

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

The retail prices of local samba has increased while the prices of local raw red, local raw white and local nadu have decreased. Compared to the same period of the last year, the highest price increase of 24% was recorded for local keeri samba.

(Page No.01)**Other Field Crops**

The retail prices of imported red onion, Nuwara Eliya potato, imported potato and all major pulses have decreased while the retail prices of imported big onion and imported dry chili have increased. However, compared to the same period of last year, highest price increase of 64% was recorded for imported dry chilies.

(Page No.02-03)**Vegetables**

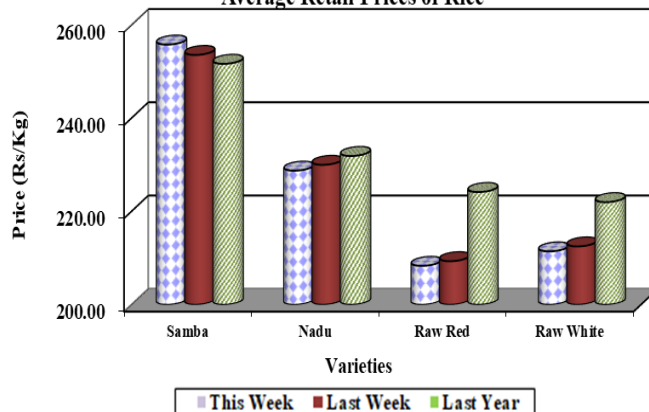
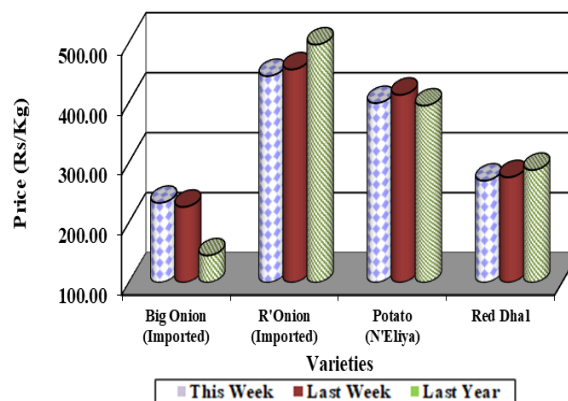
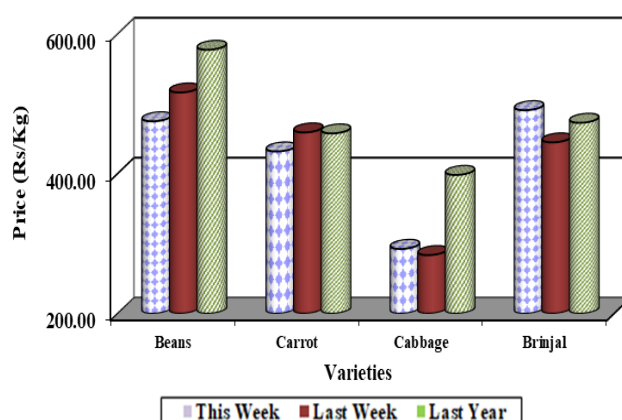
The retail prices of most of the vegetable varieties have decreased. Considering the up country vegetables. The highest price decrease was reported for tomato by Rs.120.00/kg while considering the low country vegetable varieties, the highest price decrease was reported for drumstick by Rs.221.00/kg. However, compared to the same period of the last year, retail prices of most of the vegetable varieties have increased.

(Page No.03-04)**Fruits**

The retail prices of some of the fruit varieties have increased. The highest price increase of Rs.166.00/kg was reported for vilad mango while the retail price of imported grapes has increased by Rs.61.00/kg. Compared to the same period of the previous year, current prices of most of the fruits have decreased and the highest price decrease was reported for karthakolomban mango by 55%.

(Page No.05)**Fish**

The retail prices of most of the fish varieties have increased. The highest price increase was reported for balaya by Rs.375.00/kg. While the highest price decrease was reported for hurulla by Rs.119.00/kg. Compared to the same period of the last year, the retail prices of most of the fish varieties have increased in the range of 3%-51%.

(Page No.05-06)**Average Retail Prices of Rice****Average Retail Prices of Other Field Crops****Average Retail Prices of Vegetables**

Rice

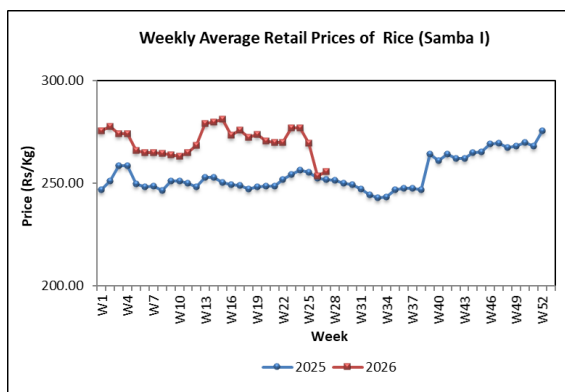
Wholesale

Price of all the rice varieties have not changed significantly and price ranges of keeri samba and raw red were Rs.260.00-330.00/kg and Rs.160.00-175.00/kg.

Compared to the same period of the last year, the highest price increase of 4% recorded for keeri samba. The highest price decrease of 19% recorded for raw red.

Retail

Price of local samba has increased. The prices of local raw red, local raw white and local nadu have decreased. There is no significant change in the retail price of local keeri samba. The highest price increase of Rs.2.00/kg was recorded for local samba. The highest price decrease of Rs.1.00/kg was recorded for both local raw red and raw white.



Compared to the same period of the last year, the highest price increase of 24% was recorded for local keeri samba while the

highest price decrease of 17% was recorded for raw (red).

Paddy

Harvesting of the 2026 Yala paddy crop is currently underway in most of the major producing areas. As a result, both old dried paddy stocks and newly harvested wet paddy have continued to arrive at the market. The Government has announced the Guaranteed Purchasing Prices (GPP) for well-dried paddy as Rs.120.00/kg for nadu, Rs.130.00/kg for samba and Rs.140.00/kg for keeri samba.

However, during the week, no significant changes were reported in farmgate prices for the major paddy varieties across most producing areas. Accordingly, short-grain (samba) paddy was reported at Rs.118.00-130.00/kg, keeri samba paddy was reported at Rs.140.00-148.00/kg and White nadu paddy was reported at Rs.82.00-107.00/kg. However, the farmgate price of long-grain red paddy increased by Rs.5.00/kg in the Embilipitiya area, with prices ranging between Rs.98.00 and Rs.100.00/kg.

Compared to the corresponding period of last year, the average farmgate prices of all major paddy varieties, except keeri samba, have declined by 2%-14%. In contrast, the

average farmgate price of keeri samba paddy has increased by 8%-10%.

Dried Chilies

Wholesale

Price of imported dried chilies has increased by 9% due to unavailability of sufficient stocks and price ranged Rs.1000.00-1300.00/kg,

Compared to same period of last year, current wholesale price of imported dried chilies has increased by 68%.

Retail

Price of imported dried chilies has increased by Rs. 40.00/kg and price ranged Rs. 1200.00-1500.00/kg.

Compared to the same period of the last year, current retail price of imported dried chilies has increased by 64%.

Onion

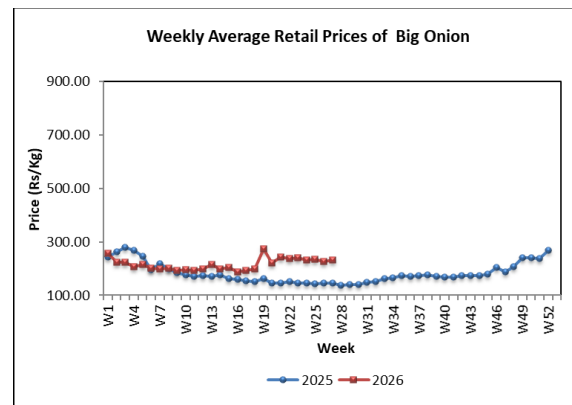
Wholesale

Price of vedalan red onion and imported red onion have decreased by 4% and 6%. Price ranged Rs.350.00-400.00/kg and Rs.290.00-350.00/kg. Price of imported big onion has increased by 4% and price ranged Rs.160.00-190.00/kg.

Compared to the same period of the last year, current wholesale price of vedalan and imported red onion have decreased by 10% and 5% while imported big onion has increased by 107%.

Retail

Price of imported red onions has decreased by Rs.11.00/kg and price of imported big onions has increased by Rs.7.00/kg.



Compared to the same period of the last year, the highest price increase of 60% was recorded for imported big onions.

Potato

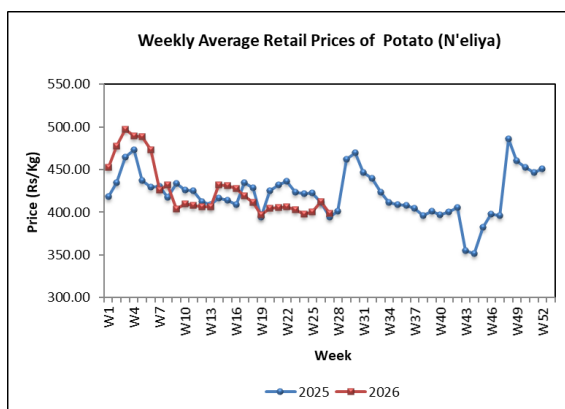
Wholesale

Price of imported potato has increased by 4% and price ranged Rs.180.00-220.00/kg. Price of Nuwara Eliya potato has not changed significantly and price ranged Rs.280.00-310.00/kg.

Compared to the same period of the last year, current wholesale price of imported potato has increased by 18%.

Retail

The prices of Nuwara Eliya and imported potatoes have decreased. The highest price decrease of Rs. 14.00/kg was recorded for Nuwara Eliya potatoes.



Compared to the same period of the last year, highest price increase of 13% was recorded for imported potatoes.

Pulses

Wholesale

Price of green gram and red dhal have decreased by 3% and 2% respectively and price ranged Rs.700.00-800.00/kg and Rs.220.00-240.00/kg.

Compared to same period of last year, current wholesale price of the highest price decrease of 24% recorded for red cowpea.

Retail

The prices of all types of pulses varieties have decreased. The highest price decrease of Rs.20.00/kg was recorded for cowpea(white).

Compared to the same period of the last year, highest price increase of 7% was recorded for green gram and highest price decrease of 6% was recorded for red dhal.

Vegetables

Wholesale

Prices of all of the up country and most of low country vegetables have decreased further, with increased supply from most of producing areas.

