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No.14

RETAIL MARKET AT A GLANCE

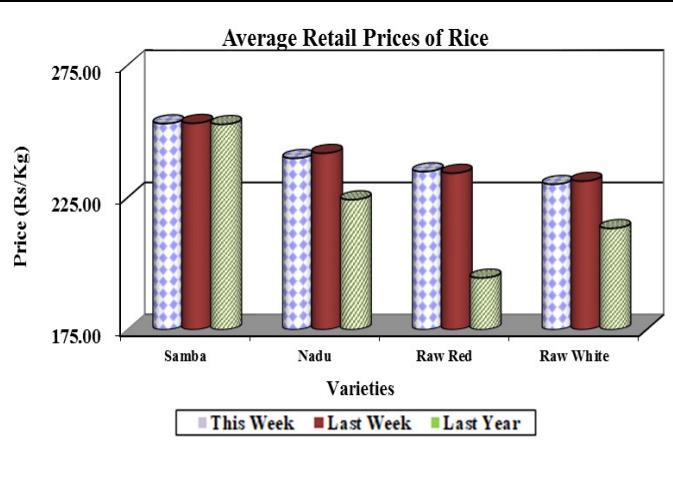
Summary

Rice



Retail prices of all local varieties except keeri samba and raw red (red) have decreased. The retail prices of keeri samba has increased by Rs.2.00/kg. However, compared to the same period of last year, the highest price decreased of 18% was recorded for keeri samba and the highest price increase of 21% was recorded for local raw red.

(Page No.01)



Other Field Crops



Retail price of all types of potato has increased. Among those, a notable price increase of Rs.20.00/kg was recorded for Welimada potato.

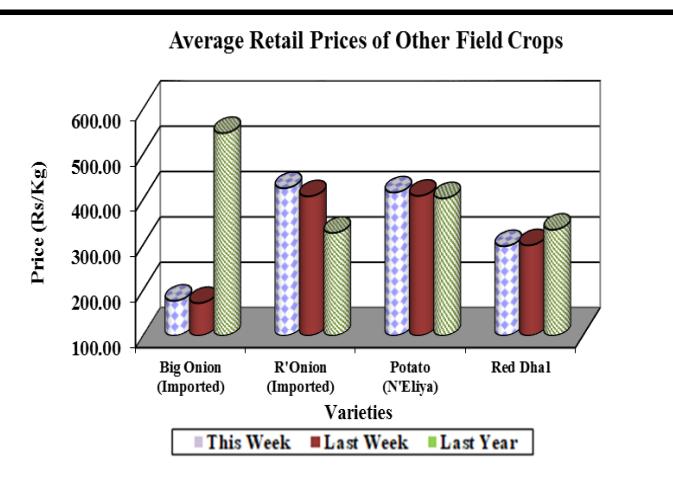
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Vegetables



Retail prices of most of the vegetable varieties increased in line with the upward wholesale trend. In up country vegetables, the highest price increase was reported for beetroot. When considering the low country vegetable varieties, drumstick prices showed a significant price increase of Rs.347.00/kg.

(Page No.03-05)



Fruits



In line with the increased wholesale prices, retail prices of most of the fruits have also increased. However, compared to the same period of last year, current retail prices of most of the fruits have decreased.

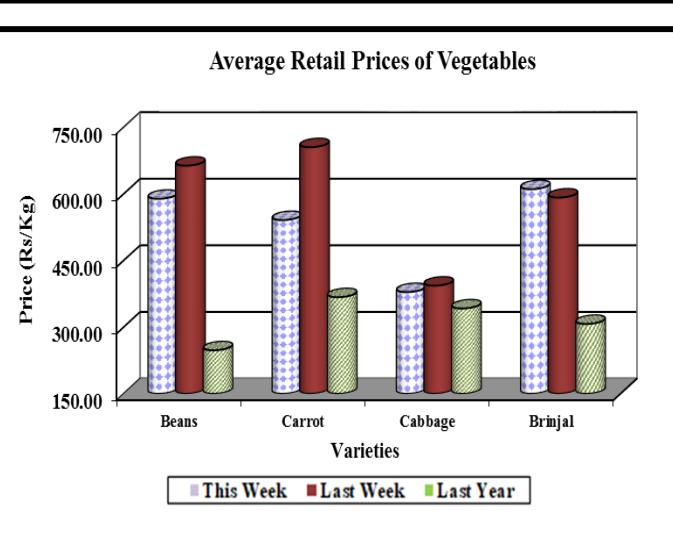
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Average Retail Prices of Vegetables



Retail prices of all fish varieties have increased and the highest price increase was recorded for shrimps. Compared to the same period of last year, the price of other fish varieties except thora and paraw have increased and the highest price increase was recorded for hurulla.

(Page No.06)



Rice **Wholesale**

Prices of keeri samba has increased by 4% due to unavailability of sufficient stocks at the market and price ranged Rs.260.00-300.00/kg. Price of all other local rice varieties have not increased significantly and average price of raw red and raw white were Rs.218.00/kg and Rs.220.00/kg.

Imported rice varieties were also available at the market, with the following price ranges

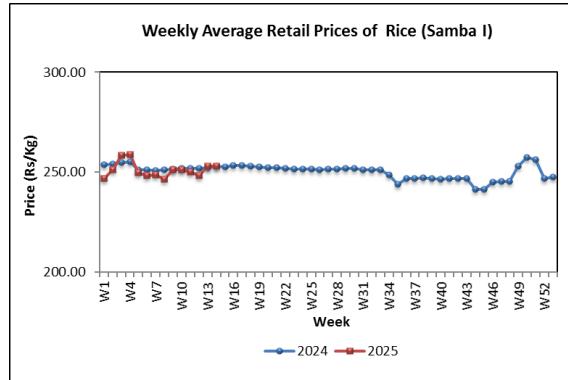
- Imported ponni samba -
Rs.230.00-235.00/kg
- Imported nadu -
Rs.215.00-220.00/kg.
- Imported raw white -
Rs.205.00-210.00/kg.

Compared to same period of last year, most of the rice varieties have seen price increase with the highest price of 27% for raw red. Price of keeri samba and imported ponni samba have decreased by 12% and 7%.

Retail

The retail prices of imported samba and local nadu grade I have decreased by Rs.5.00/kg and Rs.2.00/kg respectively.

The retail price of keeri samba has increased by Rs.2.00/kg.



Compared to the same period of last year, the highest price decreased of 18% was recorded for keeri samba and the highest price increase of 21% was recorded for local raw red.

Paddy

The average farm gate prices of major paddy varieties in some major paddy producing areas have varied marginally over the previous week. The average price of keeri samba has significantly increased in the Anuradhapura, Polonnaruwa and Kalawewa regions, while it has decreased significantly in the Dehiattakandiya region.

Compared to the same time period last year, the average prices of short grain (samba), keeri samba and long grain (white and red) have risen in the major producing areas.

Dried Chilies

Wholesale

The price of imported dried chilies has decreased by 7% due to availability of sufficient stocks at the market and price ranged Rs.520.00-600.00/kg,

Compared to same period of last year, current wholesale price of imported dried chilies has decreased by 18%.

Retail

In line with decreased wholesale prices, the retail price of imported dried chilies has decreased by Rs.5.00/kg and price ranged Rs.650.00 - 1000.00/kg.

Compared to the same period of last year, the current retail price of imported dried chilies has decreased by 23%.

Onion

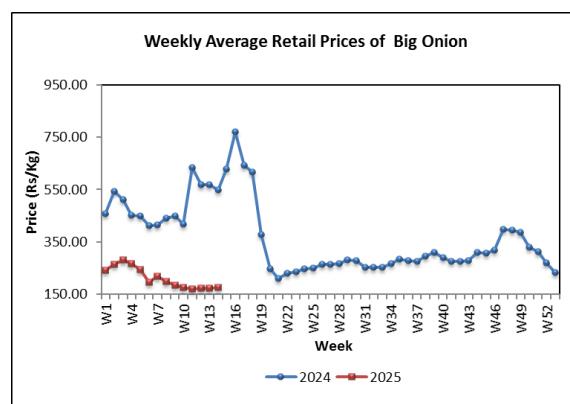
Wholesale

Prices of sinnan, vedalan and imported red onion varieties have increased by the range of 10%-34% due to unavailability of sufficient stocks and price ranged Rs.150.00-220.00/kg, Rs.300.00-350.00/kg and Rs.260.00-300.00/kg. Price of imported big onion has increased by 3% and price ranged Rs.90.00-125.00/kg.

Compared to same period of last year, current wholesale price of vedalan and imported red onion have increased by 14% and 20% while imported big onion has decreased by 72%.

Retail

The retail price of all types of onions have increased with the highest price increased of Rs.57.00/kg was recorded for sinnan red onion. The retail price of imported big onion has increased by Rs.5.00/kg.



Compared to the same period of last year, the highest price increase of 30% was recorded for imported red onion and imported big onion has decreased by 68%.

Potato

Wholesale

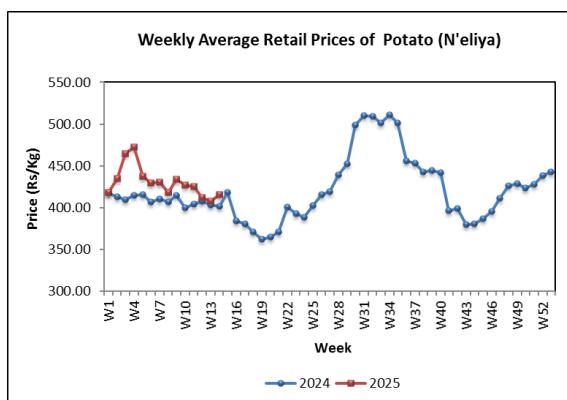
The price of Welimada potato and Nuwara Eliya potato varieties have increased in the range of 9%-11% due to unavailability of sufficient stocks and price ranged Rs.250.00-270.00/kg, Rs.270.00-

300.00/kg. Price of imported potato has increased by 5% due to availability of high-quality stocks and price ranged Rs.150.00-220.00/kg.

Compared to same period of last year, current wholesale price of all potato varieties have increased in the range of 5%-14%.

Retail

The retail price of all types of potato has increased. Among those, a notable price increase of Rs.20.00/kg was recorded for Welimada potato.



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

Pulses

Wholesale

Price of green gram, white cowpea and red cowpea have increased in the range of

2%-8% due to unavailability of sufficient stocks and price ranged Rs.750.00-850.00/kg, Rs.600.00-700.00/kg and Rs.400.00-650.00/kg. Prices of red dhal has decreased by 2% and price ranged Rs.250.00-260.00/kg.

Compared to same period of last year, current wholesale prices of all pulses varieties have decreased in the range of 10%-38%.

Retail

The retail prices of all types of pulses except for red dhal have increased. Among those, the highest price increased of Rs.50.00 /kg was recorded for green gram. The retail price of red dhal has decreased by Rs.2.00/kg.

Compared to the same period of last year, the current retail prices of all types of pulses have decreased. Among those, a highest price increase of 33% was recorded for green gram.

Vegetable

Wholesale

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

Most of the upcountry vegetable prices are decreased, specifically, carrot reported the

highest as 35% with availability of stocks, following prices of green beans, leeks and cabbage have decreased in the range of 10% -19%. However, price of beetroot has increased by 52% with decreased supply from Jaffna area, following prices of knol-khol and raddish have increased in the range of 7% - 18%. Further, with decreased supply from major producing areas, price of tomato has increased by 60% and capsicum has increased by 14%.

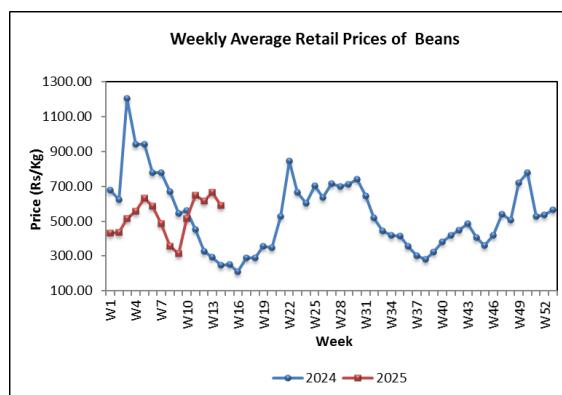
Considering low-country vegetables, most of the vegetable varieties experienced price increase. Particularly, price of pumpkin has increased by 19% while price of ladies fingers has increased by 13% with decreased supply. Prices of long beans, brinjal, luffa and snake gourd have increased in the range of 2%- 9%. However, prices of bitter gourd, ash plantain and cucumber have decreased in the range of 5% - 11%. In addition, price of green chilies has increased by 11% while price of lime has decreased by 4%.

Compared to the previous year, most vegetable prices have increased, with ladies fingers reported the highest as 429%.

