1500.00 – 1550.00	2800.00 – 3000.00	1300.00 – 1600.00
Kegalle	2300.00 – 2300.00	1050.00 – 1150.00	–	3100.00 – 3100.00	1450.00 – 1550.00
Ampara	2100.00 – 2100.00	980.00 – 980.00	–	–	1400.00 – 1700.00
Dehiattakandiya	–	1090.00 – 1100.00	–	–	–
Nuwaraeliya	2200.00 – 2300.00	1100.00 – 1180.00	1350.00 – 1360.00	3300.00 – 3400.00	1200.00 – 1250.00
Kandy	2200.00 – 2200.00	950.00 – 960.00	1100.00 – 1150.00	3100.00 – 3100.00	–
Puttalam	2200.00 – 2200.00	1000.00 – 1000.00	1500.00 – 1500.00	3600.00 – 3600.00	–
Hambantota	–	1100.00 – 1130.00	–	–	–
Rathnapura	2400.00 – 2400.00	1020.00 – 1120.00	1100.00 – 1200.00	3200.00 – 3200.00	1200.00 – 1200.00
Matara	–	1100.00 – 1120.00	–	–	–
Galle	2400.00 – 2400.00	1000.00 – 1100.00	–	3500.00 – 3500.00	–
Tissamaharama	–	980.00 – 1150.00	–	–	1500.00 – 1600.00
Meegoda	–	1080.00 – 1120.00	1300.00 – 1300.00	–	–
Embiliptiya	2150.00 – 2200.00	980.00 – 1100.00	1150.00 – 1250.00	2900.00 – 3000.00	1350.00 – 1500.00
Jaffna	2000.00 – 2100.00	1100.00 – 1150.00	1300.00 – 1350.00	3450.00 – 3600.00	–
Vavuniya	2000.00 – 2150.00	1200.00 – 1280.00	1550.00 – 1700.00	3200.00 – 3300.00	–
Mannar	2000.00 – 2200.00	1130.00 – 1200.00	1600.00 – 1700.00	–	–
Killinochchi	2000.00 – 2050.00	1100.00 – 1150.00	1350.00 – 1400.00	3200.00 – 3300.00	–
Mullaittivu	1700.00 – 1750.00	1250.00 – 1300.00	–	–	–
Batticaloa	–	–	–	–	–
Trincomalee	2160.00 – 2180.00	1200.00 – 1250.00	1750.00 – 1780.00	3460.00 – 3500.00	–
Veyangoda	2350.00 – 2400.00	1000.00 – 1180.00	–	–	–
Galenbindunuwewa	–	–	–	–	–
Bandarawela	2300.00 – 2400.00	1100.00 – 1200.00	–	3000.00 – 3100.00	–
Matale	2000.00 – 2100.00	980.00 – 1060.00	1200.00 – 1300.00	2900.00 – 3000.00	1400.00 – 1600.00

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

Week 45: 01 - 07 Nov 2024

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATALANGA	THOTALANGA	KADAWATHA	KIRIBATHGODA
Rice									
Local									
Samba 1	230.00	-	240.00	240.00	-	255.00	230.00	-	250.00
Samba 2	-		-	-		-	-		-
Keeri Samba	260.00	-	260.00	260.00	-	280.00	260.00	-	280.00
Nadu 1	230.00	-	240.00	235.00	-	240.00	240.00	-	240.00
Nadu 2	220.00	-	225.00	-		220.00	-	225.00	220.00
Raw (Red)	210.00	-	220.00	220.00	-	230.00	220.00	-	230.00
Raw (White)	210.00	-	230.00	220.00	-	230.00	210.00	-	230.00
Imported									
Samba	280.00	-	300.00	300.00	-	320.00	300.00	-	320.00
Nadu	-		-	-		-	-		-
Raw (Red)	-		-	-		-	-		-
Raw (White)	-		-	-		-	-		-
Dried Chillies									
Imported	750.00	-	800.00	950.00	-	1100.00	850.00	-	1100.00
Red Onion									
Sinnan	380.00	-	380.00	-		390.00	-	390.00	400.00
Vedalan	400.00	-	420.00	480.00	-	560.00	440.00	-	560.00
Imported	420.00	-	480.00	420.00	-	520.00	480.00	-	520.00
Big Onion									
Imported	300.00	-	350.00	320.00	-	360.00	320.00	-	360.00
Local	340.00	-	350.00	360.00	-	360.00	380.00	-	380.00
Potato									
Welimada	280.00	-	320.00	300.00	-	300.00	320.00	-	320.00
N'Eliya	350.00	-	380.00	360.00	-	440.00	360.00	-	440.00
Imported	180.00	-	220.00	200.00	-	240.00	200.00	-	240.00
Pulses									
Green Gram	700.00	-	800.00	950.00	-	1000.00	800.00	-	1000.00
Cowpea (White)	750.00	-	800.00	880.00	-	1000.00	800.00	-	1000.00
Cowpea (Red)	750.00	-	800.00	920.00	-	1100.00	800.00	-	1000.00
Red Dhal	290.00	-	300.00	310.00	-	340.00	295.00	-	340.00

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					
Coppera	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