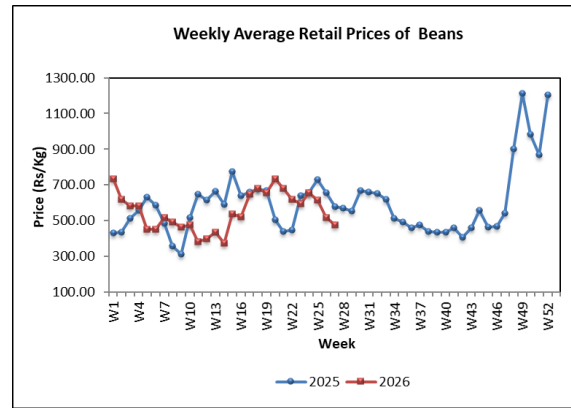
Among the upcountry vegetable varieties, the highest price decrease of 42% reported for tomato, with increased supply from Sooriyawewa, Balangoda and Kandy. Similarly, the prices of raddish have also decreased by 19%, due to increased supply from Nuwara Eliya, Puttalam and Welimada. While the prices of Leeks have decreased by 14%, with increased supply from Nuwara Eliya. Prices of other up-country vegetable have decrease in the range of 1%-8%.

Considering the low-country vegetables, the highest price decrease was reported for

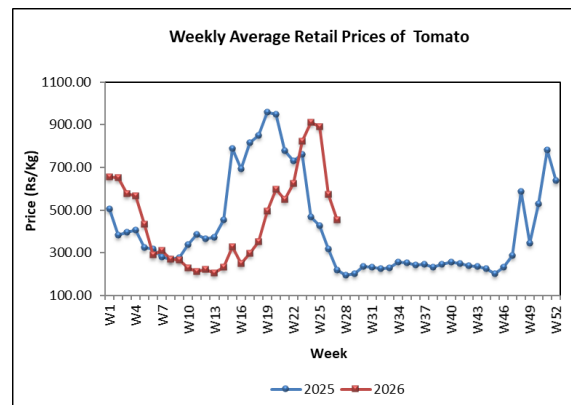
lady fingers as 29%, due to increased supply from Balangoda, Kandy, Embilipitiya, Hambanthota and Rajanganaya. In addition, prices of cucumber have also decreased by 27%, with increased supply from Hettipola, Puttalam, Dambulla and Embilipitiya. While, the prices of Drumstick have decreased by 18%, with increased supply from Embilipitiya, Kinniya and Jaffna. Prices of Pumpkin have increased by 33%, with decrease supply from Embilipitiya, Hambanthota and Monaragala. Prices of Brinjals and long beans have also increased by 18%, with low supply from Balangoda, Embilipitiya and Puttalam. Prices of green chilly have decreased by 16%, due to increase supply from Jaffna and Puttalam. Compared to the same period of the last year, the prices of most of the vegetables have increased, with the highest price increase of 221% reported for tomato.

Retail

Prices of most of the vegetable varieties have decreased. Considering the up-country vegetables, the highest price decrease was reported for tomato by Rs.120.00/kg, while prices of leeks and beans have also decreased by Rs.42.00/kg and Rs. 41.00/kg respectively.



Considering low country vegetable varieties, the highest price decrease was reported for drumstick by Rs.221.00/kg and price of luffa has also decreased by Rs.77.00/kg. Also, the price of green chilies has decreased by Rs.126.00/kg.



Compared to the same period of the last year, prices of most vegetable varieties have increased with a highest price increase of 106% reported for tomato.

Coconut

Wholesale

Prices of both large and small coconut have not changed significantly. Price ranges

were Rs.150.00-160.00 for a large nut and Rs.125.00-140.00 for a small nut.

Compared to the same period of the last year, the current wholesale prices of both large and small nuts have decreased by 4% and 8% respectively.

Retail

There has been no change in the price of both large and small coconuts. Prices ranged Rs.160.00-200.00 for a large nut and Rs.130.00-150.00 for a small nut.

Compared to the same period of the last year, the current retail price of both large and small nuts have decreased by 10% and 19% respectively.

Fruits

Wholesale

Prices of some of the fruit varieties have decreased due to high supply to the market. The highest price decrease of 23% was reported for papaw. Further, prices of avocado and passion fruit have decreased by 11% per each due to high supply. However, prices of betti mango and pineapple have increased by 32% and 24% respectively due to low supply. Moreover, prices of orange(local) and vilad mango have increased by 15% and 10% respectively due to limited supply to the

market.

Compared to the same period of the last year, prices of most of the fruit varieties have decreased and the highest price decrease of 61% was noted for karthakolomban mango.

Retail

Prices of some of the fruit varieties have increased. The highest price increase of Rs.166.00/kg was reported for vilad mango. Price of betti mango, orange and pineapple have increased by Rs. 106.00/kg, Rs.99.00/kg and Rs.62.00/kg respectively. Also, prices of karthakolomban mango and passion fruit increased by Rs.56.00/kg and Rs.20.00/kg. However, the price of imported grapes has decreased by Rs. 61.00/kg.

Compared to the same period of the last year, current prices of most of the fruits have decreased and the highest price decrease was reported for karthakolomban mango by 55%.

Fresh Fish

Wholesale

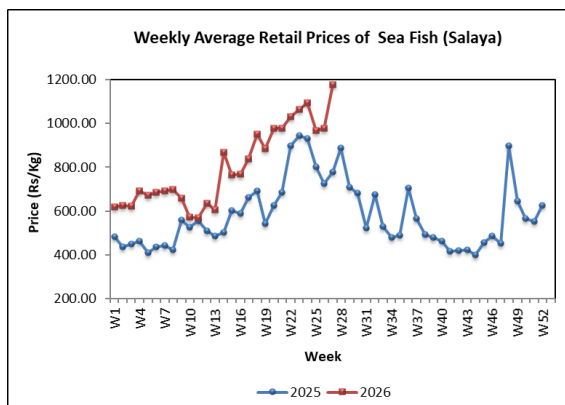
The prices of most fresh fish types have increased in the range of 2% to 52%. The highest price increase was noted for kelawalla as 52% with a price range of

Rs.2200.00-2300.00/kg. The second highest price increase of 37% was reported for salaya with a price range of Rs.850.00-1200.00/kg. The price of paraw has decreased by 5% with a price range of Rs.1400.00-1650.00/kg.

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

Retail

Prices of most of the fish varieties have increased. The highest price increase was reported for balaya by Rs.375.00/kg. While the prices of thora and kelawalla have increases by Rs.277.00/kg and Rs.229.00/kg respectively. The highest price decrease was reported for hurulla by Rs.119.00/kg and it was followed by thalapath (Rs.116.00/kg).



Compared to the same period last year, the retail prices of most of the fish varieties

have increased in the range of 3%-51%. The highest price increase was recorded for salaya 51%.

Dried Fish

Wholesale

Prices of some of the local and dried fish types have decreased in the range of 1%-17%. The highest price decrease of 17% was noted for imported anguluwa with a price range of Rs.1900.00-2100.00/kg. The second highest price decrease of 6% was noted for local mora with a price range of Rs.2300.00-2700.00/kg. Price of local sprats has increased by 3% with a price range of Rs.2450.00-2700/kg.

Compared to the same period of the last year, the current wholesale prices of most of the dried fish types have increased and the highest price increase was noted for local sprats.

Retail

Prices of most of the dried fish varieties have decreased in the ranged of Rs.3.00-Rs.5.00/kg. Prices of kattawa, thora and anguluwa have also decreased by Rs.217.00/kg, Rs.705.00/kg and Rs.250.00/kg respectively.

Compared to the same period of last year, prices of most dried fish varieties have

increased in the range of 11%-39%. The highest price increase was recorded for local sprats.

Eggs

Wholesale

The prices of brown and white eggs have increased by 4% per each. Price range of a brown egg was Rs.38.00-40.00 and the price range of a white egg was Rs.36.00-38.00.

Compared to the same period of the last year, current wholesale price of brown and white eggs have increased by 18% and 19% respectively.

Retail

Price of brown and white eggs have increased by Rs.1.00. Price ranged Rs.40.00-42.00 for brown eggs and Rs.37.00-40.00 for white eggs.

Compared to the same period in the previous year, both retail prices of brown and white eggs have increased by 16%.

Meat

Retail

The highest price decrease was reported for skin less curry chicken at Rs. 34.00/kg. The price of mutton has increased by Rs.12.00/kg. The price increase was reported for mutton.

Compared to the same period of the last year, prices of most meats have increased. The highest price increase was noted for mutton at 18%.

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/kg)

Week 27: 03 - 09 July 2026

[illegible]