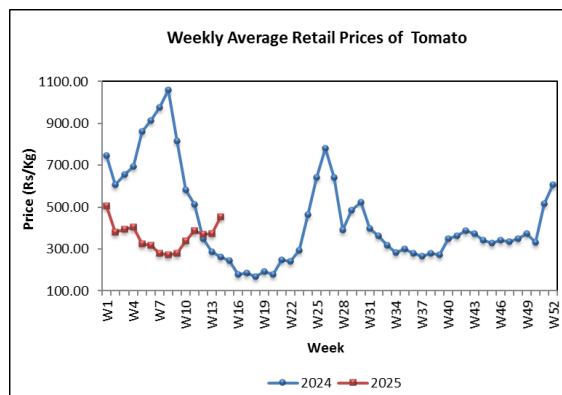
Retail

Retail prices of most of the vegetable varieties increased in line with the upward

wholesale trend. In up-country vegetables, the highest price increase was reported for beetroot at Rs.79.00/kg. However, carrot price was decreased by Rs.164.00/kg.



Considering the low-country vegetable varieties, drumstick prices showed a significant price increase of around Rs.347.00/Kg. Capsicum prices showed a significant price increase of Rs.110.00/kg. Tomato prices increased by Rs.81.00/kg compared to the previous week. Lime prices decreased by Rs.4.00/kg. Green chilies (Rs.89.00/kg) showed a price increase compared to last week.



However, compared to the same period last year, prices of most of the varieties have

increased, while a notable price increment was reported for green chilies at 147%.

Coconut Wholesale

Prices of both large and small nuts have not changed significantly. Price ranges were Rs.180.00-200.00 for a large nut and Rs.160.00-170.00 for a small nut.

Compared to the same period of last year, the current wholesale prices of large and small nuts have increased by 83% and 91% respectively.

Retail

Prices of large and small nuts showed a price drop of Rs.5.00/nut and Rs.1.00/nut respectively. Price ranges were Rs.190.00-220.00 for a large nut and Rs.170.00-190.00 for a small nut.

Compared to the same period last year, prices of large nuts (71%) and small nuts (86%) have increased.

Fruits

Wholesale

Prices of most of the fruit varieties have increased due to increased demand with commencement of festival seasons.

The highest price increase was recorded for wood apple, at 32%. Due to increased demand and low stocks, prices for karthakolomban mango and avocado increased by 20% and 18% respectively.

However, with the start of the harvest season, prices for slime apple and papaw had decreased by between 14% and 18% due to abundant supply.

Wholesale prices for the most of fruits have decreased compared to last year, 39% decrease was recorded for passion fruit.

Retail

In line with the increased wholesale prices, retail prices of most of the fruits have also increased. The highest price increase of Rs.39.00/fruit was reported for karthakolomban mango. The price of avocado has increased by Rs.22.00/fruit and the price of all sizes pineapples have increased in the range of Rs.4.00-18.00/kg. Also, the price of ambul banana has increased by Rs.17.00/kg.

However, price of papaw, slime apple, imported grapes and king coconut have decreased by Rs.37.00/kg, Rs.23.00/fruit, Rs.21.00/kg and Rs.16.00/fruit respectively.

Compared to the same period of last year, current prices of most of the fruits have

decreased and the highest price decrease of 38% was reported for passion fruit.

recorded as Rs.160.00/kg and Rs.122.00/kg respectively

Fresh Fish

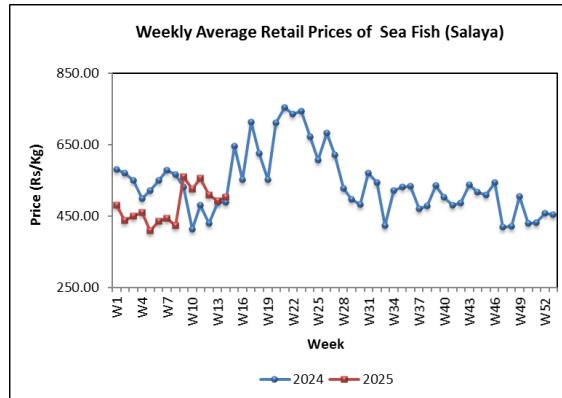
Wholesale

Wholesale prices of all of the fresh fish varieties have increased due to decreased supply with Sinhala and Tamil new year festival season. The highest price increase of 25% was noted for shrimps due to low supply from Kalpitiya, Chilaw and Puttalam areas. A price increase of 20% was noted for salaya due to low supply from Trincomalee, Mannar and Kalpitiya areas. In addition, the wholesale prices of thalapath, kelawalla, balaya and thora have increased by 6%- 9% respectively. Prices of other fresh fish varieties have not changed significantly.

Compared to the same period of last year, current wholesale prices of all of the fresh fish types have increased with the highest price increase of 46% was noted for balaya.

Retail

The prices of all fish varieties have increased and the highest price increase was recorded for shrimps by Rs.218.00/kg. The second highest price increase was recorded for Thora by Rs.199.00/kg. Price increase of balaya and kelawalla have



Compared to the same period of last year, the prices of other fish varieties except thora and paraw have increased and the highest price increase was recorded for hurulla by 36%.

Dried Fish

Wholesale

Prices of all of the dried fish types have increased due to decrease of local dried fish supply. The highest price increase of 14% was noted for local balaya due to low supply from Negombo and Beruwala areas. A price increase of 8% was noted for local sprats due to low supply from Trincomalee, Mannar and Mullaithivu areas. Prices of other dried fish verities have not changed significantly.

Compared to the same period of last year, current wholesale prices of most of the

dried fish types have increased with the highest price increase of 103% was noted for local salaya.

Retail

The prices of other dry fish varieties except kattawa and anguluwa have increased and the highest price increase was recorded for local sprats by Rs.48.00/kg. The second highest price increase was recorded for imported sprats by Rs.18.00/kg. Price decrease of kattawa and anguluwa have recorded as Rs.26.00/kg and Rs.15.00/kg respectively.

Compared to the same period of last year, the highest price decrease was recorded for imported sprats by 17%. The highest price increase was recorded for salaya by 36%.

Eggs

Wholesale

Prices of both brown and white eggs have increased by 31% and 35% respectively and their prices ranged between Rs.35.00-44.00/egg and Rs.33.00-40.00/egg respectively.

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

Retail

The prices of both brown and white egg types have increased and the price range of a white egg has recorded as Rs.35.00-Rs.44.00 and the price range of a brown egg has recorded as Rs.37.00-Rs.46.00. The average price of the white and brown egg types has recorded as Rs.39.00 and Rs.41.00 respectively.

Compared to the same period of last year, the prices of both egg varieties have decreased by 17%.

Meat

Retail

The prices of other meat types except pork have decreased and price decrease of broiler and curry chicken have recorded as Rs.16.00/kg and Rs.3.00/kg respectively. Price decrease of beef has recorded as Rs.23.00/kg. Price increase of pork has recorded as Rs8.00/kg.

Compared to the same period of last year, other meat types except broiler and curry chicken have increased and the highest price increase was recorded for beef by 14%.

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 14: 04 - 10 Apr 2025

LOCATIONS	Rice Varieties														
	Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White		
09	Colombo	12000 –	12250	11750 –	11900	13000 –	15000	11250 –	11500	11000 –	11100	10750 –	11000	10750 –	11250
	Divulapitiya	11900 –	12000	11700 –	11850	13500 –	13700	11300 –	11500	10500 –	11000	10700 –	10900	10500 –	10750
	Kurunegala	12000 –	12100	–		13650 –	13750	11450 –	11450	11100 –	11250	–		10700 –	10800
	Nikaweratiya	11900 –	12000	11850 –	11850	12850 –	15000	11350 –	11400	10900 –	11100	–		10500 –	10650
	Badulla	–		–		14000 –	14000	11400 –	11400	–		10700 –	10750	10750 –	10800
	Puttalam	–		–		–		–		–		–		–	
	Dambulla	12000 –	12150	11500 –	11750	12900 –	13000	11300 –	11350	10900 –	11100	10800 –	10850	10750 –	10850
	Anuradhapura	11900 –	12100	–		14000 –	15000	11350 –	11400	–		10800 –	11100	10750 –	10850
	Tambuttegama	11900 –	12000	11750 –	11750	13000 –	13500	11250 –	11400	–		10750 –	11000	10600 –	10900
	Polonnaruwa	11900 –	11900	–		12850 –	12850	11400 –	11400	11200 –	11250	10900 –	10900	10850 –	10900
	Kalutara	12000 –	12250	–		13000 –	15000	11250 –	11500	–		10750 –	10850	10750 –	10850
	Ampara	12000 –	12000	–		13000 –	13000	11500 –	11500	–		10650 –	10750	10250 –	10800
	Kandy	12000 –	12250	11500 –	11750	14500 –	14750	11250 –	11500	11000 –	11100	10650 –	10800	10900 –	11000
	Moneragala	–		11500 –	11500	14000 –	15000	11350 –	11500	–		10400 –	10500	10250 –	10500
	Kegalle	–		–		–		–		–		–		–	
	Dehiattakandiyā	–		–		14500 –	14500	11350 –	11350	–		–		10850 –	10850
	Hambantota	–		11500 –	11750	13250 –	14500	11250 –	11250	–		10200 –	10500	10500 –	10750
	Matara	–		–		–		–		–		10200 –	10500	10400 –	10600
	Galle	–		–		–		–		–		–		–	
	Meegoda	11900 –	11900	11800 –	11850	12900 –	13000	–		10900 –	11200	10600 –	10750	10500 –	10600
	Tissamaharama	11900 –	11900	11750 –	11800	12900 –	13000	11250 –	11350	–		10400 –	10600	10500 –	10750
	Embilipitiya	–		11800 –	11850	–		–		11000 –	11100	10250 –	10350	10700 –	10800
	Jaffna	–		–		–		–		–		–		–	
	Vavuniya	–		11750 –	11850	13250 –	13400	11700 –	11750	–		10900 –	11000	11000 –	11100
	Mannar	–		–		–		–		–		–		–	
	Killinochchi	12000 –	12200	–		13500 –	13750	11300 –	11400	–		11000 –	11200	11000 –	11200
	Mullattivu	11900 –	12100	–		13500 –	13750	11500 –	11600	–		11100 –	11300	11250 –	11500
	Batticaloa	11900 –	11900	11750 –	11750	12900 –	12900	11250 –	11400	–		10900 –	11000	10900 –	11000
	Trincomalee	–		11720 –	11800	12850 –	13000	11400 –	11500	–		11200 –	11250	11400 –	11600
	Galenbindunuwew	–		11650 –	11750	12900 –	13000	11250 –	11350	–		10900 –	10900	10750 –	10950
	Matale	11900 –	12000	–		13500 –	14000	11300 –	11350	10900 –	11100	10600 –	10750	10500 –	10750

Table 02: Selected Markets: Retail Price of Rice (Rs/kg)

Week 14: 04 - 10 Apr 2025

LOCATIONS	Rice Varieties													
	Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White	
Colombo	240.00	-	260.00	-	280.00	-	320.00	230.00	-	250.00	220.00	-	250.00	220.00
Gampaha	240.00	-	245.00	-	-	-	-	230.00	-	230.00	220.00	-	220.00	-
Kurunegala	245.00	-	250.00	-	280.00	-	290.00	230.00	-	230.00	-	-	220.00	-
Nikaweratiya	240.00	-	240.00	-	260.00	-	310.00	230.00	-	235.00	220.00	-	225.00	-
Dambulla	245.00	-	250.00	235.00	-	240.00	260.00	-	270.00	227.00	-	230.00	220.00	
Anuradhapura	240.00	-	245.00	-	290.00	-	320.00	230.00	-	230.00	-	220.00	-	
Thambuththegama	240.00	-	245.00	-	290.00	-	320.00	230.00	-	230.00	-	220.00	-	
Polonnaruwa	240.00	-	240.00	-	260.00	-	265.00	230.00	-	230.00	226.00	-	220.00	-
Kaluthara	240.00	-	260.00	-	265.00	-	310.00	230.00	-	230.00	-	218.00	-	
Badulla	-	-	-	-	300.00	-	310.00	-	-	230.00	-	220.00	-	
Keppetipola	250.00	-	255.00	-	290.00	-	310.00	-	-	230.00	-	216.00	-	
Moneragala	240.00	-	240.00	235.00	-	235.00	300.00	-	320.00	240.00	-	240.00	-	
Kegalle	260.00	-	270.00	240.00	-	240.00	260.00	-	320.00	230.00	-	220.00	-	
10 Ampara	240.00	-	240.00	-	260.00	-	260.00	-	-	230.00	-	217.00	-	
Dehiattakandiya	270.00	-	270.00	-	260.00	-	300.00	230.00	-	230.00	-	220.00	-	
Nuwaraeliya	255.00	-	260.00	-	300.00	-	320.00	232.00	-	232.00	-	217.00	-	
Kandy	245.00	-	255.00	240.00	-	240.00	285.00	-	310.00	230.00	-	225.00	-	
Puttalam	250.00	-	260.00	240.00	-	240.00	295.00	-	300.00	230.00	-	225.00	-	
Hambantota	240.00	-	240.00	-	270.00	-	320.00	-	-	230.00	-	210.00	-	
Rathnapura	255.00	-	270.00	-	310.00	-	320.00	240.00	-	250.00	-	215.00	-	
Matara	260.00	-	270.00	240.00	-	240.00	290.00	-	310.00	240.00	-	210.00	-	
Galle	-	-	-	-	-	-	-	-	-	-	-	-	-	
Tissamaharama	-	-	238.00	-	240.00	260.00	-	270.00	-	229.00	-	230.00	210.00	
Meegoda (DEC)	240.00	-	245.00	-	260.00	-	280.00	-	-	225.00	-	230.00	220.00	
Embilipitiya	240.00	-	240.00	-	260.00	-	290.00	228.00	-	230.00	-	210.00	-	
Jaffna	-	-	-	-	-	-	-	-	-	-	-	-	-	
Vavuniya	240.00	-	245.00	-	272.00	-	275.00	240.00	-	245.00	-	224.00	-	
Mannar	-	-	-	-	-	-	-	-	-	-	-	-	-	
Killinochchi	245.00	-	250.00	-	280.00	-	290.00	230.00	-	235.00	-	225.00	-	
Mullaitivu	242.00	-	246.00	-	275.00	-	280.00	233.00	-	236.00	-	226.00	-	
Batticaloa	240.00	-	243.00	-	260.00	-	265.00	230.00	-	230.00	-	220.00	-	
Trincomalee	244.00	-	246.00	-	266.00	-	270.00	238.00	-	242.00	-	232.00	-	
Hanguranketha	240.00	-	240.00	-	260.00	-	260.00	230.00	-	230.00	227.00	-	230.00	
Veyangoda	240.00	-	240.00	-	260.00	-	260.00	230.00	-	230.00	-	220.00	-	
Galenbindunuwewa	240.00	-	245.00	-	260.00	-	265.00	230.00	-	233.00	-	220.00	-	
Bandarawela	255.00	-	260.00	-	300.00	-	310.00	230.00	-	235.00	-	218.00	-	
Matale	240.00	-	245.00	-	280.00	-	300.00	229.00	-	230.00	225.00	-	226.00	