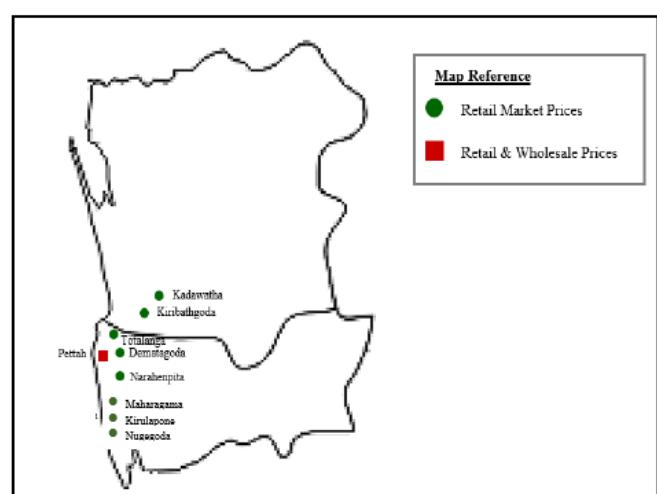
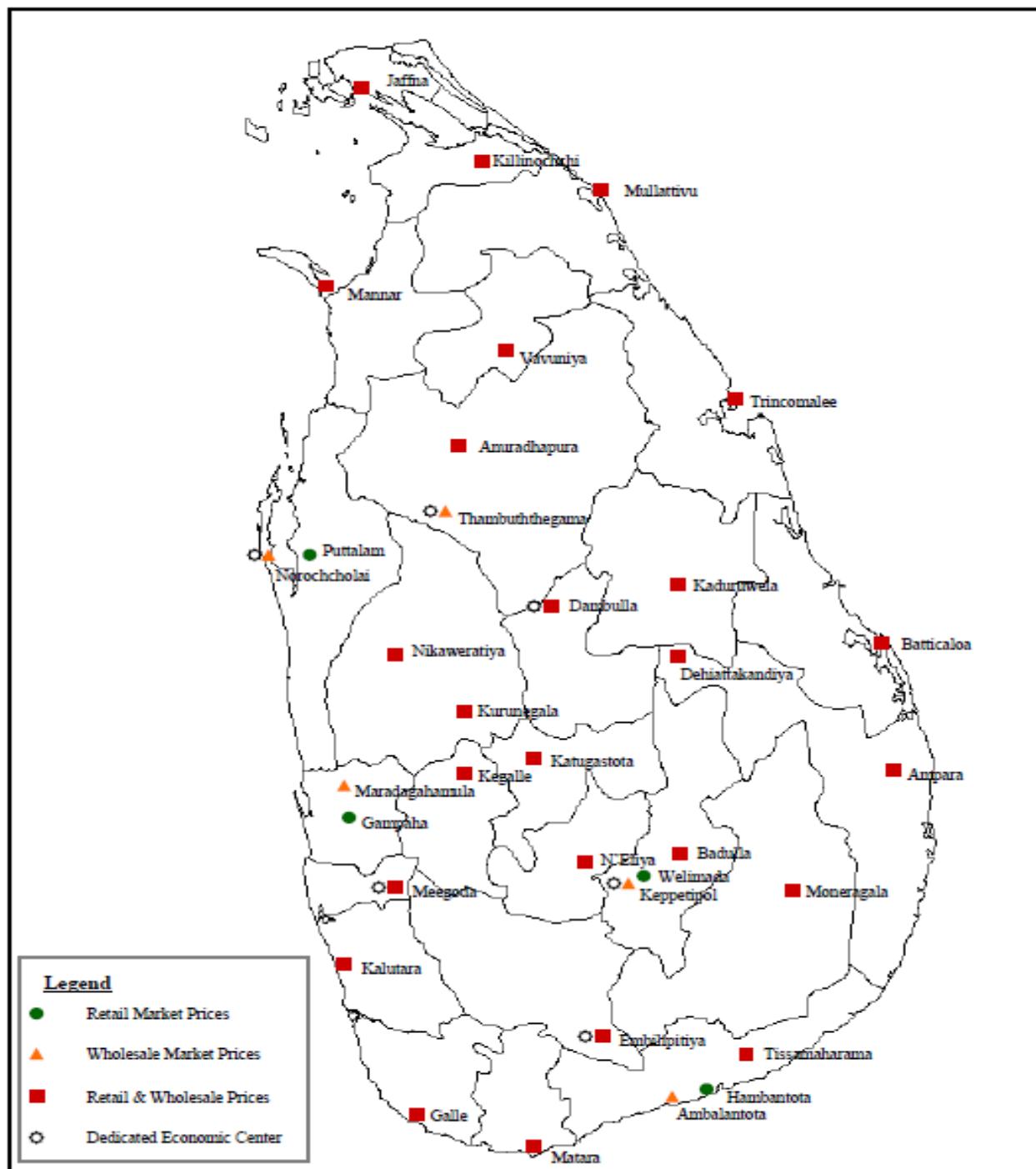
Fruits

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

Hector Kobbekaduwa Agrarian Research and Training Institute

No. 114, Wijerama Mawatha, Colombo 07.

Phone: 011-2696981 Fax: 011-2682283

E-mail: mfpaharti@yahoo.com

Web: www.harti.gov.lk

යොඩ්නික මිලටරි කොළ විල,
තංහෙල දුරකථනයායේ

හෙක්වර කොළඹකුව ගොවී කටයුතු තරේයේකම්
හා ප්‍රහැරුවේ ආයතනය අනුග්‍රහයෙන්

වොශිල් තැපෑල
විල දුරකථනය

6666
අමතන්න.

වොශිල් අද තැපෑල - ආ මාන
ඇඟිල්ඩ් රාජ්‍ය දුරකථන උග්‍රයේ
ඒකත් නොව මෙය ප්‍රාග්ධනයේ
වොශිල් තැපෑල දුරකථන තැබෙනු ලද අයිතියේ

වොශිල් තැපෑල දුරකථන තැබෙනු ලද අයිතියේ