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

Week 27: 03 - 09 July 2026

	LOCATIONS	Rice Varieties											
		Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red	
09	Colombo	250.00 – 260.00	–	360.00 – 360.00	220.00 – 230.00	–	185.00 – 220.00	200.00 – 220.00					
	Gampaha	–	240.00 – 240.00	–	230.00 – 230.00	200.00 – 220.00	195.00 – 210.00	190.00 – 205.00					
	Kurunegala	–	–	–	–	–	–	–					
	Nikaweratiya	–	240.00 – 245.00	385.00 – 395.00	228.00 – 235.00	190.00 – 195.00	–	180.00 – 185.00					
	Dambulla	285.00 – 290.00	240.00 – 250.00	360.00 – 370.00	228.00 – 230.00	210.00 – 215.00	210.00 – 215.00	210.00 – 215.00					
	Anuradhapura	–	–	–	–	–	–	–					
	Thambuththegama	295.00 – 300.00	245.00 – 255.00	385.00 – 400.00	230.00 – 235.00	205.00 – 218.00	215.00 – 220.00	205.00 – 215.00					
	Polonnaruwa	–	239.00 – 240.00	–	230.00 – 230.00	–	218.00 – 220.00	220.00 – 220.00					
	Kaluthara	260.00 – 280.00	240.00 – 240.00	360.00 – 380.00	230.00 – 230.00	205.00 – 210.00	165.00 – 198.00	180.00 – 220.00					
	Badulla	–	230.00 – 240.00	370.00 – 370.00	230.00 – 230.00	–	170.00 – 180.00	180.00 – 190.00					
	Keppetipola	–	255.00 – 260.00	360.00 – 370.00	220.00 – 223.00	213.00 – 215.00	170.00 – 175.00	190.00 – 200.00					
	Moneragala	–	240.00 – 250.00	385.00 – 390.00	230.00 – 230.00	220.00 – 220.00	165.00 – 180.00	180.00 – 190.00					
	Kegalle	–	240.00 – 250.00	–	230.00 – 230.00	215.00 – 220.00	210.00 – 220.00	210.00 – 220.00					
	Ampara	–	240.00 – 250.00	360.00 – 360.00	230.00 – 230.00	200.00 – 205.00	175.00 – 200.00	180.00 – 220.00					
	Dehiattakandiya	270.00 – 290.00	–	380.00 – 380.00	225.00 – 230.00	205.00 – 215.00	215.00 – 220.00	180.00 – 220.00					
	Nuwaraeliya	–	250.00 – 260.00	370.00 – 380.00	220.00 – 225.00	210.00 – 215.00	175.00 – 180.00	190.00 – 200.00					
	Kandy	275.00 – 280.00	240.00 – 250.00	370.00 – 380.00	228.00 – 230.00	218.00 – 220.00	200.00 – 210.00	210.00 – 220.00					
	Puttalam	280.00 – 290.00	240.00 – 250.00	380.00 – 390.00	230.00 – 230.00	210.00 – 220.00	215.00 – 220.00	210.00 – 220.00					
	Hambantota	–	–	–	–	–	–	–					
	Rathnapura	290.00 – 300.00	–	380.00 – 390.00	225.00 – 230.00	208.00 – 215.00	170.00 – 176.00	185.00 – 195.00					
	Matara	270.00 – 280.00	240.00 – 250.00	380.00 – 390.00	230.00 – 230.00	210.00 – 220.00	162.00 – 170.00	185.00 – 220.00					
	Galle	280.00 – 300.00	260.00 – 260.00	380.00 – 400.00	230.00 – 230.00	220.00 – 220.00	180.00 – 200.00	200.00 – 220.00					
	Tissamaharama	–	240.00 – 240.00	–	230.00 – 230.00	–	160.00 – 165.00	200.00 – 205.00					
	Meegoda (DEC)	–	240.00 – 240.00	–	230.00 – 230.00	210.00 – 220.00	185.00 – 190.00	190.00 – 220.00					
	Embilipitiya	–	240.00 – 250.00	370.00 – 380.00	228.00 – 230.00	209.00 – 215.00	156.00 – 165.00	195.00 – 205.00					
	Jaffna	–	–	–	220.00 – 230.00	–	180.00 – 190.00	200.00 – 210.00					
	Vavuniya	–	–	–	220.00 – 230.00	–	180.00 – 190.00	200.00 – 210.00					
	Mannar	–	250.00 – 255.00	350.00 – 360.00	230.00 – 235.00	–	180.00 – 185.00	215.00 – 220.00					
	Killinochchi	–	–	–	–	–	–	–					
	Mullaittivu	–	–	–	215.00 – 220.00	–	180.00 – 186.00	210.00 – 215.00					
	Batticaloa	–	250.00 – 255.00	350.00 – 360.00	215.00 – 220.00	–	185.00 – 190.00	185.00 – 190.00					
	Trincomalee	–	–	–	–	–	–	–					
Hanguranketha	–	240.00 – 240.00	–	225.00 – 227.00	210.00 – 218.00	190.00 – 190.00	190.00 – 218.00						
Veyangoda	–	–	–	–	–	–	–						
Galenbindunuwewa	–	–	–	–	–	–	–						
Bandarawela	–	–	365.00 – 375.00	230.00 – 230.00	216.00 – 218.00	175.00 – 185.00	190.00 – 195.00						
Matale	–	–	–	–	–	–	–						

10

10

10

11

11

11

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

Week 27: 03 - 09 July 2026

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	250.00 - 350.00	250.00 - 300.00	160.00 - 230.00	330.00 - 400.00	120.00 - 150.00
Meegoda (DEC)	-	300.00 - 360.00	280.00 - 310.00	190.00 - 250.00	-	160.00 - 200.00
Dambulla (DEC)	-	250.00 - 320.00	200.00 - 320.00	180.00 - 230.00	380.00 - 420.00	110.00 - 130.00
Keppetipola (DEC)	-	250.00 - 320.00	220.00 - 250.00	160.00 - 200.00	250.00 - 280.00	130.00 - 170.00
Norochchole (DEC)	-	-	-	-	-	-
Nuwara Eliya	-	260.00 - 330.00	260.00 - 280.00	180.00 - 220.00	260.00 - 290.00	140.00 - 170.00
Kandy	-	200.00 - 250.00	250.00 - 300.00	230.00 - 250.00	300.00 - 370.00	80.00 - 100.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	-	250.00 - 350.00	280.00 - 330.00	240.00 - 280.00	-	-
Jaffna	-	-	-	-	-	-
Bandarawela	-	240.00 - 300.00	220.00 - 260.00	190.00 - 210.00	270.00 - 300.00	130.00 - 150.00
Veyangoda	-	-	-	-	-	-

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	80.00 - 100.00	70.00 - 110.00	180.00 - 300.00	80.00 - 150.00	200.00 - 400.00	250.00 - 400.00
Meegoda (DEC)	80.00 - 120.00	100.00 - 140.00	200.00 - 250.00	110.00 - 150.00	220.00 - 260.00	300.00 - 340.00
Moneragala	-	-	-	-	-	-
Dambulla (DEC)	30.00 - 60.00	100.00 - 120.00	200.00 - 250.00	140.00 - 150.00	150.00 - 280.00	250.00 - 300.00
Keppetipola (DEC)	60.00 - 80.00	60.00 - 100.00	180.00 - 220.00	-	180.00 - 220.00	260.00 - 320.00
Norochchole (DEC)	30.00 - 50.00	-	-	80.00 - 100.00	90.00 - 140.00	350.00 - 450.00
Nuwara Eliya	60.00 - 80.00	100.00 - 120.00	200.00 - 220.00	-	-	280.00 - 330.00
Kandy	80.00 - 120.00	120.00 - 130.00	200.00 - 280.00	120.00 - 150.00	250.00 - 300.00	250.00 - 280.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	80.00 - 110.00	80.00 - 150.00	230.00 - 280.00	80.00 - 120.00	180.00 - 300.00	300.00 - 350.00
Tissamaharama	-	-	-	-	-	-
Jaffna	-	-	-	-	-	-
Bandarawela	70.00 - 80.00	65.00 - 90.00	180.00 - 210.00	130.00 - 140.00	180.00 - 280.00	270.00 - 320.00
Veyangoda	-	-	-	-	-	-

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	140.00 - 200.00	50.00 - 100.00	350.00 - 450.00	200.00 - 250.00	200.00 - 500.00	130.00 - 200.00
Meegoda (DEC)	130.00 - 140.00	70.00 - 110.00	330.00 - 360.00	220.00 - 300.00	-	100.00 - 150.00
Moneragala	-	-	-	-	-	-
Dambulla (DEC)	100.00 - 150.00	40.00 - 65.00	250.00 - 300.00	90.00 - 160.00	350.00 - 450.00	100.00 - 130.00
Keppetipola (DEC)	140.00 - 150.00	50.00 - 130.00	-	-	300.00 - 350.00	-
Norochchole (DEC)	-	25.00 - 50.00	300.00 - 360.00	120.00 - 130.00	300.00 - 480.00	130.00 - 180.00
Nuwara Eliya	-	-	-	-	-	-
Kandy	130.00 - 160.00	60.00 - 70.00	280.00 - 350.00	150.00 - 180.00	250.00 - 450.00	100.00 - 120.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	100.00 - 130.00	25.00 - 40.00	250.00 - 300.00	120.00 - 150.00	-	80.00 - 120.00
Tissamaharama	-	-	-	-	-	-
Jaffna	-	-	-	-	-	-
Bandarawela	140.00 - 150.00	80.00 - 140.00	400.00 - 420.00	200.00 - 220.00	300.00 - 450.00	240.00 - 250.00
Veyangoda	-	-	-	-	-	-

Table 06 (Contd.)

	Long Beans	Ash Plantain	Green Chillies	Lime	Sweet Potatoe	Manioc
Colombo	200.00 - 300.00	120.00 - 150.00	550.00 - 700.00	300.00 - 450.00	150.00 - 300.00	100.00 - 140.00
Meegoda (DEC)	180.00 - 220.00	120.00 - 150.00	800.00 - 900.00	300.00 - 420.00	140.00 - 160.00	100.00 - 120.00
Moneragala	-	-	-	-	-	-
Dambulla (DEC)	100.00 - 200.00	80.00 - 110.00	550.00 - 750.00	330.00 - 400.00	100.00 - 150.00	100.00 - 120.00
Keppetipola (DEC)	-	-	650.00 - 750.00	-	160.00 - 170.00	120.00 - 140.00
Norochchole (DEC)	140.00 - 160.00	80.00 - 100.00	700.00 - 700.00	-	-	120.00 - 150.00
Nuwara Eliya	-	-	-	-	-	-
Kandy	150.00 - 230.00	120.00 - 140.00	700.00 - 850.00	400.00 - 450.00	140.00 - 170.00	120.00 - 130.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	120.00 - 150.00	60.00 - 100.00	900.00 - 1000.00	300.00 - 350.00	150.00 - 180.00	100.00 - 120.00
Tissamaharama	-	-	-	-	-	-
Jaffna	-	-	-	-	-	-
Bandarawela	180.00 - 200.00	120.00 - 140.00	650.00 - 750.00	400.00 - 450.00	150.00 - 160.00	110.00 - 130.00
Veyangoda	-	-	-	-	-	-

Locations	Leafy Vegetables (Rs/kg)			Coconut (Rs/nut)	
	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	120.00 - 150.00	120.00 - 150.00	250.00 - 300.00	150.00 - 160.00	125.00 - 140.00
Meegoda (DEC)	-	-	-	-	115.00 - 120.00
Norochchole (DEC)	-	-	-	-	-
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	-	-	-	-	-
Kandy	150.00 - 180.00	-	280.00 - 300.00	-	120.00 - 130.00
Hambantota	-	-	-	-	-
Thambuththegama (DEC)	-	-	-	-	-
Tissamaharama	-	-	-	-	-
Jaffna	-	-	-	-	-
Bandarawela	-	-	210.00 - 240.00	-	-
Veyangoda	-	-	-	-	-