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

Week 14: 04 - 10 Apr 2025

LOCATION	Dried Chillies		Red Onion				Big Onion	Potato						Pulses						
	Imported		Imported	Local		Imported		Imported	Welimada	Nuwara Eliya		Green Gram		Cowpea		Red Dhal				
Colombo	26000 -	30000	13000 -	15000	15000 -	17500	4500 -	6250	7500 -	11000	12500 -	13500	13500 -	15000	37500 -	42500	30000 -	35000	12500 -	13000
Kurunegala	31500 -	32500	16500 -	17000	-		6500 -	7000	7500 -	8250	-		14500 -	14500	37500 -	39000	34750 -	35500	13250 -	13350
Nikaweratiya	28500 -	30000	14500 -	15000	-		6500 -	7500	8000 -	8500	-		-	-	37000 -	38500	37500 -	39500	12750 -	13500
Dehiattakandiya	29000 -	32500	12500 -	15000	-		6750 -	8000	7750 -	8250	-		15000 -	17500	27500 -	39000	27500 -	35000	12750 -	13500
Dambulla (DEC)	27000 -	29000	14000 -	16000	15000 -	16000	4500 -	6500	7000 -	7500	11000 -	12000	13000 -	13500	32500 -	35000	29000 -	30000	12650 -	13000
Anuradhapura	31500 -	35000	15000 -	17500	-		6750 -	8000	8000 -	9000	-		-	-	37500 -	42500	33000 -	40000	13250 -	13500
Thambuththegama	28000 -	30000	-		15000 -	15500	6500 -	6750	7500 -	8000	-		-	-	37000 -	37500	25000 -	26000	13000 -	13300
Polonnaruwa	30500 -	33000	17250 -	18250	-		7250 -	8250	8750 -	9250	-		-	-	30500 -	33000	33500 -	35500	14000 -	14500
Kaluthara	34000 -	35000	17000 -	19000	-		8000 -	9000	8750 -	10000	-		16000 -	20000	36750 -	37250	36250 -	36750	13250 -	13500
Puttalam	-	-	-		12500 -	15000	-		-	-	-		-	-	-	-	-	-	-	
Kandy	30000 -	31500	14000 -	15000	15000 -	16500	5500 -	6500	7500 -	8250	13000 -	13500	14500 -	15000	37500 -	41500	34000 -	35000	12900 -	13000
Matara	33000 -	35000	16500 -	16750	18500 -	20000	6500 -	7250	8250 -	8750	-		16000 -	16500	37500 -	40500	34000 -	37500	13500 -	14000
Hambantota	30000 -	32500	15500 -	17500	17500 -	17500	6500 -	7000	7750 -	8500	-		13000 -	13000	36500 -	37500	35000 -	36000	13000 -	13400
Kegalle	29500 -	33500	17500 -	18000	-		6850 -	7000	7800 -	8000	-		13950 -	14200	38000 -	39000	34500 -	35000	13000 -	13500
Galle	-	-	-		-		-		-	-	-		-	-	-	-	-	-	-	
Tissamaharama	30000 -	32500	15000 -	16000	14000 -	16000	6000 -	7000	7500 -	7600	-		-	-	34000 -	35000	29000 -	35000	13500 -	13750
Meegoda (DEC)	27500 -	29750	17500 -	18000	18000 -	18500	6250 -	6500	7500 -	7750	13500 -	14250	14500 -	15000	37000 -	45000	36000 -	37500	12750 -	13100
Jaffna	-	-	-		-		-		-	-	-		-	-	-	-	-	-	-	
Vavuniya	37500 -	39500	-		-		6750 -	7250	8000 -	8750	-		-	-	40000 -	41000	-		14000 -	14250
Mannar	-	-	-		-		-		-	-	-		-	-	-	-	-	-	-	
Killinochchi	30000 -	32000	-		-		8000 -	9000	8500 -	9500	-		-	-	37500 -	39000	-		13500 -	13750
Mullattivu	38000 -	40000	-		-		8000 -	9000	8000 -	9000	-		-	-	30000 -	31500	-		14000 -	14500
Batticaloa	35000 -	37500	-		-		7500 -	8500	8000 -	8500	-		-	-	30000 -	35000	37500 -	40000	13500 -	14000
Trincomalee	29500 -	31000	13200 -	13400	14200 -	14500	6000 -	6250	8200 -	8280	-		-	-	29250 -	30000	38750 -	39000	13500 -	13650
Galenbindunuwewa	34000 -	37500	-		15000 -	16500	7000 -	8000	8000 -	8500	-		-	-	33000 -	37000	32500 -	35000	13500 -	13750
Matale	29000 -	33000	17000 -	19000	-		5000 -	6250	7750 -	8250	13000 -	14000	-		32500 -	42500	34500 -	36000	13250 -	13500

Table 05: Selected Markets: Retail Price of Subsidiary Food Crops (Rs/kg)

Week 14: 04 - 10 Apr 2025

LOCATIONS	Dried Chillies	Red Onion			Big Onion	Potato			Pulses		
	Imported	Imported	Local	Imported		Wellimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal	
	650.00 – 1000.00	400.00 – 480.00	380.00 – 480.00	160.00 – 200.00	200.00 – 240.00	360.00 – 380.00	400.00 – 460.00	800.00 – 1000.00	700.00 – 950.00	280.00 – 320.00	
12	650.00 – 900.00	–	380.00 – 420.00	180.00 – 220.00	240.00 – 240.00	–	400.00 – 420.00	840.00 – 1000.00	880.00 – 1000.00	295.00 – 300.00	
	720.00 – 800.00	400.00 – 480.00	–	150.00 – 170.00	180.00 – 200.00	–	380.00 – 380.00	840.00 – 1000.00	850.00 – 900.00	280.00 – 300.00	
	650.00 – 750.00	360.00 – 400.00	–	150.00 – 190.00	170.00 – 200.00	–	–	850.00 – 980.00	780.00 – 800.00	270.00 – 295.00	
	700.00 – 800.00	380.00 – 400.00	450.00 – 460.00	150.00 – 180.00	170.00 – 200.00	340.00 – 360.00	380.00 – 400.00	800.00 – 850.00	800.00 – 850.00	275.00 – 290.00	
	700.00 – 800.00	360.00 – 450.00	–	160.00 – 180.00	190.00 – 220.00	–	–	800.00 – 900.00	700.00 – 900.00	270.00 – 300.00	
	650.00 – 700.00	340.00 – 350.00	–	160.00 – 200.00	180.00 – 200.00	–	–	880.00 – 900.00	650.00 – 680.00	280.00 – 290.00	
	700.00 – 750.00	350.00 – 380.00	–	150.00 – 180.00	190.00 – 220.00	–	–	800.00 – 850.00	760.00 – 800.00	280.00 – 300.00	
	680.00 – 700.00	370.00 – 400.00	–	170.00 – 200.00	170.00 – 200.00	330.00 – 380.00	–	750.00 – 770.00	725.00 – 765.00	270.00 – 278.00	
	700.00 – 750.00	380.00 – 400.00	–	160.00 – 170.00	200.00 – 200.00	360.00 – 380.00	–	800.00 – 850.00	640.00 – 800.00	280.00 – 290.00	
	660.00 – 720.00	350.00 – 380.00	–	140.00 – 160.00	200.00 – 220.00	300.00 – 330.00	–	840.00 – 880.00	750.00 – 780.00	280.00 – 290.00	
	720.00 – 800.00	400.00 – 480.00	–	160.00 – 200.00	190.00 – 220.00	300.00 – 360.00	–	800.00 – 1000.00	500.00 – 650.00	270.00 – 300.00	
	650.00 – 750.00	420.00 – 450.00	–	160.00 – 180.00	180.00 – 200.00	–	350.00 – 380.00	800.00 – 950.00	750.00 – 780.00	270.00 – 310.00	
	700.00 – 750.00	330.00 – 360.00	–	140.00 – 190.00	180.00 – 200.00	–	–	650.00 – 850.00	690.00 – 720.00	270.00 – 275.00	
	650.00 – 700.00	360.00 – 400.00	–	150.00 – 180.00	170.00 – 180.00	–	350.00 – 400.00	650.00 – 800.00	650.00 – 750.00	270.00 – 280.00	
	700.00 – 750.00	330.00 – 340.00	360.00 – 380.00	150.00 – 170.00	200.00 – 240.00	–	350.00 – 360.00	880.00 – 900.00	780.00 – 800.00	275.00 – 290.00	
	720.00 – 780.00	400.00 – 420.00	460.00 – 500.00	160.00 – 180.00	190.00 – 220.00	320.00 – 340.00	380.00 – 400.00	800.00 – 900.00	800.00 – 840.00	280.00 – 310.00	
	650.00 – 800.00	400.00 – 400.00	400.00 – 480.00	150.00 – 220.00	200.00 – 220.00	–	400.00 – 480.00	700.00 – 900.00	700.00 – 900.00	280.00 – 290.00	
	760.00 – 900.00	380.00 – 420.00	–	160.00 – 180.00	190.00 – 210.00	–	–	790.00 – 850.00	720.00 – 785.00	275.00 – 290.00	
	650.00 – 700.00	360.00 – 400.00	400.00 – 400.00	150.00 – 160.00	180.00 – 200.00	300.00 – 350.00	–	800.00 – 850.00	750.00 – 800.00	270.00 – 280.00	
	720.00 – 800.00	360.00 – 380.00	440.00 – 480.00	150.00 – 170.00	195.00 – 220.00	–	350.00 – 360.00	800.00 – 900.00	700.00 – 800.00	285.00 – 315.00	
	–	–	–	–	–	–	–	–	–	–	
	680.00 – 700.00	400.00 – 420.00	–	160.00 – 180.00	180.00 – 200.00	300.00 – 340.00	–	700.00 – 800.00	650.00 – 800.00	280.00 – 290.00	
	650.00 – 680.00	400.00 – 440.00	440.00 – 480.00	140.00 – 160.00	180.00 – 200.00	320.00 – 360.00	360.00 – 400.00	940.00 – 960.00	760.00 – 800.00	270.00 – 300.00	
	690.00 – 750.00	–	400.00 – 460.00	140.00 – 180.00	185.00 – 200.00	340.00 – 360.00	–	780.00 – 820.00	650.00 – 720.00	270.00 – 300.00	
	–	–	–	–	–	–	–	–	–	–	
	840.00 – 860.00	–	–	180.00 – 190.00	200.00 – 215.00	–	–	840.00 – 860.00	–	295.00 – 300.00	
	–	–	–	–	–	–	–	–	–	–	
	680.00 – 700.00	–	–	200.00 – 220.00	200.00 – 220.00	–	–	800.00 – 850.00	–	280.00 – 290.00	
	800.00 – 840.00	–	420.00 – 450.00	–	180.00 – 200.00	–	–	650.00 – 670.00	–	285.00 – 295.00	
	750.00 – 830.00	–	–	160.00 – 200.00	180.00 – 200.00	–	–	700.00 – 800.00	800.00 – 900.00	280.00 – 300.00	
	690.00 – 720.00	340.00 – 360.00	–	175.00 – 185.00	220.00 – 230.00	–	–	685.00 – 700.00	875.00 – 880.00	280.00 – 285.00	
	700.00 – 830.00	330.00 – 360.00	–	140.00 – 160.00	170.00 – 180.00	–	–	750.00 – 850.00	750.00 – 780.00	270.00 – 275.00	
	700.00 – 800.00	400.00 – 480.00	–	140.00 – 200.00	200.00 – 220.00	360.00 – 400.00	400.00 – 440.00	880.00 – 1000.00	720.00 – 800.00	280.00 – 320.00	
	730.00 – 830.00	350.00 – 360.00	–	170.00 – 200.00	180.00 – 200.00	–	–	720.00 – 900.00	700.00 – 800.00	280.00 – 290.00	
	700.00 – 800.00	400.00 – 480.00	–	140.00 – 200.00	180.00 – 200.00	300.00 – 320.00	–	750.00 – 900.00	750.00 – 800.00	280.00 – 320.00	
	700.00 – 800.00	360.00 – 450.00	–	140.00 – 150.00	180.00 – 200.00	300.00 – 320.00	–	690.00 – 900.00	750.00 – 800.00	275.00 – 285.00	