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

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

Week 27: 03 - 09 July 2026

LOCATIONS	Up Country Varieties															
	Butter Beans	Green Beans		Carrot		Leeks		Beetroot		Knol Khol		Raddish		Cabbage		Tomato
Colombo	-	300.00	- 600.00	300.00	- 600.00	250.00	- 480.00	380.00	- 600.00	200.00	- 480.00	150.00	- 360.00	120.00	- 400.00	300.00 - 600.00
Gampaha	-	440.00	- 500.00	400.00	- 480.00	340.00	- 380.00	450.00	- 500.00	300.00	- 360.00	200.00	- 240.00	190.00	- 220.00	620.00 - 680.00
Kurunegala	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Nikaweratiya	-	460.00	- 520.00	400.00	- 480.00	400.00	- 480.00	480.00	- 540.00	320.00	- 380.00	160.00	- 240.00	300.00	- 360.00	480.00 - 540.00
Dambulla	-	360.00	- 400.00	360.00	- 400.00	340.00	- 380.00	500.00	- 540.00	240.00	- 300.00	160.00	- 200.00	200.00	- 220.00	380.00 - 400.00
Anuradhapura	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Thambuththegama	-	450.00	- 500.00	380.00	- 450.00	300.00	- 380.00	-	-	-	-	150.00	- 180.00	180.00	- 250.00	400.00 - 550.00
Polonnaruwa	-	540.00	- 640.00	450.00	- 480.00	400.00	- 480.00	560.00	- 640.00	280.00	- 360.00	160.00	- 280.00	240.00	- 280.00	440.00 - 480.00
Kaluthara	-	400.00	- 480.00	360.00	- 480.00	280.00	- 400.00	480.00	- 600.00	300.00	- 360.00	200.00	- 200.00	-	-	400.00 - 500.00
Badulla	-	400.00	- 480.00	400.00	- 480.00	400.00	- 480.00	520.00	- 600.00	320.00	- 400.00	240.00	- 320.00	200.00	- 240.00	320.00 - 400.00
Keppetipola	-	360.00	- 380.00	250.00	- 270.00	230.00	- 250.00	340.00	- 360.00	200.00	- 240.00	100.00	- 130.00	130.00	- 150.00	260.00 - 300.00
Moneragala	-	400.00	- 440.00	380.00	- 400.00	400.00	- 440.00	480.00	- 520.00	240.00	- 260.00	200.00	- 240.00	200.00	- 240.00	320.00 - 380.00
Kegalle	-	480.00	- 520.00	480.00	- 520.00	450.00	- 480.00	450.00	- 480.00	280.00	- 320.00	280.00	- 320.00	280.00	- 320.00	440.00 - 480.00
Ampara	-	440.00	- 500.00	350.00	- 400.00	360.00	- 400.00	360.00	- 500.00	300.00	- 360.00	200.00	- 260.00	240.00	- 280.00	360.00 - 440.00
Dehiattakandiya	-	400.00	- 600.00	400.00	- 500.00	300.00	- 300.00	400.00	- 400.00	300.00	- 400.00	200.00	- 300.00	200.00	- 300.00	400.00 - 400.00
Nuwaraeliya	-	400.00	- 420.00	350.00	- 360.00	280.00	- 300.00	360.00	- 380.00	240.00	- 260.00	140.00	- 160.00	200.00	- 220.00	320.00 - 350.00
Kandy	-	360.00	- 400.00	400.00	- 450.00	240.00	- 260.00	450.00	- 480.00	200.00	- 240.00	200.00	- 240.00	260.00	- 280.00	400.00 - 450.00
Puttalam	-	550.00	- 600.00	520.00	- 600.00	560.00	- 600.00	600.00	- 600.00	450.00	- 500.00	160.00	- 200.00	400.00	- 480.00	560.00 - 640.00
Hambantota	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Rathnapura	-	400.00	- 450.00	350.00	- 430.00	300.00	- 400.00	420.00	- 500.00	-	-	140.00	- 180.00	220.00	- 250.00	400.00 - 460.00
Matara	-	400.00	- 480.00	400.00	- 480.00	280.00	- 400.00	480.00	- 600.00	260.00	- 320.00	160.00	- 200.00	-	-	380.00 - 480.00
Galle	-	560.00	- 600.00	440.00	- 480.00	440.00	- 500.00	460.00	- 540.00	360.00	- 400.00	200.00	- 280.00	360.00	- 400.00	400.00 - 500.00
Tissamaharama	-	380.00	- 400.00	350.00	- 360.00	280.00	- 300.00	450.00	- 460.00	250.00	- 270.00	160.00	- 180.00	200.00	- 220.00	350.00 - 360.00
Meegoda (DEC)	-	480.00	- 480.00	400.00	- 480.00	400.00	- 440.00	-	-	280.00	- 360.00	240.00	- 300.00	240.00	- 320.00	400.00 - 480.00
Embilipitiya	-	400.00	- 480.00	400.00	- 480.00	320.00	- 400.00	580.00	- 600.00	280.00	- 320.00	200.00	- 240.00	240.00	- 300.00	350.00 - 480.00
Jaffna	-	-	-	350.00	- 360.00	300.00	- 320.00	-	-	-	-	180.00	- 200.00	240.00	- 250.00	400.00 - 450.00
Vavuniya	-	500.00	- 580.00	500.00	- 540.00	400.00	- 450.00	500.00	- 540.00	300.00	- 340.00	320.00	- 350.00	300.00	- 340.00	500.00 - 550.00
Mannar	-	550.00	- 600.00	450.00	- 500.00	400.00	- 450.00	500.00	- 550.00	-	-	200.00	- 250.00	300.00	- 320.00	480.00 - 500.00
Killinochchi	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mullaittivu	-	550.00	- 600.00	460.00	- 500.00	380.00	- 440.00	520.00	- 560.00	-	-	200.00	- 260.00	260.00	- 300.00	480.00 - 520.00
Batticaloa	-	430.00	- 450.00	400.00	- 420.00	350.00	- 350.00	400.00	- 400.00	300.00	- 320.00	150.00	- 180.00	-	-	450.00 - 480.00
Trincomalee	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Hanguranketha	-	400.00	- 420.00	310.00	- 350.00	240.00	- 260.00	-	-	140.00	- 160.00	90.00	- 110.00	120.00	- 140.00	250.00 - 280.00
Veyangoda	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Galenbindunuwewa	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bandarawela	-	360.00	- 380.00	280.00	- 320.00	260.00	- 280.00	360.00	- 400.00	240.00	- 260.00	140.00	- 160.00	200.00	- 280.00	240.00 - 300.00
Matale	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Table 07 (Contd.)

LOCATIONS	Low Country Varieties													
	Ladies Fingers	Brinjal	Capsicum	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa	Long Beans				
Colombo	150.00 - 400.00	320.00 - 640.00	350.00 - 600.00	180.00 - 320.00	100.00 - 320.00	400.00 - 800.00	320.00 - 600.00	400.00 - 1000.00	240.00 - 480.00	250.00 - 520.00				
Gampaha	340.00 - 380.00	400.00 - 480.00	540.00 - 560.00	300.00 - 340.00	140.00 - 160.00	680.00 - 740.00	340.00 - 360.00	-	280.00 - 340.00	300.00 - 360.00				
Kurunegala	-	-	-	-	-	-	-	-	-	-				
Nikaweratiya	240.00 - 300.00	300.00 - 360.00	480.00 - 560.00	200.00 - 260.00	200.00 - 260.00	480.00 - 540.00	300.00 - 360.00	440.00 - 500.00	400.00 - 480.00	300.00 - 360.00				
Dambulla	260.00 - 300.00	300.00 - 340.00	460.00 - 500.00	220.00 - 240.00	160.00 - 200.00	400.00 - 480.00	340.00 - 380.00	480.00 - 540.00	240.00 - 300.00	240.00 - 280.00				
Anuradhapura	-	-	-	-	-	-	-	-	-	-				
Thambuththegama	200.00 - 280.00	320.00 - 450.00	440.00 - 550.00	200.00 - 280.00	80.00 - 120.00	440.00 - 550.00	240.00 - 300.00	-	180.00 - 250.00	220.00 - 300.00				
Polonnaruwa	360.00 - 420.00	360.00 - 400.00	500.00 - 600.00	200.00 - 260.00	200.00 - 240.00	440.00 - 560.00	320.00 - 400.00	400.00 - 500.00	320.00 - 400.00	280.00 - 320.00				
Kaluthara	280.00 - 320.00	400.00 - 480.00	480.00 - 500.00	240.00 - 320.00	180.00 - 200.00	400.00 - 560.00	300.00 - 480.00	480.00 - 500.00	400.00 - 480.00	300.00 - 360.00				
Badulla	320.00 - 400.00	320.00 - 400.00	480.00 - 600.00	200.00 - 320.00	240.00 - 320.00	580.00 - 600.00	480.00 - 520.00	480.00 - 600.00	480.00 - 520.00	320.00 - 400.00				
Keppetipola	240.00 - 260.00	270.00 - 300.00	400.00 - 450.00	220.00 - 250.00	120.00 - 140.00	420.00 - 450.00	250.00 - 260.00	380.00 - 400.00	240.00 - 250.00	300.00 - 330.00				
Moneragala	260.00 - 300.00	240.00 - 280.00	400.00 - 480.00	200.00 - 240.00	140.00 - 180.00	520.00 - 580.00	300.00 - 320.00	360.00 - 400.00	360.00 - 400.00	240.00 - 260.00				
Kegalle	340.00 - 360.00	440.00 - 480.00	480.00 - 520.00	280.00 - 320.00	280.00 - 320.00	520.00 - 550.00	280.00 - 320.00	520.00 - 560.00	280.00 - 320.00	320.00 - 360.00				
Ampara	280.00 - 340.00	300.00 - 320.00	440.00 - 520.00	240.00 - 260.00	200.00 - 260.00	540.00 - 680.00	280.00 - 300.00	600.00 - 680.00	300.00 - 320.00	240.00 - 280.00				
Dehiattakandiya	200.00 - 300.00	300.00 - 300.00	400.00 - 600.00	200.00 - 200.00	100.00 - 200.00	600.00 - 600.00	240.00 - 300.00	400.00 - 400.00	300.00 - 400.00	300.00 - 300.00				
Nuwaraeliya	240.00 - 260.00	350.00 - 360.00	380.00 - 400.00	260.00 - 280.00	150.00 - 180.00	440.00 - 460.00	280.00 - 300.00	460.00 - 480.00	260.00 - 280.00	320.00 - 340.00				
Kandy	200.00 - 240.00	400.00 - 450.00	360.00 - 400.00	240.00 - 260.00	140.00 - 160.00	360.00 - 400.00	240.00 - 260.00	450.00 - 600.00	260.00 - 300.00	260.00 - 300.00				
Puttalam	200.00 - 250.00	360.00 - 450.00	600.00 - 700.00	240.00 - 280.00	150.00 - 200.00	720.00 - 800.00	320.00 - 400.00	520.00 - 600.00	400.00 - 480.00	400.00 - 480.00				
Rathnapura	200.00 - 240.00	280.00 - 360.00	440.00 - 480.00	180.00 - 210.00	140.00 - 180.00	400.00 - 480.00	320.00 - 380.00	560.00 - 620.00	350.00 - 380.00	320.00 - 390.00				
Hambantota	-	-	-	-	-	-	-	-	-	-				
Matara	260.00 - 340.00	340.00 - 480.00	400.00 - 500.00	220.00 - 320.00	140.00 - 200.00	400.00 - 600.00	320.00 - 480.00	-	320.00 - 480.00	280.00 - 320.00				
Galle	360.00 - 400.00	360.00 - 400.00	600.00 - 640.00	200.00 - 280.00	200.00 - 240.00	540.00 - 560.00	440.00 - 480.00	520.00 - 560.00	360.00 - 400.00	360.00 - 380.00				
Tissamaharama	180.00 - 200.00	360.00 - 380.00	370.00 - 400.00	200.00 - 230.00	160.00 - 180.00	420.00 - 450.00	280.00 - 300.00	-	250.00 - 270.00	220.00 - 240.00				
Meegoda (DEC)	280.00 - 300.00	400.00 - 520.00	480.00 - 520.00	240.00 - 280.00	200.00 - 240.00	520.00 - 600.00	440.00 - 480.00	-	360.00 - 400.00	400.00 - 440.00				
Embilipitiya	200.00 - 240.00	320.00 - 400.00	400.00 - 480.00	240.00 - 280.00	100.00 - 140.00	520.00 - 600.00	280.00 - 320.00	320.00 - 400.00	280.00 - 320.00	280.00 - 320.00				
Jaffna	250.00 - 260.00	250.00 - 260.00	400.00 - 450.00	180.00 - 200.00	150.00 - 160.00	700.00 - 720.00	120.00 - 140.00	550.00 - 560.00	-	400.00 - 420.00				
Vavuniya	400.00 - 450.00	250.00 - 300.00	500.00 - 540.00	200.00 - 250.00	-	1000.00 - 1050.00	300.00 - 340.00	600.00 - 640.00	-	400.00 - 450.00				
Mannar	250.00 - 300.00	350.00 - 400.00	600.00 - 650.00	200.00 - 220.00	180.00 - 200.00	900.00 - 950.00	400.00 - 450.00	-	-	200.00 - 250.00				
Killinochchi	-	-	-	-	-	-	-	-	-	-				
Mullaittivu	250.00 - 280.00	240.00 - 260.00	550.00 - 600.00	120.00 - 150.00	200.00 - 250.00	900.00 - 1000.00	220.00 - 260.00	480.00 - 540.00	-	180.00 - 240.00				
Batticaloa	300.00 - 320.00	300.00 - 320.00	450.00 - 480.00	200.00 - 200.00	300.00 - 320.00	600.00 - 650.00	280.00 - 300.00	600.00 - 650.00	320.00 - 350.00	300.00 - 320.00				
Trincomalee	-	-	-	-	-	-	-	-	-	-				
Hanguranketha	200.00 240.00	230.00 250.00	340.00 360.00	200.00 220.00	120.00 150.00	420.00 - 450.00	240.00 260.00	525.00 550.00	240.00 260.00	160.00 200.00				
Veyangoda	-	-	-	-	-	-	-	-	-	-				
Galenbindunuwewa	-	-	-	-	-	-	-	-	-	-				
Bandarawela	240.00 - 260.00	300.00 - 340.00	360.00 - 400.00	200.00 - 220.00	160.00 - 180.00	440.00 - 460.00	260.00 - 280.00	-	280.00 - 300.00	260.00 - 300.00				
Matale	-	-	-	-	-	-	-	-	-	-				

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

Week 27: 03 - 09 July 2026

LOCATIONS	Banana					Pineapple			Mango	
	Ambul (Rs/kg)	Kolikuttu (Rs/kg)	Seeni (Rs/kg)	Anamalu	Ambun	Pineapple	Medium	Small	Betti	Karthakolomban
Colombo	180.00 - 300.00	400.00 - 550.00	180.00 - 250.00	280.00 - 360.00	280.00 - 360.00	300.00 - 500.00	-	-	300.00 - 520.00	400.00 - 600.00
Gampaha	200.00 - 220.00	450.00 - 470.00	180.00 - 200.00	-	-	300.00 - 350.00	-	-	-	400.00 - 440.00
Kurunegala	-	-	-	-	-	-	-	-	-	-
Nikaweratiya	180.00 - 220.00	380.00 - 420.00	180.00 - 220.00	-	380.00 - 400.00	400.00 - 450.00	-	-	-	-
Dambulla	160.00 - 200.00	340.00 - 380.00	160.00 - 200.00	-	300.00 - 340.00	350.00 - 400.00	-	-	180.00 - 200.00	300.00 - 350.00
Anuradhapura	-	-	-	-	-	-	-	-	-	-
Thambuththegama	150.00 - 250.00	400.00 - 480.00	150.00 - 200.00	-	-	360.00 - 450.00	-	-	-	250.00 - 320.00
Polonnaruwa	250.00 - 280.00	450.00 - 500.00	180.00 - 200.00	300.00 - 400.00	350.00 - 400.00	450.00 - 500.00	-	-	-	450.00 - 500.00
Kaluthara	190.00 - 220.00	450.00 - 500.00	180.00 - 200.00	250.00 - 260.00	280.00 - 300.00	390.00 - 450.00	-	-	-	300.00 - 400.00
Badulla	180.00 - 200.00	350.00 - 450.00	180.00 - 200.00	200.00 - 250.00	280.00 - 300.00	400.00 - 450.00	-	-	200.00 - 300.00	250.00 - 350.00
Keppetipola	170.00 - 190.00	380.00 - 400.00	160.00 - 180.00	240.00 - 250.00	290.00 - 300.00	200.00 - 250.00	-	-	385.00 - 420.00	600.00 - 650.00
Moneragala	130.00 - 140.00	380.00 - 400.00	100.00 - 120.00	200.00 - 240.00	220.00 - 260.00	250.00 - 350.00	-	-	-	250.00 - 300.00
Kegalle	160.00 - 180.00	450.00 - 480.00	160.00 - 180.00	260.00 - 280.00	260.00 - 280.00	400.00 - 450.00	-	-	-	350.00 - 400.00
Ampara	140.00 - 140.00	380.00 - 450.00	130.00 - 140.00	250.00 - 280.00	280.00 - 300.00	280.00 - 300.00	-	-	-	400.00 - 420.00
Dehiattakandiya	200.00 - 230.00	480.00 - 500.00	160.00 - 180.00	-	350.00 - 350.00	350.00 - 450.00	-	-	-	450.00 - 480.00
Nuwaraeliya	220.00 - 240.00	420.00 - 440.00	180.00 - 200.00	240.00 - 260.00	300.00 - 320.00	340.00 - 360.00	-	-	350.00 - 360.00	480.00 - 520.00
Kandy	180.00 - 220.00	420.00 - 450.00	160.00 - 200.00	270.00 - 280.00	320.00 - 340.00	350.00 - 400.00	-	-	300.00 - 320.00	420.00 - 500.00
Puttalam	130.00 - 150.00	350.00 - 400.00	120.00 - 150.00	260.00 - 300.00	-	450.00 - 480.00	-	-	-	650.00 - 700.00
Rathnapura	200.00 - 250.00	400.00 - 500.00	150.00 - 180.00	190.00 - 240.00	260.00 - 300.00	420.00 - 490.00	-	-	-	300.00 - 400.00
Hambantota	-	-	-	-	-	-	-	-	-	-
Matara	150.00 - 170.00	450.00 - 460.00	140.00 - 160.00	280.00 - 290.00	280.00 - 300.00	300.00 - 350.00	-	-	300.00 - 350.00	400.00 - 450.00
Galle	180.00 - 250.00	380.00 - 500.00	160.00 - 200.00	300.00 - 380.00	300.00 - 380.00	350.00 - 380.00	-	-	400.00 - 500.00	400.00 - 500.00
Tissamaharama	170.00 - 180.00	380.00 - 400.00	140.00 - 160.00	-	-	350.00 - 380.00	-	-	-	380.00 - 400.00
Meegoda (DEC)	180.00 - 200.00	400.00 - 450.00	160.00 - 170.00	280.00 - 300.00	300.00 - 300.00	280.00 - 350.00	-	-	-	300.00 - 350.00
Embilipitiya	100.00 - 120.00	280.00 - 350.00	90.00 - 120.00	250.00 - 280.00	280.00 - 320.00	280.00 - 320.00	-	-	200.00 - 220.00	250.00 - 400.00
Jaffna	160.00 - 170.00	300.00 - 320.00	130.00 - 140.00	-	-	300.00 - 320.00	-	-	-	500.00 - 550.00
Vavuniya	200.00 - 250.00	300.00 - 350.00	140.00 - 160.00	300.00 - 340.00	220.00 - 250.00	450.00 - 500.00	-	-	-	-
Mannar	180.00 - 200.00	350.00 - 360.00	150.00 - 160.00	240.00 - 250.00	260.00 - 280.00	580.00 - 600.00	-	-	-	400.00 - 450.00
Killinochchi	-	-	-	-	-	-	-	-	-	-
Mullaittivu	170.00 - 200.00	350.00 - 380.00	140.00 - 160.00	240.00 - 260.00	260.00 - 280.00	500.00 - 550.00	-	-	-	460.00 - 520.00
Batticaloa	-	350.00 - 400.00	150.00 - 150.00	250.00 - 250.00	200.00 - 200.00	350.00 - 400.00	-	-	-	450.00 - 450.00
Trincomalee	-	-	-	-	-	-	-	-	-	-
Veyangoda	-	-	-	-	-	-	-	-	-	-
Galenbindunuwewa	-	-	-	-	-	-	-	-	-	-
Bandarawela	180.00 - 200.00	380.00 - 420.00	150.00 - 160.00	260.00 - 280.00	280.00 - 300.00	300.00 - 420.00	-	-	-	300.00 - 400.00
Matale	-	-	-	-	-	-	-	-	-	-

Table 08 (Contd.)