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

Week 14: 04 - 10 Apr 2025

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	350.00 - 500.00	250.00 - 400.00	100.00 - 140.00	280.00 - 400.00	180.00 - 300.00
Meegoda (DEC)	-	440.00 - 480.00	300.00 - 370.00	120.00 - 140.00	320.00 - 340.00	240.00 - 280.00
Dambulla (DEC)	-	380.00 - 450.00	300.00 - 380.00	140.00 - 160.00	280.00 - 380.00	180.00 - 220.00
Keppetipola (DEC)	-	450.00 - 500.00	280.00 - 320.00	100.00 - 110.00	280.00 - 300.00	170.00 - 180.00
Norochchhole (DEC)	-	-	-	-	250.00 - 320.00	-
Nuwara Eliya	-	460.00 - 520.00	310.00 - 330.00	100.00 - 120.00	260.00 - 270.00	180.00 - 200.00
Kandy	-	400.00 - 450.00	250.00 - 300.00	100.00 - 120.00	270.00 - 280.00	160.00 - 200.00
Hambantota	-	350.00 - 400.00	270.00 - 350.00	150.00 - 180.00	300.00 - 360.00	200.00 - 260.00
Thambuththegama (DEC)	-	480.00 - 530.00	340.00 - 360.00	120.00 - 150.00	260.00 - 320.00	-
Jaffna	-	-	-	-	-	-
Bandarawela	-	380.00 - 450.00	280.00 - 330.00	100.00 - 110.00	280.00 - 300.00	220.00 - 240.00
Veyangoda	-	480.00 - 530.00	280.00 - 350.00	100.00 - 140.00	270.00 - 320.00	280.00 - 350.00

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	100.00 - 150.00	160.00 - 250.00	250.00 - 450.00	230.00 - 300.00	450.00 - 600.00	550.00 - 900.00
Meegoda (DEC)	100.00 - 140.00	180.00 - 240.00	320.00 - 350.00	250.00 - 270.00	500.00 - 550.00	730.00 - 830.00
Moneragala	150.00 - 180.00	260.00 - 280.00	300.00 - 320.00	280.00 - 300.00	400.00 - 450.00	700.00 - 750.00
Dambulla (DEC)	70.00 - 100.00	160.00 - 220.00	320.00 - 380.00	230.00 - 250.00	450.00 - 500.00	600.00 - 700.00
Keppetipola (DEC)	60.00 - 80.00	170.00 - 180.00	280.00 - 300.00	250.00 - 260.00	400.00 - 450.00	700.00 - 750.00
Norochchhole (DEC)	50.00 - 70.00	-	200.00 - 230.00	220.00 - 230.00	350.00 - 400.00	600.00 - 750.00
Nuwara Eliya	90.00 - 100.00	180.00 - 190.00	280.00 - 320.00	260.00 - 280.00	460.00 - 480.00	750.00 - 800.00
Kandy	90.00 - 120.00	120.00 - 170.00	280.00 - 300.00	250.00 - 260.00	450.00 - 500.00	650.00 - 700.00
Hambantota	180.00 - 200.00	240.00 - 250.00	350.00 - 360.00	250.00 - 300.00	400.00 - 450.00	800.00 - 900.00
Thambuththegama (DEC)	120.00 - 150.00	200.00 - 250.00	200.00 - 260.00	160.00 - 200.00	380.00 - 420.00	700.00 - 750.00
Tissamaharama	100.00 - 150.00	200.00 - 260.00	260.00 - 320.00	250.00 - 260.00	450.00 - 520.00	800.00 - 900.00
Jaffna	-	-	-	-	-	-
Bandarawela	80.00 - 90.00	150.00 - 170.00	350.00 - 400.00	-	450.00 - 470.00	700.00 - 780.00
Veyangoda	100.00 - 140.00	180.00 - 250.00	340.00 - 380.00	230.00 - 260.00	480.00 - 550.00	750.00 - 900.00

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	150.00 - 180.00	60.00 - 100.00	300.00 - 370.00	260.00 - 320.00	350.00 - 500.00	300.00 - 350.00
Meegoda (DEC)	170.00 - 190.00	50.00 - 70.00	340.00 - 370.00	280.00 - 300.00	-	330.00 - 360.00
Moneragala	160.00 - 200.00	100.00 - 120.00	320.00 - 400.00	330.00 - 350.00	-	380.00 - 400.00
Dambulla (DEC)	150.00 - 170.00	30.00 - 40.00	280.00 - 300.00	250.00 - 280.00	-	260.00 - 300.00
Keppetipola (DEC)	160.00 - 170.00	60.00 - 70.00	300.00 - 320.00	250.00 - 270.00	200.00 - 230.00	300.00 - 320.00
Norochchhole (DEC)	-	30.00 - 50.00	300.00 - 350.00	160.00 - 220.00	400.00 - 550.00	230.00 - 280.00
Nuwara Eliya	180.00 - 190.00	90.00 - 100.00	320.00 - 340.00	270.00 - 280.00	220.00 - 250.00	330.00 - 340.00
Kandy	160.00 - 180.00	70.00 - 80.00	300.00 - 320.00	260.00 - 280.00	-	280.00 - 300.00
Hambantota	150.00 - 180.00	80.00 - 120.00	400.00 - 450.00	250.00 - 260.00	150.00 - 200.00	260.00 - 300.00
Thambuththegama (DEC)	140.00 - 170.00	30.00 - 40.00	280.00 - 350.00	160.00 - 200.00	-	260.00 - 300.00
Tissamaharama	160.00 - 180.00	60.00 - 80.00	400.00 - 450.00	280.00 - 320.00	100.00 - 140.00	320.00 - 360.00
Jaffna	-	-	-	-	-	-
Bandarawela	170.00 - 180.00	80.00 - 90.00	-	-	-	-
Veyangoda	160.00 - 190.00	60.00 - 80.00	340.00 - 380.00	230.00 - 270.00	-	340.00 - 380.00

Table 06 (Contd.)

	Long Beans	Ash Plantain	Green Chillies	Lime	Sweet Potatoe	Manioc
Colombo	230.00 - 300.00	100.00 - 150.00	450.00 - 650.00	100.00 - 150.00	150.00 - 200.00	80.00 - 130.00
Meegoda (DEC)	170.00 - 240.00	120.00 - 140.00	650.00 - 700.00	160.00 - 200.00	140.00 - 160.00	100.00 - 130.00
Moneragala	200.00 - 350.00	100.00 - 120.00	800.00 - 900.00	150.00 - 180.00	180.00 - 200.00	100.00 - 120.00
Dambulla (DEC)	150.00 - 220.00	90.00 - 120.00	550.00 - 650.00	140.00 - 160.00	100.00 - 140.00	70.00 - 80.00
Keppetipola (DEC)	200.00 - 220.00	120.00 - 130.00	650.00 - 700.00	140.00 - 160.00	160.00 - 170.00	70.00 - 80.00
Norochchhole (DEC)	150.00 - 160.00	100.00 - 130.00	500.00 - 650.00	-	-	80.00 - 100.00
Nuwara Eliya	220.00 - 240.00	130.00 - 140.00	700.00 - 750.00	160.00 - 180.00	170.00 - 180.00	90.00 - 100.00
Kandy	200.00 - 230.00	100.00 - 130.00	650.00 - 700.00	120.00 - 130.00	160.00 - 180.00	90.00 - 100.00
Hambantota	250.00 - 300.00	80.00 - 100.00	750.00 - 850.00	200.00 - 260.00	180.00 - 200.00	150.00 - 160.00
Thambuththegama (DEC)	140.00 - 200.00	80.00 - 100.00	600.00 - 650.00	130.00 - 160.00	150.00 - 170.00	90.00 - 110.00
Tissamaharama	200.00 - 260.00	80.00 - 100.00	800.00 - 900.00	200.00 - 220.00	150.00 - 160.00	80.00 - 110.00
Jaffna	-	-	-	-	-	-
Bandarawela	-	-	650.00 - 700.00	-	150.00 - 160.00	-
Veyangoda	180.00 - 240.00	100.00 - 150.00	550.00 - 680.00	150.00 - 180.00	160.00 - 190.00	100.00 - 140.00

Locations	Leafy Vegetables (Rs/bundle)			Coconut (Rs/nut)	
	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	30.00 - 35.00	30.00 - 35.00	260.00 - 280.00	180.00 - 200.00	160.00 - 170.00
Meegoda (DEC)	50.00 - 60.00	50.00 - 60.00	210.00 - 240.00	185.00 - 190.00	175.00 - 180.00
Norochchhole (DEC)	-	-	-	-	-
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	30.00 - 35.00	30.00 - 35.00	150.00 - 200.00	155.00 - 160.00	130.00 - 140.00
Kandy	45.00 - 50.00	45.00 - 50.00	220.00 - 230.00	160.00 - 175.00	120.00 - 135.00
Hambantota	50.00 - 55.00	50.00 - 50.00	240.00 - 240.00	-	-
Thambuththegama (DEC)	-	-	-	150.00 - 160.00	120.00 - 130.00
Tissamaharama	30.00 - 30.00	30.00 - 30.00	120.00 - 150.00	160.00 - 180.00	140.00 - 150.00
Jaffna	-	-	-	-	-
Bandarawela	-	-	-	-	-
Veyangoda	35.00 - 40.00	35.00 - 40.00	220.00 - 240.00	-	-

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

Table 07: Selected Markets: Retail Price of Vegetables (Rs/kg)

Week 14: 04 - 10 Apr 2025

LOCATIONS	Up Country Varieties												
	Butter Beans	Green Beans	Carrot		Leeks		Beetroot	Knol Khol		Raddish	Cabbage	Tomato	
Colombo	—	460.00	—	800.00	360.00	—	800.00	180.00	—	400.00	320.00	—	600.00
Gampaha	—	560.00	—	640.00	560.00	—	600.00	320.00	—	400.00	400.00	—	460.00
Kurunegala	—	550.00	—	620.00	500.00	—	600.00	180.00	—	220.00	400.00	—	440.00
Nikaweratiya	—	600.00	—	720.00	480.00	—	620.00	280.00	—	400.00	460.00	—	400.00
Dambulla	—	500.00	—	600.00	600.00	—	680.00	200.00	—	260.00	500.00	—	560.00
Anuradhapura	—	640.00	—	720.00	480.00	—	600.00	280.00	—	360.00	480.00	—	400.00
Thambuththegama	—	600.00	—	700.00	440.00	—	500.00	200.00	—	250.00	380.00	—	400.00
Polonnaruwa	—	680.00	—	720.00	640.00	—	680.00	240.00	—	280.00	400.00	—	450.00
Kaluthara	—	480.00	—	500.00	600.00	—	640.00	300.00	—	340.00	400.00	—	440.00
Badulla	—	500.00	—	600.00	320.00	—	400.00	200.00	—	240.00	400.00	—	400.00
Keppetipola	—	520.00	—	550.00	340.00	—	360.00	160.00	—	180.00	340.00	—	360.00
Moneragala	—	560.00	—	600.00	480.00	—	520.00	240.00	—	320.00	400.00	—	400.00
Kegalle	—	640.00	—	680.00	600.00	—	640.00	280.00	—	320.00	550.00	—	480.00
15 Ampara	—	640.00	—	680.00	560.00	—	620.00	250.00	—	260.00	320.00	—	400.00
Dehiattakandiya	—	600.00	—	800.00	600.00	—	600.00	300.00	—	300.00	300.00	—	600.00
Nuwaraeliya	—	580.00	—	600.00	420.00	—	450.00	220.00	—	240.00	380.00	—	450.00
Kandy	—	600.00	—	700.00	480.00	—	500.00	200.00	—	240.00	420.00	—	420.00
Puttalam	—	600.00	—	700.00	600.00	—	700.00	300.00	—	400.00	480.00	—	480.00
Hambantota	—	500.00	—	600.00	400.00	—	480.00	280.00	—	320.00	500.00	—	600.00
Rathnapura	—	500.00	—	580.00	450.00	—	480.00	220.00	—	260.00	460.00	—	550.00
Matara	—	480.00	—	720.00	480.00	—	600.00	230.00	—	240.00	320.00	—	600.00
Galle	—	—	—	—	—	—	—	—	—	—	—	—	—
Tissamaharama	—	480.00	—	600.00	400.00	—	520.00	240.00	—	300.00	480.00	—	400.00
Meegoda (DEC)	—	560.00	—	600.00	440.00	—	520.00	240.00	—	300.00	480.00	—	520.00
Embilipitiya	—	520.00	—	600.00	500.00	—	600.00	200.00	—	280.00	320.00	—	600.00
Jaffna	—	—	—	—	—	—	—	—	—	—	—	—	—
Vavuniya	—	700.00	—	780.00	500.00	—	550.00	300.00	—	340.00	420.00	—	650.00
Mannar	—	—	—	—	—	—	—	—	—	—	—	—	—
Killinochchi	—	480.00	—	520.00	580.00	—	620.00	340.00	—	360.00	380.00	—	420.00
Mullaittivu	—	560.00	—	600.00	800.00	—	850.00	300.00	—	350.00	440.00	—	400.00
Batticaloa	—	520.00	—	600.00	400.00	—	480.00	250.00	—	320.00	480.00	—	450.00
Trincomalee	—	490.00	—	520.00	850.00	—	900.00	370.00	—	390.00	350.00	—	430.00
Hanguranketha	—	350.00	—	400.00	320.00	—	360.00	140.00	—	170.00	340.00	—	360.00
Veyangoda	—	600.00	—	720.00	400.00	—	440.00	180.00	—	240.00	360.00	—	480.00
Galenbindunuwewa	—	680.00	—	700.00	660.00	—	700.00	280.00	—	300.00	480.00	—	420.00
Bandarawela	—	480.00	—	600.00	400.00	—	440.00	200.00	—	220.00	380.00	—	560.00
Matale	—	560.00	—	640.00	480.00	—	520.00	200.00	—	240.00	480.00	—	440.00

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

Week 14: 04 - 10 Apr 2025

LOCATIONS	Banana					Pineapple			Mango		
	Ambul (Rs/kg)	Kolikuttu (Rs/kg)	Seeni (Rs/kg)	Anamalu	Ambun	Large	Medium	Small	Betti	Karthakolomban	
18	Colombo	100.00 - 220.00	250.00 - 400.00	150.00 - 250.00	30.00 - 50.00	47.00 - 70.00	520.00 - 630.00	400.00 - 480.00	320.00 - 390.00	-	200.00 - 330.00
	Gampaha	140.00 - 160.00	300.00 - 330.00	180.00 - 200.00	-	-	-	400.00 - 400.00	300.00 - 320.00	-	-
	Kurunegala	150.00 - 160.00	320.00 - 360.00	160.00 - 160.00	-	42.00 - 50.00	-	450.00 - 500.00	-	-	150.00 - 175.00
	Nikaweratiya	150.00 - 170.00	320.00 - 400.00	150.00 - 180.00	-	50.00 - 55.00	550.00 - 600.00	400.00 - 480.00	-	-	-
	Dambulla	160.00 - 180.00	440.00 - 480.00	180.00 - 200.00	-	64.00 - 68.00	700.00 - 750.00	500.00 - 550.00	300.00 - 350.00	-	180.00 - 200.00
	Anuradhapura	160.00 - 200.00	380.00 - 450.00	160.00 - 200.00	28.00 - 36.00	47.00 - 50.00	760.00 - 930.00	630.00 - 630.00	400.00 - 500.00	-	160.00 - 200.00
	Thambuththegama	160.00 - 200.00	350.00 - 380.00	150.00 - 180.00	28.00 - 32.00	50.00 - 58.00	-	450.00 - 500.00	400.00 - 420.00	-	-
	Polonnaruwa	220.00 - 250.00	400.00 - 450.00	200.00 - 220.00	55.00 - 60.00	55.00 - 60.00	850.00 - 920.00	500.00 - 550.00	300.00 - 350.00	-	200.00 - 250.00
	Kaluthara	160.00 - 180.00	350.00 - 420.00	180.00 - 200.00	30.00 - 32.00	42.00 - 45.00	520.00 - 560.00	350.00 - 430.00	280.00 - 320.00	-	-
	Badulla	170.00 - 180.00	300.00 - 320.00	160.00 - 160.00	31.00 - 35.00	40.00 - 46.00	-	400.00 - 500.00	250.00 - 350.00	-	175.00 - 175.00
	Keppetipola	150.00 - 170.00	350.00 - 360.00	170.00 - 190.00	30.00 - 33.00	50.00 - 54.00	-	400.00 - 420.00	300.00 - 320.00	-	230.00 - 240.00
	Moneragala	130.00 - 150.00	340.00 - 400.00	100.00 - 120.00	28.00 - 32.00	35.00 - 40.00	810.00 - 990.00	670.00 - 800.00	-	-	160.00 - 180.00
	Kegalle	150.00 - 180.00	300.00 - 360.00	150.00 - 180.00	15.00 - 20.00	20.00 - 25.00	800.00 - 950.00	550.00 - 700.00	200.00 - 300.00	-	130.00 - 150.00
	Ampara	160.00 - 170.00	320.00 - 350.00	140.00 - 140.00	32.00 - 35.00	40.00 - 43.00	520.00 - 550.00	-	-	-	-
	Dehiattakandiya	200.00 - 200.00	350.00 - 450.00	180.00 - 200.00	-	50.00 - 60.00	700.00 - 880.00	550.00 - 650.00	360.00 - 450.00	-	-
	Nuwaraeliya	160.00 - 180.00	350.00 - 380.00	180.00 - 200.00	33.00 - 36.00	52.00 - 56.00	-	420.00 - 440.00	320.00 - 340.00	-	250.00 - 260.00
	Kandy	160.00 - 200.00	320.00 - 350.00	160.00 - 180.00	26.00 - 28.00	45.00 - 50.00	600.00 - 700.00	400.00 - 500.00	250.00 - 300.00	-	-
	Puttalam	120.00 - 200.00	300.00 - 400.00	150.00 - 200.00	24.00 - 30.00	-	600.00 - 600.00	400.00 - 400.00	300.00 - 300.00	-	200.00 - 280.00
	Rathnapura	200.00 - 250.00	400.00 - 500.00	120.00 - 150.00	30.00 - 37.00	41.00 - 58.00	560.00 - 700.00	400.00 - 500.00	320.00 - 380.00	-	-
	Hambantota	100.00 - 150.00	250.00 - 260.00	140.00 - 150.00	-	-	-	480.00 - 500.00	250.00 - 350.00	-	-
	Matara	130.00 - 150.00	300.00 - 320.00	130.00 - 150.00	22.00 - 25.00	35.00 - 36.00	640.00 - 700.00	480.00 - 560.00	300.00 - 350.00	-	220.00 - 240.00
	Galle	-	-	-	-	-	-	-	-	-	-
	Tissamaharama	100.00 - 120.00	240.00 - 280.00	120.00 - 140.00	37.00 - 40.00	48.00 - 56.00	520.00 - 585.00	380.00 - 450.00	300.00 - 360.00	-	185.00 - 200.00
	Meegoda (DEC)	160.00 - 180.00	300.00 - 360.00	160.00 - 180.00	47.00 - 64.00	47.00 - 64.00	650.00 - 700.00	500.00 - 550.00	380.00 - 420.00	-	-
	Embilipitiya	70.00 - 100.00	200.00 - 250.00	100.00 - 130.00	30.00 - 35.00	30.00 - 40.00	500.00 - 600.00	400.00 - 450.00	250.00 - 350.00	-	-
	Jaffna	-	-	-	-	-	-	-	-	-	-
	Vavuniya	135.00 - 150.00	320.00 - 340.00	130.00 - 140.00	-	-	500.00 - 560.00	450.00 - 470.00	350.00 - 370.00	-	-
	Mannar	-	-	-	-	-	-	-	-	-	-
	Killinochchi	140.00 - 160.00	340.00 - 360.00	140.00 - 150.00	36.00 - 38.00	40.00 - 42.00	640.00 - 660.00	540.00 - 560.00	440.00 - 460.00	-	-
	Mullaittivu	180.00 - 200.00	350.00 - 360.00	180.00 - 200.00	42.00 - 45.00	48.00 - 50.00	600.00 - 650.00	450.00 - 520.00	-	-	-
	Batticaloa	180.00 - 200.00	350.00 - 380.00	140.00 - 160.00	28.00 - 30.00	-	585.00 - 620.00	450.00 - 480.00	360.00 - 380.00	-	-
	Trincomalee	180.00 - 185.00	420.00 - 440.00	175.00 - 180.00	-	-	730.00 - 750.00	630.00 - 640.00	465.00 - 475.00	-	-
	Veyangoda	150.00 - 170.00	280.00 - 300.00	150.00 - 160.00	33.00 - 36.00	42.00 - 45.00	640.00 - 680.00	490.00 - 530.00	380.00 - 400.00	-	160.00 - 230.00
	Galenbindunuwewa	150.00 - 170.00	350.00 - 400.00	140.00 - 170.00	55.00 - 65.00	70.00 - 75.00	585.00 - 650.00	420.00 - 500.00	360.00 - 400.00	-	200.00 - 230.00
	Bandarawela	160.00 - 200.00	300.00 - 380.00	170.00 - 200.00	27.00 - 30.00	46.00 - 56.00	560.00 - 600.00	450.00 - 500.00	400.00 - 420.00	-	160.00 - 200.00
	Matale	180.00 - 200.00	400.00 - 500.00	180.00 - 200.00	28.00 - 35.00	50.00 - 54.00	600.00 - 680.00	470.00 - 500.00	280.00 - 350.00	-	180.00 - 200.00

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

Week 14: 04 - 10 Apr 2025

Locations	Sea Fish									
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw				
Colombo	250.00 – 400.00	850.00 – 950.00	750.00 – 1200.00	1100.00 – 1400.00	1700.00 – 2100.00	1200.00 – 1450.00				
Kandy	350.00 – 400.00	880.00 – 900.00	800.00 – 900.00	1200.00 – 1300.00	1800.00 – 1900.00	1000.00 – 1100.00				
Kaluthara	300.00 – 400.00	–	800.00 – 850.00	900.00 – 1000.00	1700.00 – 1800.00	1000.00 – 1100.00				
Puttalam	–	–	–	–	–	–	–	–	–	–
Matara	280.00 – 330.00	–	800.00 – 950.00	1400.00 – 1550.00	–	–	–	–	–	–
Hambantota	300.00 – 350.00	–	840.00 – 850.00	1100.00 – 1200.00	–	–	–	–	–	–
Galle	–	–	–	–	–	–	–	–	–	–
Batticaloa	400.00 – 450.00	–	900.00 – 1000.00	1400.00 – 1500.00	1700.00 – 1750.00	1300.00 – 1400.00				
Trincomalee	370.00 – 400.00	980.00 – 1020.00	1040.00 – 1060.00	1820.00 – 1840.00	1890.00 – 1920.00	1400.00 – 1430.00				
Mannar	–	–	–	–	–	–	–	–	–	–

Locations	Sea Fish				Eggs			
	Mora	Shrimps	Thalapath	Teppeli	Brown	White		
Colombo	–	2100.00 – 2250.00	1600.00 – 2000.00	–	35.00 – 44.00	33.00 – 40.00		
Kandy	1100.00 – 1200.00	1900.00 – 2100.00	1700.00 – 1800.00	–	38.00 – 39.00	35.00 – 37.00		
Kaluthara	1000.00 – 1050.00	1600.00 – 1700.00	1300.00 – 1400.00	–	–	–	–	–
Puttalam	–	–	–	–	–	–	–	–
Matara	–	2000.00 – 2200.00	1500.00 – 1600.00	–	35.00 – 36.00	34.00 – 35.00		
Hambantota	–	2350.00 – 2350.00	–	–	–	33.00 – 34.00		
Galle	–	–	–	–	–	–	–	–
Batticaloa	1400.00 – 1450.00	–	1700.00 – 1800.00	–	37.00 – 38.00	35.00 – 36.00		
Trincomalee	1650.00 – 1670.00	–	–	–	–	–	–	–
Mannar	–	–	–	–	–	–	–	–

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

Week 14: 04 - 10 Apr 2025

Locations	Local Dried Fish					
	Sprats	Kattawa	Thora	Mora	Balaya	Anguluwa
Colombo	40000 – 55000	–	–	87500 – 95000	55000 – 62500	–
Kandy	40000 – 45000	–	–	90000 – 95000	45000 – 50000	60000 – 62500
Batticaloa	50000 – 50000	85000 – 87500	–	95000 – 100000	50000 – 60000	55000 – 60000
Trincomalee	52800 – 53000	–	–	–	59500 – 59600	48500 – 49200
Mannar	–	–	–	–	–	–

Locations	Local Dried Fish			Imported Dried Fish		
	Maduwa	Koduwa	Salaya	Sprats	Kattawa	Thora
Colombo	62500 – 67500	–	35000 – 45000	27500 – 35000	82500 – 92500	–
Kandy	62500 – 65000	–	37500 – 40000	27500 – 30000	80000 – 82500	–
Batticaloa	–	–	35000 – 37500	40000 – 42500	–	–
Trincomalee	52000 – 52600	–	28400 – 28600	43400 – 43600	98500 – 98600	–
Mannar	–	–	–	–	–	–

Locations	Imported Dried Fish					
	Mora	Balaya	Anguluwa	Maduwa	Koduwa	Salaya
Colombo	–	–	75000 – 82500	–	–	–
Kandy	–	–	–	–	–	–
Batticaloa	–	–	–	–	–	–
Trincomalee	–	–	–	–	–	–
Mannar	–	–	–	–	–	–