LOCATIONS	Mango		Other Fruits							
	Vilad	Kohu	Papaw	Passion	Wood Apple	Orange	Avocado	Slime Apple	Grapes	King Coconut(Rs/nut)
Colombo	300.00 - 600.00	-	180.00 - 300.00	550.00 - 800.00	500.00 - 1000.00	350.00 - 1000.00	500.00 - 900.00	300.00 - 800.00	1900.00 - 3000.00	180.00 - 250.00
Gampaha	-	-	180.00 - 220.00	-	-	400.00 - 480.00	460.00 - 500.00	-	2700.00 - 2800.00	220.00 - 230.00
Kurunegala	-	-	-	-	-	-	-	-	-	-
Nikaweratiya	-	-	150.00 - 200.00	200.00 - 300.00	-	350.00 - 400.00	500.00 - 600.00	-	2400.00 - 2600.00	160.00 - 200.00
Dambulla	250.00 - 280.00	150.00 - 200.00	160.00 - 200.00	500.00 - 600.00	450.00 - 500.00	250.00 - 300.00	300.00 - 350.00	250.00 - 300.00	2800.00 - 2900.00	200.00 - 220.00
Anuradhapura	-	-	-	-	-	-	-	-	-	-
Thambuththegama	-	-	80.00 - 120.00	450.00 - 500.00	-	-	400.00 - 500.00	-	-	180.00 - 220.00
Polonnaruwa	-	-	230.00 - 250.00	-	-	-	600.00 - 650.00	-	2300.00 - 3000.00	250.00 - 250.00
Kaluthara	-	-	200.00 - 250.00	-	650.00 - 700.00	-	500.00 - 600.00	400.00 - 450.00	2400.00 - 2600.00	180.00 - 200.00
Badulla	250.00 - 350.00	150.00 - 170.00	150.00 - 200.00	350.00 - 400.00	650.00 - 800.00	300.00 - 420.00	350.00 - 500.00	400.00 - 480.00	2500.00 - 3000.00	200.00 - 250.00
Keppetipola	-	140.00 - 145.00	220.00 - 230.00	450.00 - 500.00	420.00 - 450.00	360.00 - 420.00	340.00 - 400.00	420.00 - 450.00	2400.00 - 2600.00	220.00 - 250.00
Moneragala	-	-	180.00 - 200.00	450.00 - 500.00	-	450.00 - 500.00	300.00 - 350.00	250.00 - 300.00	2800.00 - 3000.00	150.00 - 180.00
Kegalle	-	-	250.00 - 260.00	550.00 - 600.00	750.00 - 800.00	450.00 - 500.00	380.00 - 400.00	450.00 - 470.00	2600.00 - 2700.00	150.00 - 160.00
Ampara	280.00 - 300.00	-	180.00 - 200.00	-	-	-	450.00 - 480.00	-	2400.00 - 2600.00	150.00 - 200.00
Dehiattakandiya	-	-	220.00 - 300.00	-	500.00 - 500.00	600.00 - 600.00	500.00 - 500.00	300.00 - 350.00	2800.00 - 3000.00	150.00 - 160.00
Nuwaraeliya	-	180.00 - 200.00	230.00 - 250.00	480.00 - 520.00	520.00 - 560.00	560.00 - 580.00	480.00 - 520.00	380.00 - 400.00	2400.00 - 2600.00	230.00 - 250.00
Kandy	350.00 - 360.00	180.00 - 200.00	180.00 - 200.00	450.00 - 500.00	450.00 - 500.00	320.00 - 350.00	350.00 - 400.00	300.00 - 350.00	2500.00 - 2800.00	180.00 - 190.00
Puttalam	-	-	200.00 - 250.00	560.00 - 600.00	-	300.00 - 320.00	600.00 - 650.00	-	2800.00 - 3200.00	150.00 - 150.00
Hambantota	-	-	-	-	-	-	-	-	-	-
Rathnapura	250.00 - 280.00	150.00 - 220.00	180.00 - 250.00	-	500.00 - 700.00	350.00 - 400.00	300.00 - 400.00	300.00 - 500.00	2300.00 - 2800.00	150.00 - 160.00
Matara	-	-	180.00 - 200.00	600.00 - 650.00	680.00 - 700.00	600.00 - 700.00	500.00 - 550.00	350.00 - 400.00	2400.00 - 2500.00	180.00 - 200.00
Galle	450.00 - 500.00	-	180.00 - 220.00	800.00 - 900.00	500.00 - 600.00	560.00 - 800.00	700.00 - 800.00	500.00 - 600.00	2500.00 - 2600.00	180.00 - 200.00
Tissamaharama	280.00 - 300.00	-	170.00 - 200.00	-	450.00 - 460.00	-	-	240.00 - 260.00	2600.00 - 2700.00	180.00 - 190.00
Meegoda (DEC)	-	-	160.00 - 200.00	-	-	-	350.00 - 450.00	250.00 - 350.00	2000.00 - 2500.00	150.00 - 150.00
Embilipitiya	-	-	160.00 - 200.00	400.00 - 500.00	600.00 - 650.00	400.00 - 500.00	350.00 - 450.00	180.00 - 200.00	2600.00 - 2800.00	180.00 - 200.00
Jaffna	300.00 - 320.00	-	160.00 - 160.00	600.00 - 650.00	550.00 - 600.00	480.00 - 500.00	550.00 - 600.00	-	2400.00 - 2500.00	200.00 - 220.00
Vavuniya	-	-	120.00 - 150.00	400.00 - 500.00	-	-	-	-	-	200.00 - 250.00
Mannar	-	-	250.00 - 260.00	350.00 - 400.00	400.00 - 450.00	-	650.00 - 700.00	-	2600.00 - 2650.00	200.00 - 220.00
Killinochchi	-	-	-	-	-	-	-	-	-	-
Mullaittivu	-	-	120.00 - 150.00	-	400.00 - 480.00	-	-	-	2400.00 - 2500.00	220.00 - 260.00
Batticaloa	400.00 - 400.00	-	200.00 - 200.00	500.00 - 550.00	-	-	500.00 - 500.00	-	-	200.00 - 200.00
Trincomalee	-	-	-	-	-	-	-	-	-	-
Veyangoda	-	-	-	-	-	-	-	-	-	-
Galenbindunuwewa	-	-	-	-	-	-	-	-	-	-
Bandarawela	250.00 - 300.00	150.00 - 160.00	200.00 - 230.00	400.00 - 450.00	600.00 - 660.00	-	350.00 - 450.00	350.00 - 400.00	2800.00 - 3000.00	200.00 - 220.00
Matale	-	-	-	-	-	-	-	-	-	-

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

Week 27: 03 - 09 July 2026

Locations	Sea Fish					
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw
Colombo	850.00 – 1200.00	1000.00 – 1200.00	1100.00 – 1200.00	2200.00 – 2300.00	3000.00 – 3200.00	1400.00 – 1650.00
Kandy	800.00 – 850.00	–	1400.00 – 1500.00	–	3000.00 – 3200.00	–
Kaluthara	900.00 – 1000.00	–	1100.00 – 1200.00	1600.00 – 1700.00	–	–
Puttalam	750.00 – 800.00	–	–	1600.00 – 1650.00	–	–
Matara	900.00 – 1000.00	–	1100.00 – 1200.00	1650.00 – 1800.00	–	–
Hambantota	–	–	–	–	–	–
Galle	900.00 – 1000.00	1300.00 – 1400.00	1300.00 – 1400.00	1600.00 – 1800.00	–	1700.00 – 1800.00
Batticaloa	–	–	1200.00 – 1200.00	1600.00 – 1600.00	–	1400.00 – 1400.00
Trincomalee	–	–	–	–	–	–
Mannar	850.00 – 900.00	1400.00 – 1450.00	1400.00 – 1450.00	1500.00 – 1550.00	–	1650.00 – 1700.00

Locations	Sea Fish				Eggs	
	Mora	Shrimps	Thalapath	Teppeli	Brown	White
Colombo	1700.00 – 1900.00	1400.00 – 1750.00	2400.00 – 3300.00	–	38.00 – 40.00	36.00 – 38.00
Kandy	1400.00 – 1500.00	–	2400.00 – 2500.00	–	37.00 – 38.00	–
Kaluthara	–	–	2000.00 – 2400.00	–	–	–
Puttalam	1400.00 – 1500.00	–	–	–	–	–
Matara	–	1800.00 – 1850.00	2200.00 – 2300.00	–	38.00 – 39.00	36.00 – 37.00
Hambantota	–	–	–	–	–	–
Galle	–	–	2300.00 – 2400.00	–	36.00 – 36.00	33.00 – 34.00
Batticaloa	–	1400.00 – 1500.00	–	–	40.00 – 40.00	38.00 – 40.00
Trincomalee	–	–	–	–	–	–
Mannar	1850.00 – 2000.00	1400.00 – 1450.00	–	–	39.00 – 40.00	36.00 – 38.00

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

Week 27: 03 - 09 July 2026

Locations	Local Dried Fish					
	Sprats	Kattawa	Thora	Mora	Balaya	Anguluwa
Colombo	2450.00 – 2700.00	2600.00 – 2700.00	–	2300.00 – 2700.00	1600.00 – 1700.00	–
Kandy	1700.00 – 1800.00	–	–	–	1500.00 – 1600.00	–
Batticaloa	–	–	–	–	–	–
Trincomalee	–	–	–	–	–	–
Mannar	–	–	–	–	–	–

Locations	Local Dried Fish			Imported Dried Fish		
	Maduwa	Koduwa	Salaya	Sprats	Kattawa	Thora
Colombo	–	–	–	1450.00 – 1600.00	2100.00 – 2200.00	2500.00 – 2500.00
Kandy	–	–	1200.00 – 1300.00	1200.00 – 1300.00	–	–
Batticaloa	–	–	–	–	–	–
Trincomalee	–	–	–	–	–	–
Mannar	–	–	–	–	–	–

Locations	Imported Dried Fish					
	Mora	Balaya	Anguluwa	Maduwa	Koduwa	Salaya
Colombo	–	–	1900.00 – 2100.00	1200 – 1300	–	–
Kandy	–	–	–	–	–	–
Batticaloa	–	–	–	–	–	–
Trincomalee	–	–	–	–	–	–
Mannar	–	–	–	–	–	–