Table 11: Selected Markets: Retail Price of Fresh Fish & Eggs (Rs/kg & Rs/eggs)

Week 14: 04 - 10 Apr 2025

LOCATIONS	Sea Fish												Eggs							
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw	Mora	Thalapath	Brown	White										
21	Colombo	360.00	650.00	1000.00	1400.00	1000.00	1500.00	1500.00	2400.00	2000.00	3600.00	1450.00	2100.00	-						
	Gampaha	400.00	600.00	-	-			2000.00	2000.00	3000.00	3000.00	-	-	2400.00	2400.00					
	Kurunegala	380.00	450.00	-	-			1800.00	1900.00	-	-	-	-	2400.00	2500.00					
	Nikaweratiya	500.00	550.00	1200.00	1300.00	800.00	850.00	2000.00	2000.00	2600.00	2600.00	1300.00	1350.00	2400.00	2500.00					
	Dambulla	400.00	450.00	1000.00	1100.00	800.00	900.00	1800.00	2000.00	2400.00	2400.00	1200.00	1400.00	1500.00	1600.00					
	Anuradhapura	460.00	500.00	1100.00	1200.00	1000.00	1200.00	1800.00	2200.00	2000.00	2200.00	1200.00	1500.00	2200.00	2400.00					
	Thambuththegama	-	-	-	-	-	-	-	-	-	-	-	-	40.00	42.00					
	Polonnaruwa	450.00	500.00	1100.00	1200.00	1200.00	1300.00	1700.00	1800.00	2200.00	2300.00	1400.00	1500.00	1600.00	1700.00					
	Kaluthara	500.00	600.00	-	1400.00	1600.00		2200.00	2400.00	2700.00	3000.00	2200.00	2200.00	1300.00	1500.00					
	Badulla	450.00	460.00	900.00	1100.00	1600.00	1600.00	2000.00	2000.00	2400.00	2400.00	1600.00	1800.00	1400.00	1600.00					
	Keppetipola	440.00	450.00	1000.00	1100.00	1400.00	1500.00	1800.00	1900.00	-	-	1600.00	1700.00	1500.00	1600.00					
	Moneragala	450.00	500.00	1100.00	1200.00	1000.00	1200.00	2000.00	2200.00	-	-	2000.00	2200.00	2400.00	2600.00					
	Kegalle	650.00	700.00	1000.00	1200.00	1700.00	1800.00	2200.00	2400.00	-	1300.00	1450.00	1800.00	1900.00	2350.00	2400.00				
	Ampara	-	-	-	-	-	-	-	-	-	-	-	-	33.00	38.00					
	Dehiattakandiya	500.00	500.00	-	1100.00	1100.00	1900.00	2400.00	-	-	-	-	2200.00	2200.00	35.00	40.00				
	Nuwaraeliya	460.00	480.00	1100.00	1200.00	1500.00	1600.00	1900.00	2000.00	2400.00	2500.00	1700.00	1800.00	1600.00	1600.00	2400.00	2500.00			
	Kandy	480.00	500.00	1050.00	1100.00	1000.00	1200.00	1700.00	1800.00	2240.00	2400.00	1200.00	1400.00	1500.00	1600.00	1980.00	2000.00			
	Puttalam	450.00	500.00	800.00	900.00	800.00	1000.00	-	-	1100.00	1200.00	-	2000.00	2200.00	38.00	40.00	30.00	40.00		
	Hambantota	400.00	450.00	-	1500.00	1600.00	2000.00	2100.00	2000.00	2000.00	1600.00	-	-	-	-	35.00	38.00			
	Rathnapura	400.00	500.00	1050.00	1200.00	1100.00	1200.00	1800.00	2000.00	2800.00	3000.00	1900.00	2000.00	1400.00	1600.00	1950.00	2200.00			
	Matara	500.00	550.00	-	1400.00	1600.00	2000.00	2200.00	-	2000.00	2100.00	-	2000.00	2200.00	37.00	38.00	35.00	36.00		
	Galle	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-			
	Tissamaharama	450.00	500.00	1000.00	1200.00	1300.00	1500.00	2400.00	2800.00	-	1500.00	1600.00	-	-	-	35.00	36.00	34.00	35.00	
	Meegoda	440.00	600.00	1300.00	1400.00	1000.00	1100.00	-	-	-	-	-	-	2700.00	2800.00	35.00	42.00	34.00	42.00	
	Embilipitiya	400.00	450.00	1100.00	1150.00	1350.00	1450.00	2000.00	2100.00	2200.00	2300.00	1600.00	1700.00	1500.00	1600.00	2300.00	2400.00	38.00	40.00	
	Jaffna	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
	Vavuniya	650.00	700.00	1000.00	1200.00	1200.00	1300.00	2400.00	2500.00	2400.00	2500.00	1600.00	1700.00	-	2400.00	2500.00	40.00	42.00	38.00	40.00
	Mannar	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
	Killinochchi	450.00	500.00	850.00	900.00	950.00	1000.00	-	-	1450.00	1550.00	-	-	-	-	-	44.00	46.00		
	Mullaithivu	500.00	550.00	1000.00	1200.00	850.00	900.00	-	-	1650.00	1750.00	-	2250.00	2300.00	-	32.00	33.00			
	Batticaloa	500.00	550.00	1400.00	1500.00	1600.00	1650.00	2000.00	2100.00	2200.00	2300.00	2000.00	2100.00	2000.00	2000.00	2200.00	2300.00	40.00	43.00	
	Trincomalee	570.00	580.00	1100.00	1150.00	1200.00	1220.00	2340.00	2350.00	2420.00	2430.00	1620.00	1640.00	1870.00	1880.00	-	33.00	34.00	32.00	33.00
	Veyangoda	500.00	550.00	1000.00	1100.00	1400.00	1400.00	1800.00	1900.00	2400.00	2400.00	-	-	2400.00	2400.00	38.00	40.00	35.00	38.00	
	Galenbindunuwewa	500.00	550.00	1300.00	1400.00	1400.00	1500.00	2250.00	2350.00	2500.00	2600.00	1950.00	2000.00	1800.00	1900.00	2450.00	2550.00	40.00	42.00	
	Bandarawela	480.00	500.00	-	1500.00	1600.00	2000.00	2000.00	-	1750.00	1800.00	1400.00	1450.00	2400.00	2400.00	39.00	40.00	37.00	40.00	
	Matale	500.00	600.00	1100.00	1200.00	1200.00	1300.00	2000.00	2200.00	2300.00	2400.00	1300.00	1400.00	1400.00	1500.00	2200.00	2300.00	39.00	40.00	

Table 12: Selected Markets: Retail Price of Dried Fish (Rs/kg)

Week 14: 04 - 10 Apr 2025

LOCATIONS	Dried Fish											
	Sprats-Imported	Kattawa	Thora	Mora	Balaya	Anguluwa	Salaya					
Colombo	850.00 – 1200.00	1950.00 – 2400.00	–	2100.00 – 2600.00	1300.00 – 2000.00	1850.00 – 2400.00	1000.00 – 1400.00					
Gampaha	850.00 – 950.00	–	3800.00 – 4000.00	2000.00 – 2200.00	2000.00 – 2200.00	1900.00 – 2000.00	900.00 – 950.00					
Kurunegala	–	1900.00 – 2000.00	–	–	1200.00 – 1300.00	1700.00 – 1800.00	800.00 – 800.00					
Nikaweratiya	800.00 – 900.00	1800.00 – 1800.00	–	–	1200.00 – 1400.00	2000.00 – 2200.00	–					
Dambulla	800.00 – 850.00	2200.00 – 2400.00	–	2200.00 – 2300.00	1200.00 – 1400.00	1800.00 – 1900.00	–					
Anuradhapura	800.00 – 1000.00	1800.00 – 2200.00	–	2200.00 – 2400.00	1300.00 – 1500.00	2000.00 – 2400.00	900.00 – 1000.00					
Thambuththegama	800.00 – 1000.00	1900.00 – 2100.00	–	2200.00 – 2300.00	1200.00 – 1300.00	2000.00 – 2100.00	1000.00 – 1250.00					
Polonnaruwa	900.00 – 950.00	2000.00 – 2100.00	–	2200.00 – 2300.00	1200.00 – 1300.00	2000.00 – 2100.00	–					
Kaluthara	800.00 – 860.00	2200.00 – 2400.00	–	2200.00 – 2400.00	1400.00 – 1600.00	2160.00 – 2200.00	–					
Badulla	800.00 – 800.00	2200.00 – 2500.00	2600.00 – 2600.00	2000.00 – 2400.00	1500.00 – 1600.00	2000.00 – 2000.00	–					
Keppetipola	800.00 – 850.00	2100.00 – 2200.00	2500.00 – 2600.00	2000.00 – 2100.00	1450.00 – 1500.00	1700.00 – 1800.00	880.00 – 920.00					
Moneragala	800.00 – 1000.00	1800.00 – 2300.00	–	2200.00 – 2400.00	1400.00 – 1600.00	2200.00 – 2400.00	–					
Kegalle	850.00 – 960.00	1900.00 – 2100.00	–	2000.00 – 2200.00	1100.00 – 1200.00	–	–					
Ampara	880.00 – 900.00	1800.00 – 1900.00	–	2000.00 – 2200.00	1350.00 – 1400.00	–	–					
Dehiattakandiya	800.00 – 1200.00	1800.00 – 2600.00	–	2000.00 – 2400.00	1200.00 – 1600.00	1800.00 – 2400.00	–					
Nuwaraeliya	800.00 – 950.00	2200.00 – 2250.00	2600.00 – 2800.00	2100.00 – 2200.00	1500.00 – 1600.00	1900.00 – 2000.00	900.00 – 950.00					
Kandy	800.00 – 900.00	2300.00 – 2400.00	–	2300.00 – 2400.00	1500.00 – 1600.00	2000.00 – 2100.00	1000.00 – 1100.00					
Puttalam	800.00 – 920.00	1800.00 – 2200.00	–	1800.00 – 2000.00	900.00 – 1000.00	1600.00 – 1600.00	900.00 – 1000.00					
Hambantota	800.00 – 900.00	–	–	–	1400.00 – 1500.00	2000.00 – 2000.00	–					
Rathnapura	880.00 – 900.00	2100.00 – 2200.00	3000.00 – 3000.00	2000.00 – 2200.00	1240.00 – 1400.00	2100.00 – 2200.00	960.00 – 1200.00					
Matara	900.00 – 1000.00	1800.00 – 2200.00	–	2000.00 – 2200.00	1100.00 – 1200.00	1800.00 – 2100.00	–					
Galle	–	–	–	–	–	–	–					
Tissamaharama	800.00 – 1000.00	2000.00 – 2400.00	–	2400.00 – 2600.00	1200.00 – 1400.00	2000.00 – 2400.00	1000.00 – 1200.00					
Meegoda	800.00 – 1000.00	2200.00 – 2600.00	–	2200.00 – 2300.00	1400.00 – 1700.00	2200.00 – 2200.00	1000.00 – 1180.00					
Embilipitiya	850.00 – 1000.00	2300.00 – 2400.00	–	2150.00 – 2250.00	1300.00 – 1500.00	2150.00 – 2300.00	800.00 – 900.00					
Jaffna	–	–	–	–	–	–	–					
Vavuniya	–	1800.00 – 1900.00	–	2000.00 – 2150.00	1800.00 – 1900.00	–	800.00 – 900.00					
Mannar	–	–	–	–	–	–	–					
Killinochchi	900.00 – 950.00	2150.00 – 2200.00	–	1800.00 – 1900.00	950.00 – 1000.00	–	800.00 – 850.00					
Mullaithivu	1100.00 – 1200.00	1900.00 – 2000.00	–	2450.00 – 2600.00	–	–	–					
Batticaloa	1000.00 – 1100.00	1800.00 – 1850.00	–	2200.00 – 2400.00	1600.00 – 1650.00	1400.00 – 1500.00	800.00 – 900.00					
Trincomalee	1000.00 – 1100.00	2300.00 – 2350.00	–	–	1285.00 – 1300.00	–	–					
Veyangoda	800.00 – 1200.00	2000.00 – 2200.00	–	2000.00 – 2400.00	1200.00 – 1520.00	1600.00 – 2200.00	1000.00 – 1120.00					
Galenbindunuwewa	850.00 – 950.00	1850.00 – 2000.00	–	2150.00 – 2250.00	1350.00 – 1400.00	–	1000.00 – 1150.00					
Bandarawela	900.00 – 1200.00	2200.00 – 2300.00	–	2200.00 – 2350.00	1500.00 – 1550.00	2000.00 – 2100.00	900.00 – 1000.00					
Matale	900.00 – 1100.00	2200.00 – 2300.00	–	2300.00 – 2400.00	1600.00 – 1700.00	2200.00 – 2300.00	800.00 – 900.00					

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

Week 14: 04 - 10 Apr 2025

LOCATIONS	Meat	Meat (Chicken)		Meat	
	Beef	Broiler	Curry	Mutton	Pork
Colombo	2600.00 – 2800.00	1100.00 – 1300.00	1000.00 – 1200.00	3400.00 – 3800.00	1400.00 – 1800.00
Gampaha	–	1200.00 – 1250.00	1300.00 – 1350.00	3500.00 – 3500.00	1300.00 – 1300.00
Kurunegala	2600.00 – 2800.00	1150.00 – 1250.00	1300.00 – 1300.00	3000.00 – 3200.00	1200.00 – 1300.00
Nikaweratiya	2200.00 – 2300.00	1100.00 – 1200.00	–	–	–
Dambulla	–	1250.00 – 1280.00	1300.00 – 1350.00	–	1400.00 – 1400.00
Anuradhapura	2500.00 – 2500.00	1200.00 – 1250.00	1300.00 – 1350.00	3600.00 – 3700.00	1400.00 – 1500.00
Thambuththegama	–	1180.00 – 1250.00	–	–	1360.00 – 1500.00
Polonnaruwa	2300.00 – 2400.00	1100.00 – 1200.00	1200.00 – 1300.00	3300.00 – 3400.00	1200.00 – 1300.00
Kaluthara	2500.00 – 2550.00	1080.00 – 1200.00	1100.00 – 1150.00	–	1300.00 – 1400.00
Badulla	2400.00 – 2400.00	1100.00 – 1250.00	–	3200.00 – 3200.00	–
Keppetipola	2200.00 – 2300.00	1100.00 – 1200.00	1240.00 – 1280.00	3000.00 – 3200.00	–
Moneragala	2400.00 – 2400.00	1280.00 – 1380.00	1650.00 – 1700.00	3000.00 – 3000.00	1450.00 – 1550.00
Kegalle	2500.00 – 2500.00	1250.00 – 1290.00	–	3100.00 – 3100.00	1200.00 – 1250.00
Ampara	2100.00 – 2200.00	1100.00 – 1280.00	–	–	1400.00 – 1650.00
Dehiattakandiya	–	1190.00 – 1250.00	–	–	1290.00 – 1600.00
Nuwaraeliya	2250.00 – 2300.00	1180.00 – 1250.00	1300.00 – 1350.00	3200.00 – 3300.00	1500.00 – 1600.00
Kandy	2300.00 – 2400.00	1150.00 – 1160.00	1100.00 – 1150.00	3200.00 – 3200.00	1450.00 – 1500.00
Puttalam	2400.00 – 2400.00	1100.00 – 1100.00	1400.00 – 1400.00	3500.00 – 3500.00	–
Hambantota	–	1250.00 – 1280.00	–	–	–
Rathnapura	2500.00 – 2500.00	1250.00 – 1290.00	1300.00 – 1360.00	3400.00 – 3400.00	1500.00 – 1500.00
Matara	–	1230.00 – 1250.00	–	–	–
Galle	–	–	–	–	–
Tissamaharama	–	1200.00 – 1280.00	–	–	1600.00 – 1600.00
Meegoda	–	1120.00 – 1260.00	1100.00 – 1150.00	–	1500.00 – 1500.00
Embiliptiya	2000.00 – 2100.00	1150.00 – 1200.00	1200.00 – 1280.00	3000.00 – 3500.00	1380.00 – 1450.00
Jaffna	–	–	–	–	–
Vavuniya	2000.00 – 2200.00	1300.00 – 1340.00	1600.00 – 1700.00	3200.00 – 3300.00	–
Mannar	–	–	–	–	–
Killinochchi	2150.00 – 2200.00	1250.00 – 1300.00	1450.00 – 1500.00	3200.00 – 3250.00	–
Mullaitivu	2150.00 – 2200.00	1300.00 – 1350.00	1450.00 – 1500.00	–	–
Batticaloa	2300.00 – 2400.00	1200.00 – 1300.00	1350.00 – 1400.00	3500.00 – 3600.00	–
Trincomalee	2340.00 – 2345.00	1060.00 – 1080.00	1770.00 – 1780.00	3580.00 – 3590.00	–
Veyangoda	2400.00 – 2450.00	1100.00 – 1280.00	–	–	1200.00 – 1250.00
Galenbindunuwewa	2400.00 – 2450.00	1190.00 – 1250.00	1350.00 – 1400.00	3600.00 – 3650.00	1600.00 – 1700.00
Bandarawela	2350.00 – 2400.00	1100.00 – 1200.00	–	3300.00 – 3450.00	–
Matale	2300.00 – 2400.00	1150.00 – 1200.00	1100.00 – 1200.00	3100.00 – 3200.00	1250.00 – 1300.00

Table 16: Farmgate/Producer Prices of Food Commodities in Selected Producing Areas (Rs/kg)
Week 14: 04 - 10 Apr 2025

COMMODITY	Range	Average Price	COMMODITY	Range	Average Price	COMMODITY	Range	Average Price
Paddy			Vegetable (Up Country)			Snake Gourd		
Short Grain			Beans			Dambulla	220.00 – 240.00	232.00
A'pura	132.00 – 136.00	134.40	Dambulla	380.00 – 420.00	402.00	Hambantota	–	
P'naruwa	132.00 – 134.00	132.60	Wellimada	430.00 – 450.00	441.00	Embilipitiya	220.00 – 250.00	235.00
Kalawewa	132.00 – 135.00	132.80	Badulla	300.00 – 350.00	323.33	Matara	–	
Kurunegala	129.00 – 133.00	131.00	Carrot			A'pura	180.00 – 200.00	188.00
Dehiattakandiya	130.00 – 135.00	131.67	N'Eliya	280.00 – 290.00	284.00	Luffa		
Nikaweratiya	125.00 – 138.00	132.60	Wellimada	260.00 – 270.00	264.00	Dambulla	260.00 – 280.00	270.00
Ampara	132.00 – 135.00	133.50	Hanguranketha	250.00 – 300.00	266.00	Hambantota	250.00 – 280.00	265.00
Long Grain (White)			Leeks			Embilipitiya	260.00 – 280.00	272.50
A'pura	126.00 – 129.00	127.20	N'Eliya	70.00 – 80.00	76.00	Matara	–	
P'naruwa	131.00 – 132.00	131.40	Wellimada	70.00 – 85.00	78.00	A'pura	280.00 – 300.00	288.00
Kalawewa	125.00 – 128.00	126.50	Beetroot			Green Chillies		
Kurunegala	125.00 – 128.00	126.67	N'Eliya	200.00 – 230.00	220.00	Dambulla	480.00 – 590.00	534.00
Dehiattakandiya	126.00 – 132.00	128.67	Dambulla	280.00 – 300.00	290.00	Hambantota	–	
Embilipitiya	–		Kurunegala	–		Embilipitiya	680.00 – 720.00	697.50
Nikaweratiya	115.00 – 127.00	122.00	Wellimada	250.00 – 270.00	261.00	Puttalam	570.00 – 630.00	600.00
Hambantota	–		Hanguranketha	–		A'pura	600.00 – 650.00	620.00
Ampara	126.00 – 130.00	127.75	Knol Khol			Pumpkin		
Long Grain (Red)			N'Eliya	150.00 – 160.00	154.00	Dambulla	145.00 – 162.50	152.50
Matara	125.00 – 130.00	127.25	Wellimada	150.00 – 160.00	153.00	Hambantota	–	
Hambantota	120.00 – 125.00	122.50	Hanguranketha	180.00 – 200.00	193.33	Embilipitiya	160.00 – 180.00	170.00
Embilipitiya	125.00 – 128.00	126.50	Raddish			Matara	130.00 – 150.00	141.25
Keeri Samba			N'Eliya	60.00 – 70.00	64.00	A'pura	160.00 – 180.00	168.00
A'pura	142.00 – 147.00	144.00	Wellimada	35.00 – 45.00	40.00	Moneragala	120.00 – 140.00	128.00
P'naruwa	142.00 – 143.00	142.60	Hambantota	–		Cucumber		
Kalawewa	142.00 – 147.00	144.20	Hanguranketha	60.00 – 80.00	70.00	A'pura	30.00 – 40.00	34.00
Kurunegala	136.00 – 138.00	137.00	Cabbage			Dambulla	30.00 – 38.00	35.80
Dehiattakandiya	140.00 – 142.00	140.67	N'Eliya	150.00 – 160.00	154.00	Hambantota	–	
Red Onion			Wellimada	145.00 – 155.00	149.00	Matara	35.00 – 40.00	37.50
Puttalam	238.00 – 285.00	263.00	Badulla	160.00 – 185.00	172.50	Long Beans		
Jaffna	–		Hanguranketha	140.00 – 160.00	156.00	Dambulla	145.00 – 182.50	163.00
Big Onion			Tomato			Hambantota	–	
Dambulla	–		Wellimada	260.00 – 270.00	264.00	Embilipitiya	250.00 – 270.00	260.00
Kalawewa	–		Hambantota	–		Matara	200.00 – 240.00	222.50
A'pura	–		Dambulla	310.00 – 340.00	324.00	A'pura	200.00 – 220.00	208.00
Potato			Hanguranketha	220.00 – 260.00	244.00	Ash Plantain		
N'Eliya	240.00 – 250.00	244.00	Vegetable (Low Country)			Hambantota	–	
Badulla	215.00 – 230.00	221.67	Ladies Fingers			Embilipitiya	90.00 – 100.00	95.00
Wellimada	225.00 – 235.00	230.00	A'pura	210.00 – 230.00	218.00	Matara	95.00 – 110.00	101.25
Pulses			Dambulla	220.00 – 240.00	232.50	Lime		
Green Gram			Hambantota	200.00 – 250.00	225.00	Hambantota	–	
Hambantota	–		Embilipitiya	240.00 – 260.00	252.50	Embilipitiya	170.00 – 190.00	180.00
Moneragala	680.00 – 700.00	688.00	Matara	210.00 – 230.00	220.00	Moneragala	100.00 – 120.00	108.00
Embilipitiya	580.00 – 600.00	590.00	Brinjal			Fruits (Rs/kg)		
Nikaweratiya	600.00 – 650.00	616.67	A'pura	400.00 – 420.00	408.00	Banana		
A'pura	650.00 – 700.00	670.00	Dambulla	400.00 – 450.00	434.00	Ambul		
Cowpea			Hambantota	–		Moneragala	70.00 – 80.00	74.00
Hambantota	–		Embilipitiya	400.00 – 450.00	425.00	Embilipitiya	40.00 – 60.00	48.00
Nikaweratiya	500.00 – 550.00	516.67	Matara	320.00 – 360.00	342.50	Hambantota	70.00 – 80.00	75.00
Moneragala	400.00 – 450.00	420.00	Wellimada	420.00 – 440.00	429.00	Kolikuttu		
Embilipitiya	440.00 – 450.00	445.00	Capsicum			Moneragala	220.00 – 250.00	232.00
Maize			Badulla	630.00 – 700.00	670.00	Embilipitiya	160.00 – 200.00	178.00
A'pura	155.00 – 157.00	155.80	Wellimada	650.00 – 670.00	657.50	Hambantota	160.00 – 180.00	170.00
Kalawewa	–		Bitter Gourd			Papaw		
Gingelly			A'pura	320.00 – 350.00	332.00	Moneragala	40.00 – 50.00	44.00
A'pura	–		Dambulla	240.00 – 260.00	251.00	Embilipitiya	50.00 – 70.00	60.00
Kalawewa	–		Hambantota	380.00 – 400.00	390.00	Hambantota	60.00 – 70.00	65.00
Black Gram			Embilipitiya	320.00 – 350.00	335.00	Pineapple		
A'pura	–		Matara	260.00 – 300.00	277.50	Divulapitiya	–	
Kalawewa	–							

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

Week 14: 04 - 10 Apr 2025

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NULEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
Rice									
Local									
Samba 1	250.00	-	260.00	250.00	-	260.00	240.00	-	250.00
Samba 2	-		-	-		-	-		-
Keeri Samba	290.00	-	320.00	280.00	-	320.00	280.00	-	290.00
Nadu 1	230.00	-	240.00	230.00	-	250.00	230.00	-	240.00
Nadu 2	-		-	-		-	-		-
Raw (Red)	220.00	-	235.00	220.00	-	230.00	220.00	-	230.00
Raw (White)	220.00	-	230.00	220.00	-	230.00	220.00	-	230.00
Imported									
Samba	230.00	-	240.00	230.00	-	240.00	240.00	-	250.00
Nadu	230.00	-	230.00	220.00	-	230.00	230.00	-	230.00
Raw (Red)	-		-	-		-	-		-
Raw (White)	220.00	-	230.00	220.00	-	230.00	220.00	-	230.00
Dried Chillies									
Imported	750.00	-	900.00	850.00	-	1000.00	650.00	-	800.00
Red Onion									
Sinnan	-		-	-		400.00	-	350.00	-
Vedalan	-		-	400.00	-	400.00	450.00	-	380.00
Imported	400.00	-	450.00	400.00	-	480.00	460.00	-	400.00
Big Onion									
Imported	160.00	-	180.00	180.00	-	200.00	160.00	-	180.00
Local	-		-	-		-	-		-
Potato									
Welimada	380.00	-	380.00	-		-	-	360.00	-
N'Eliya	400.00	-	420.00	400.00	-	460.00	400.00	-	400.00
Imported	200.00	-	220.00	200.00	-	240.00	200.00	-	200.00
Pulses									
Green Gram	800.00	-	850.00	900.00	-	1000.00	950.00	-	900.00
Cowpea (White)	700.00	-	750.00	800.00	-	900.00	900.00	-	800.00
Cowpea (Red)	700.00	-	750.00	800.00	-	850.00	800.00	-	720.00
Red Dhal	280.00	-	320.00	280.00	-	320.00	280.00	-	280.00