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

Week 27: 03 - 09 July 2026

LOCATIONS	Sea Fish										Eggs									
	Salaya		Hurulla		Balaya		Kelawalla		Thora		Paraw		Mora		Thalapath		Brown		White	
Colombo	1000.00	1300.00	1100.00	1300.00	1300.00	2400.00	2400.00	3400.00	3200.00	4800.00	1600.00	4200.00	1900.00	2400.00	2600.00	3600.00	40.00	42.00	37.00	40.00
Gampaha	980.00	1000.00		-		-	2200.00	2400.00		-	2400.00	2400.00		-	2700.00	2800.00	39.00	43.00	36.00	41.00
Kurunegala		-		-		-		-		-		-		-		-		-		-
Nikaweratiya	1200.00	1300.00	1200.00	1300.00	1300.00	1400.00	2500.00	2600.00	3000.00	3200.00	1600.00	1700.00		-		-	38.00	41.00	38.00	41.00
Dambulla	1000.00	1200.00	1400.00	1500.00	1500.00	1600.00	2500.00	2600.00		-	2000.00	2200.00	2200.00	2400.00	2800.00	3000.00	40.00	41.00	38.00	39.00
Anuradhapura		-		-		-		-		-		-		-		-		-		-
Thambuththegama		-		-		-		-		-		-		-		-	40.00	42.00	40.00	42.00
Polonnaruwa	1000.00	1000.00	1400.00	1400.00	2000.00	2000.00	2600.00	2600.00	3000.00	3000.00	1800.00	1800.00	2000.00	2000.00	2800.00	2800.00	40.00	40.00	38.00	38.00
Kaluthara	1100.00	1400.00		-	2200.00	2400.00	2800.00	3200.00		-		-		-	2800.00	3400.00	40.00	40.00	35.00	38.00
Badulla	900.00	960.00		-	1200.00	1200.00	2800.00	3000.00	2900.00	3000.00	2300.00	2400.00	1800.00	1900.00	2600.00	3000.00	37.00	40.00	38.00	42.00
Keppetipola	980.00	1000.00		-	1100.00	1200.00	2400.00	2500.00	3200.00	3300.00	1800.00	1900.00	1900.00	2000.00	2800.00	2900.00	43.00	45.00	39.00	42.00
Moneragala		-		-	1300.00	1400.00	2600.00	2800.00		-		-		-	3200.00	3400.00	41.00	42.00	39.00	40.00
Kegalle	1280.00	1300.00	1650.00	1700.00	2500.00	2600.00	3200.00	3250.00		-	2380.00	2400.00	2400.00	2420.00	3550.00	3600.00	43.00	45.00	41.00	42.00
Ampara	1000.00	1200.00	1400.00	1500.00	2500.00	2600.00	3000.00	3200.00		-		-		-	3000.00	3200.00		-	39.00	42.00
Dehiattakandiya	800.00	1000.00	1400.00	1400.00	1600.00	1600.00		-	2800.00	2800.00		-	1800.00	1800.00		-	37.00	40.00	35.00	37.00
Nuwaraeliya	950.00	980.00		-	1400.00	1500.00	2700.00	2800.00	3300.00	3400.00	1900.00	2000.00	2100.00	2200.00	2900.00	3000.00	42.00	44.00	40.00	42.00
Kandy	1100.00	1200.00	1500.00	1600.00	1700.00	1800.00	2900.00	3000.00	3800.00	3900.00	1900.00	2000.00	1750.00	1800.00	2800.00	3000.00	40.00	42.00	38.00	40.00
Puttalam	900.00	950.00	1200.00	1350.00	1000.00	1200.00	2350.00	2450.00		-	1400.00	1500.00	2400.00	2600.00	2350.00	2500.00	45.00	45.00	43.00	45.00
Hambantota		-		-		-		-		-		-		-		-		-		-
Rathnapura	1100.00	1200.00		-	1700.00	1800.00	2800.00	3000.00	4800.00	4800.00	2900.00	3000.00	1840.00	2000.00	3000.00	3200.00	40.00	41.00	38.00	39.00
Matara	1100.00	1200.00		-	2000.00	2100.00	2700.00	2800.00		-		-		-	2800.00	3000.00	41.00	48.00	37.00	39.00
Galle	1200.00	1400.00	1600.00	1800.00	1500.00	1600.00	2400.00	3000.00	3000.00	3500.00	2700.00	3000.00	2400.00	2800.00	2600.00	3000.00	40.00	42.00	36.00	38.00
Tissamaharama	1000.00	1100.00		-	1300.00	1400.00		-		-		-		-		-		-		37.00
Meegoda	1100.00	1200.00		-	1300.00	1300.00	3100.00	3200.00		-		-		-	3500.00	3800.00	40.00	40.00	36.00	40.00
Embilipitiya		-		-	1700.00	1800.00	2400.00	2600.00		-		-		-	2800.00	3000.00	39.00	40.00	35.00	39.00
Jaffna	800.00	900.00	1100.00	1200.00	1450.00	1500.00	2300.00	2350.00		-	1750.00	1800.00	2800.00	2900.00		-	41.00	42.00	40.00	40.00
Vavuniya	1200.00	1300.00	1400.00	1500.00	1600.00	1700.00	2400.00	2600.00	3200.00	3300.00	1800.00	1900.00	3200.00	3300.00	3200.00	3300.00	41.00	43.00	38.00	40.00
Mannar	1100.00	1150.00	1600.00	1650.00	1450.00	1500.00	2250.00	2300.00		-	1800.00	2000.00	2300.00	2350.00		-	41.00	42.00	39.00	40.00
Killinochchi		-		-		-		-		-		-		-		-		-		-
Mullaittivu	550.00	600.00	1200.00	1250.00	1250.00	1300.00		-		-	1450.00	1600.00	2500.00	2600.00		-	40.00	42.00	38.00	40.00
Batticaloa		-		-	2400.00	2500.00	2700.00	2700.00		-	2800.00	2800.00		-	3200.00	3200.00	42.00	42.00	40.00	40.00
Trincomalee		-		-		-		-		-		-		-		-		-		-
Veyangoda		-		-		-		-		-		-		-		-		-		-
Galenbindunuwewa		-		-		-		-		-		-		-		-		-		-
Bandarawela		-		-		-	2900.00	3000.00		-	2900.00	3000.00		-	3100.00	3200.00	40.00	42.00	36.00	38.00
Matale		-		-		-		-		-		-		-		-		-		-

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

Week 27: 03 - 09 July 2026

LOCATIONS		Dried Fish												
		Sprats-Imported		Kattawa		Thora		Mora		Balaya		Anguluwa		Salaya
Colombo	1600.00 – 2000.00		2800.00 – 3600.00		2800.00 – 4400.00		2600.00 – 3600.00		1800.00 – 2600.00		2300.00 – 3400.00		1200.00 – 1600.00	
Gampaha	–		–		3000.00 – 3200.00		–		2000.00 – 2100.00		–		950.00 – 1000.00	
Kurunegala	–		–		–		–		–		–		–	
Nikaweratiya	1400.00 – 1500.00		2800.00 – 3000.00		–		3000.00 – 3200.00		2000.00 – 2200.00		3000.00 – 3200.00		1000.00 – 1200.00	
Dambulla	–		3000.00 – 3200.00		–		3200.00 – 3400.00		1800.00 – 2000.00		2800.00 – 3000.00		–	
Anuradhapura	–		–		–		–		–		–		–	
Thambuththegama	–		2750.00 – 3000.00		–		3000.00 – 3300.00		1650.00 – 1800.00		2500.00 – 2800.00		1000.00 – 1200.00	
Polonnaruwa	–		–		–		–		–		–		–	
Kaluthara	–		–		–		3000.00 – 3300.00		1600.00 – 2000.00		2600.00 – 3000.00		1200.00 – 1200.00	
Badulla	1500.00 – 1600.00		–		–		–		–		–		–	
Keppetipola	–		–		–		–		–		–		–	
Moneragala	–		–		–		–		–		–		–	
Kegalle	–		3350.00 – 3400.00		–		–		1900.00 – 2000.00		2000.00 – 2100.00		1350.00 – 1400.00	
Ampara	1600.00 – 1700.00		3000.00 – 3200.00		2600.00 – 3000.00		2900.00 – 3000.00		2200.00 – 2400.00		–		–	
Dehiattakandiya	–		3200.00 – 3300.00		2700.00 – 2700.00		2700.00 – 3300.00		2000.00 – 2400.00		1800.00 – 2200.00		1200.00 – 1200.00	
Nuwareliya	–		–		–		–		–		–		–	
Kandy	–		–		–		3000.00 – 3200.00		2200.00 – 2400.00		2500.00 – 2600.00		1400.00 – 1500.00	
Puttalam	2000.00 – 2000.00		2800.00 – 3600.00		–		3500.00 – 3700.00		1700.00 – 1800.00		1800.00 – 1850.00		1200.00 – 1250.00	
Hambantota	–		–		–		–		–		–		–	
Rathnapura	1800.00 – 1920.00		3000.00 – 3100.00		–		3100.00 – 3200.00		1700.00 – 2100.00		2800.00 – 2900.00		1040.00 – 1200.00	
Matara	–		–		–		3000.00 – 3200.00		1800.00 – 2200.00		–		–	
Galle	2000.00 – 2000.00		2600.00 – 3000.00		3500.00 – 3600.00		2400.00 – 2800.00		1700.00 – 1900.00		2800.00 – 2900.00		1200.00 – 1500.00	
Tissamaharama	–		–		–		–		–		–		–	
Meegoda	–		–		–		–		2000.00 – 2200.00		–		1000.00 – 1200.00	
Embilipitiya	–		–		–		–		1800.00 – 2200.00		–		1200.00 – 1300.00	
Jaffna	–		–		–		2750.00 – 2800.00		1400.00 – 1450.00		–		–	
Vavuniya	1400.00 – 1500.00		2600.00 – 2700.00		–		2600.00 – 2700.00		1500.00 – 1600.00		1600.00 – 1700.00		950.00 – 1000.00	
Mannar	1250.00 – 1350.00		2750.00 – 2800.00		–		2500.00 – 2600.00		1350.00 – 1400.00		–		–	
Killinochchi	–		–		–		–		–		–		–	
Mullaittivu	1400.00 – 1500.00		2600.00 – 2750.00		2850.00 – 3000.00		2700.00 – 2800.00		1200.00 – 1300.00		–		1200.00 – 1300.00	
Batticaloa	1500.00 – 1600.00		–		–		–		2000.00 – 2000.00		–		1200.00 – 1200.00	
Trincomalee	–		–		–		–		–		–		–	
Veyangoda	–		–		–		–		–		–		–	
Galenbindunuwewa	–		–		–		–		–		–		–	
Bandarawela	–		–		–		–		–		–		–	
Matale	–		–		–		–		–		–		–	