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

Week 14: 04 - 10 Apr 2025

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Vegetable</u>									
Beans	460.00	-	500.00	680.00	-	720.00	550.00	-	600.00
Carrot	360.00	-	420.00	600.00	-	650.00	450.00	-	480.00
Leeks	180.00	-	200.00	400.00	-	400.00	320.00	-	320.00
Beetroot	340.00	-	380.00	570.00	-	600.00	450.00	-	500.00
Knolkhol	200.00	-	240.00	450.00	-	520.00	400.00	-	400.00
Raddish	160.00	-	180.00	260.00	-	320.00	250.00	-	280.00
Cabbage	260.00	-	280.00	450.00	-	480.00	320.00	-	400.00
Tomato	340.00	-	350.00	540.00	-	600.00	450.00	-	500.00
Ladies Fingers	340.00	-	360.00	450.00	-	480.00	360.00	-	400.00
Brinjal	460.00	-	480.00	700.00	-	750.00	680.00	-	700.00
Capsicum	560.00	-	580.00	1100.00	-	1200.00	900.00	-	950.00
Pumpkin	230.00	-	240.00	320.00	-	320.00	260.00	-	280.00
Cucumber	120.00	-	130.00	320.00	-	320.00	250.00	-	280.00
Bitter Gourd	420.00	-	450.00	560.00	-	600.00	550.00	-	600.00
Snake Gourd	340.00	-	360.00	450.00	-	480.00	400.00	-	450.00
Drumstick	850.00	-	900.00	-	-	860.00	900.00	-	950.00
Luffa	400.00	-	420.00	560.00	-	600.00	530.00	-	600.00
Long Beans	350.00	-	360.00	450.00	-	480.00	450.00	-	480.00
Ash Plantain	140.00	-	180.00	340.00	-	360.00	320.00	-	360.00
Green Chillies	650.00	-	700.00	1000.00	-	1200.00	900.00	-	1000.00
Lime	200.00	-	240.00	400.00	-	500.00	350.00	-	400.00
<u>Root Crops</u>									
Sweet Potato	230.00	-	260.00	320.00	-	320.00	340.00	-	340.00
Manioc	160.00	-	180.00	220.00	-	240.00	240.00	-	250.00
<u>Leafy Vegetable</u>									
Mukunuwenna	50.00	-	60.00	80.00	-	80.00	70.00	-	80.00
Kankun	50.00	-	60.00	80.00	-	80.00	70.00	-	80.00
Gotukola	220.00	-	240.00	280.00	-	320.00	240.00	-	260.00
<u>Coconut</u>									
Large	190.00	-	200.00	200.00	-	210.00	190.00	-	210.00
Small	170.00	-	175.00	180.00	-	190.00	170.00	-	180.00

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

Week 14: 04 - 10 Apr 2025

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Plantain</u>									
Ambul (Rs/Kg)	100.00	-	150.00	200.00	-	220.00	220.00	-	220.00
Kolikuttu (Rs/Kg)	250.00	-	300.00	350.00	-	380.00	380.00	-	400.00
Seeni (Rs/Kg)	150.00	-	150.00	210.00	-	220.00	240.00	-	250.00
Anamalu	30.00	-	35.00	43.00	-	46.00	50.00	-	50.00
Ambun	47.00	-	50.00	60.00	-	64.00	70.00	-	70.00
<u>Pineapple</u>									
Large	520.00	-	550.00	630.00	-	630.00	630.00	-	630.00
Medium	400.00	-	420.00	480.00	-	480.00	480.00	-	480.00
29 Small	320.00	-	340.00	390.00	-	390.00	390.00	-	390.00
<u>Mango</u>									
Betti	-	-	-	-	-	-	-	-	-
Karthakolomban	275.00	-	330.00	-	330.00	330.00	-	330.00	-
Vilad	-	-	-	-	-	-	-	-	-
Kohu	-	-	-	-	-	-	-	-	-
<u>Other Fruits</u>									
Wood Apple	145.00	-	160.00	240.00	-	260.00	200.00	-	200.00
Orange	60.00	-	80.00	80.00	-	100.00	120.00	-	120.00
Avocado	200.00	-	230.00	300.00	-	330.00	330.00	-	330.00
Slime Apple	40.00	-	47.00	80.00	-	100.00	90.00	-	100.00
Grapes (Rs/Kg)	1900.00	-	2000.00	2200.00	-	2500.00	2250.00	-	2500.00
Papaw (Rs/Kg)	130.00	-	140.00	260.00	-	280.00	250.00	-	250.00
Passion	70.00	-	80.00	90.00	-	100.00	100.00	-	100.00
King Coconut	180.00	-	200.00	220.00	-	250.00	250.00	-	250.00

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

Week 14: 04 - 10 Apr 2025

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Sea Fish</u>									
Salaya	360.00	500.00	500.00	500.00	500.00	600.00	650.00	540.00	540.00
Hurulla	1000.00	1100.00	1000.00	1000.00	-	1200.00	1400.00	-	-
Balaya	1200.00	1300.00	1300.00	1500.00	-	-	1300.00	1300.00	-
Kelawalla	1500.00	1600.00	2200.00	2200.00	2300.00	2400.00	2000.00	2200.00	2200.00
Thora	2000.00	2400.00	2400.00	2400.00	3000.00	-	3600.00	3600.00	3000.00
Paraw	1450.00	1600.00	1700.00	1800.00	1600.00	2000.00	2100.00	1800.00	1900.00
Mora	-	-	-	-	-	-	-	-	-
Shrimps Small	2400.00	2500.00	2200.00	2200.00	2400.00	2400.00	2200.00	2200.00	2400.00
Talapath	1900.00	2200.00	2200.00	2400.00	2800.00	2800.00	-	2600.00	2600.00
30 <u>Eggs (Rs/egg)</u>									
Brown	43.00	43.00	42.00	43.00	40.00	44.00	40.00	41.00	46.00
White	41.00	41.00	40.00	41.00	42.00	42.00	38.00	39.00	44.00
<u>Dried Fish</u>									
Sprats	1000.00	1100.00	1700.00	1800.00	1600.00	1800.00	1600.00	1600.00	1700.00
Kattawa	1950.00	2000.00	2400.00	2400.00	2400.00	2400.00	-	2400.00	2400.00
Thora	-	-	-	-	-	-	-	-	-
Mora	2100.00	2200.00	2400.00	2400.00	2600.00	2600.00	2600.00	2600.00	2600.00
Balaya	1300.00	1350.00	1500.00	1600.00	2000.00	2000.00	1800.00	1800.00	1900.00
Anguluwa	1850.00	1850.00	2200.00	2200.00	2400.00	-	-	-	-
Salaya	1200.00	1300.00	1200.00	1200.00	1400.00	1400.00	-	1200.00	1200.00
<u>Meat</u>									
Beef (without Bones)	-	2700.00	2700.00	2800.00	2800.00	-	2800.00	2800.00	-
Chicken (Broiler)	1200.00	1200.00	1280.00	1280.00	1280.00	1280.00	1100.00	1100.00	1150.00
Chicken (Curry)	-	1200.00	1200.00	1200.00	1200.00	1100.00	1000.00	1000.00	1000.00
Mutton	3400.00	3400.00	3500.00	3500.00	3800.00	3800.00	3600.00	3600.00	3500.00
Pork	-	1800.00	1800.00	1500.00	1500.00	-	-	-	1400.00

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

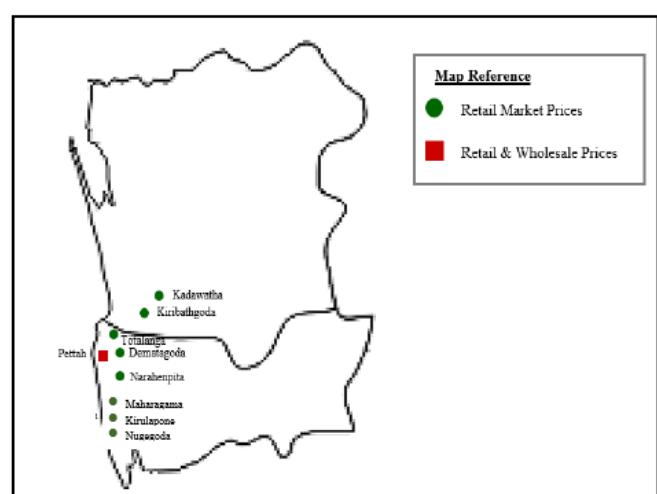
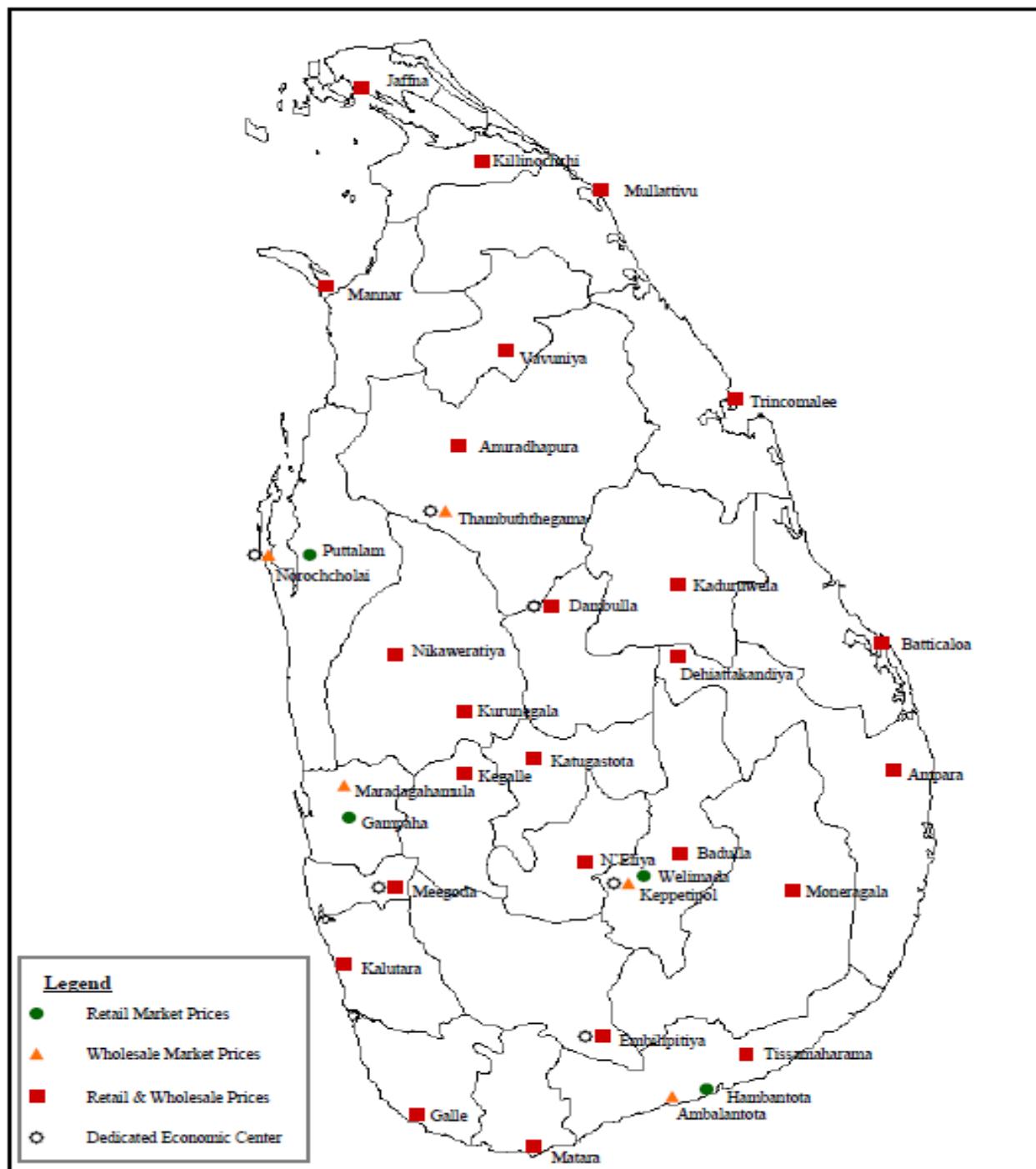
Fruits

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,
තංහෙල දුරකථනයායේ

හෙක්වර කොළඹකුව ගොවී කටයුතු තරේයේකම්
හා ප්‍රහැරුවේ ආයතනය අනුග්‍රහයෙන්

වොශිකීම් ත්‍රේල
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වොශිකීම් ත්‍රේල - ආ එම
ඝැනීමෙන් උග්‍ර දුරකථන යුතුයේ
ඉඩාන් නොව මිල ප්‍රහැරුව.
ප්‍රාග්ධනය ඇත්තා නොවායි.

සාම්බ රුහුම දුරකථන ත්‍රේලයෙන්

වොශිකීම් ත්‍රේල ඇත්තා නොවායි.