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

Week 27: 03 - 09 July 2026

LOCATIONS	Meat	Meat (Chicken)		Meat	
	Beef	Broiler	Curry	Mutton	Pork
Colombo	3000.00 - 3200.00	1300.00 - 1490.00	1200.00 - 1390.00	4300.00 - 4600.00	2700.00 - 2800.00
Gampaha	-	1250.00 - 1350.00	1400.00 - 1400.00	4200.00 - 4200.00	2600.00 - 2600.00
Kurunegala	-	-	-	-	-
Nikaweratiya	2500.00 - 2600.00	1250.00 - 1380.00	-	-	-
Dambulla	-	1300.00 - 1350.00	1450.00 - 1500.00	-	2600.00 - 2700.00
Anuradhapura	-	-	-	-	-
Thambuththegama	-	1180.00 - 1280.00	-	-	2600.00 - 3000.00
Polonnaruwa	2700.00 - 2800.00	1380.00 - 1420.00	1600.00 - 1650.00	-	2700.00 - 2700.00
Kaluthara	3000.00 - 3000.00	1350.00 - 1380.00	1330.00 - 1350.00	-	2600.00 - 2600.00
Badulla	2600.00 - 2700.00	1400.00 - 1560.00	-	3700.00 - 3700.00	-
Keppetipola	2400.00 - 2400.00	1230.00 - 1260.00	1350.00 - 1400.00	3600.00 - 3600.00	-
Moneragala	2800.00 - 2800.00	1300.00 - 1400.00	1650.00 - 1700.00	-	3000.00 - 3200.00
Kegalle	2750.00 - 2800.00	1350.00 - 1390.00	1250.00 - 1280.00	3750.00 - 3800.00	3000.00 - 3100.00
Ampara	2400.00 - 2500.00	1380.00 - 1480.00	-	-	2900.00 - 3000.00
Dehiattakandiya	-	-	-	-	2500.00 - 2700.00
Nuwaraeliya	2500.00 - 2600.00	1260.00 - 1300.00	1360.00 - 1400.00	3800.00 - 4000.00	2750.00 - 2850.00
Kandy	2700.00 - 2700.00	1200.00 - 1250.00	1280.00 - 1300.00	4000.00 - 4200.00	2900.00 - 3000.00
Puttalam	2700.00 - 2800.00	1450.00 - 1500.00	1650.00 - 1700.00	4500.00 - 4500.00	-
Hambantota	-	-	-	-	-
Rathnapura	2900.00 - 2900.00	1350.00 - 1380.00	1250.00 - 1300.00	4000.00 - 4000.00	2700.00 - 2700.00
Matara	-	1380.00 - 1400.00	-	-	-
Galle	2800.00 - 2900.00	1350.00 - 1350.00	1400.00 - 1400.00	4700.00 - 4800.00	-
Tissamaharama	-	1400.00 - 1500.00	-	-	-
Meegoda	-	1380.00 - 1420.00	1360.00 - 1380.00	-	3000.00 - 3000.00
Embilipitiya	-	1200.00 - 1300.00	1250.00 - 1300.00	4500.00 - 4700.00	2800.00 - 2900.00
Jaffna	2250.00 - 2300.00	1550.00 - 1600.00	1650.00 - 1700.00	-	-
Vavuniya	2200.00 - 2300.00	1400.00 - 1500.00	1550.00 - 1650.00	3750.00 - 3900.00	-
Mannar	2250.00 - 2300.00	1500.00 - 1550.00	1550.00 - 1600.00	-	-
Killinochchi	-	-	-	-	-
Mullaittivu	2300.00 - 2300.00	1500.00 - 1550.00	1600.00 - 1650.00	-	-
Batticaloa	2400.00 - 2500.00	1400.00 - 1450.00	1550.00 - 1600.00	4000.00 - 4000.00	-
Trincomalee	-	-	-	-	-
Veyangoda	-	-	-	-	-
Galenbindunuwewa	-	-	-	-	-
Bandarawela	2450.00 - 2500.00	1250.00 - 1320.00	-	3800.00 - 3800.00	-
Matale	-	-	-	-	-

Table 14: Colombo: Wholesale Prices (Rs/kg or Rs/each)

Week 27: 03 - 09 July 2026

COMMODITY	Range	Average Price			Change Compared to		COMMODITY	Range	Average Price			Change Compared to	
		This Week	Last Week	Last Year	Last Week (%)	Last Year (%)			This Week	Last Week	Last Year	Last Week (%)	Last Year (%)
<u>Rice</u>							<u>Coconut</u>						
Local							Large	150.00 · 160.00	154.29	155.00	161.50	-0.46	-4.47
Samba 1	235.00 · 240.00	237.14	237.50	237.25	-0.15	-0.05	Small	125.00 · 140.00	132.22	132.50	144.00	-0.21	-8.18
Samba 2	230.00 · 232.00	231.00	231.00	231.00	0.00	0.00							
Keeri Samba	260.00 · 330.00	293.33	296.00	282.50	-0.90	3.83	<u>Fruits (Rs/kg)</u>						
Nadu 1	195.00 · 200.00	197.50	197.00	219.38	0.25	-9.97	Plantain						
Nadu 2	190.00 · 192.00	190.67	190.80	213.75	-0.07	-10.80	Ambul	120.00 · 200.00	159.00	174.17	82.00	-8.71	93.90
Raw (Red)	160.00 · 175.00	165.63	167.50	203.75	-1.12	-18.71	Kolikuttu	350.00 · 400.00	370.00	377.50	198.00	-1.99	86.87
Raw (White)	175.00 · 190.00	181.88	182.50	203.75	-0.34	-10.74	Seeni	100.00 · 150.00	123.00	130.91	83.00	-6.04	48.19
Imported							Anamalu	170.00 · 220.00	192.00	196.67	214.40	-2.37	-10.45
Samba	223.00 · 230.00	225.75	227.50	236.00	-0.77	-4.34	Ambun	170.00 · 220.00	196.00	202.50	218.40	-3.21	-10.26
Nadu	-	-	-	-	-	-	Papaw	100.00 · 150.00	132.00	171.11	130.00	-22.86	1.54
Raw (Red)	-	-	-	-	-	-	Passion Fruit	300.00 · 500.00	395.00	443.75	677.80	-10.99	-41.72
Raw (White)	-	-	-	-	-	-	Pineapple	200.00 · 270.00	230.00	185.00	326.25	24.32	-29.50
<u>Dried Chillies</u>							Pineapple Medium	-	-	-	-	-	-
Imported	1000.00 · 1300.00	1108.33	1016.00	658.33	9.09	68.35	Pineapple Small	-	-	-	-	-	-
<u>Onion</u>							Mango						
Sinnan	-	-	-	-	-	-	Betti	150.00 · 300.00	231.25	175.00	312.50	32.14	-26.00
Vedalan	350.00 · 400.00	374.00	390.00	416.67	-4.10	-10.24	Karthakolomban	300.00 · 500.00	375.00	375.00	972.00	0.00	-61.42
Imported	290.00 · 350.00	316.00	336.00	331.43	-5.95	-4.66	Vilad	200.00 · 400.00	287.50	262.50	533.33	9.52	-46.09
<u>Biq Onion</u>							Kohu	-	-	-	-	-	-
Imported	160.00 · 190.00	175.63	169.44	85.00	3.65	106.62	<u>Other</u>						
Local	-	-	-	-	-	-	Wood Apple	450.00 · 650.00	508.00	482.22	645.00	5.35	-21.24
<u>Potato</u>							Orange	300.00 · 550.00	394.44	344.44	570.00	14.52	-30.80
Welimada	-	-	-	-	-	-	Avocado	300.00 · 500.00	405.00	455.00	336.00	-10.99	20.54
N'Eliya	280.00 · 310.00	295.00	296.67	282.50	-0.56	4.42	Slime Apple	200.00 · 300.00	243.75	225.00	280.00	8.33	-12.95
Imported	180.00 · 220.00	191.88	185.00	162.50	3.72	18.08	Grapes Imp.,	1500.00 · 2000.00	1750.00	1900.00	1762.50	-7.89	-0.71
<u>Pulses</u>							King Coconut	150.00 · 200.00	172.22	187.50	140.00	-8.15	23.02
Green Gram	700.00 · 800.00	750.00	775.00	761.67	-3.23	-1.53							
Cowpea (White)	650.00 · 700.00	670.00	675.00	800.00	-0.74	-16.25	<u>Sea Fish</u>						
Cowpea (Red)	650.00 · 700.00	670.00	675.00	880.00	-0.74	-23.86	Salaya	850.00 · 1200.00	1000.00	728.57	560.00	37.25	78.57
Red Dhal	220.00 · 240.00	228.13	232.30	244.67	-1.80	-6.76	Hurulla	1000.00 · 1200.00	1100.00	1028.57	1000.00	6.94	10.00
<u>Vegetable</u>							Balaya	1100.00 · 1200.00	1150.00	850.00	1070.00	35.29	7.48
Beans (Butter)	-	-	-	-	-	-	Kelawalla	2200.00 · 2300.00	2225.00	1464.29	1470.00	51.95	51.36
Beans (Green)	250.00 · 350.00	288.00	313.00	420.00	-7.99	-31.43	Thora	3000.00 · 3200.00	3075.00	2666.67	3050.00	15.31	0.82
Carrot	250.00 · 300.00	272.00	274.00	276.67	-0.73	-1.69	Paraw	1400.00 · 1650.00	1537.50	1616.67	1260.00	-4.90	22.02
Leeks	160.00 · 230.00	194.00	225.00	182.22	-13.78	6.46	Mora	1700.00 · 1900.00	1800.00	1550.00	1110.00	16.13	62.16
Beetroot	330.00 · 400.00	362.22	378.57	145.00	-4.32	149.81	Shrimps	1400.00 · 1750.00	1575.00	1550.00	1250.00	1.61	26.00
Knolkhol	120.00 · 150.00	134.00	138.00	72.00	-2.90	86.11	Thalapath	2400.00 · 3300.00	2716.67	2550.00	1980.00	6.54	37.21
Raddish	80.00 · 100.00	92.00	113.00	61.00	-18.58	50.82	<u>Eggs</u>						
Cabbage	70.00 · 110.00	95.83	99.29	207.69	-3.48	-53.86	Brown	38.00 · 40.00	39.00	37.50	33.10	4.00	17.82
Tomato	180.00 · 300.00	238.00	413.00	74.17	-42.37	220.90	White	36.00 · 38.00	37.00	35.50	31.00	4.23	19.35
Ladies Fingers	80.00 · 150.00	108.00	152.00	61.82	-28.95	74.71	<u>Dried Fish</u>						
Brinjal	200.00 · 400.00	313.00	266.36	335.83	17.51	-6.80	Sprats	2450.00 · 2700.00	2583.33	2500.00	1722.22	3.33	50.00
Capsicum	250.00 · 400.00	326.00	283.00	381.11	15.19	-14.46	Sprats (Imported)	1450.00 · 1600.00	1537.50	1500.00	1118.89	2.50	37.41
Pumpkin	140.00 · 200.00	168.00	126.00	96.00	33.33	75.00	Kattawa	2600.00 · 2700.00	2650.00	-	-	-	-
Cucumber	50.00 · 100.00	77.27	106.00	54.00	-27.10	43.10	Kattawa (Imported)	2100.00 · 2200.00	2150.00	2250.00	1838.89	-4.44	16.92
Bitter Gourd	350.00 · 450.00	402.00	450.00	341.00	-10.67	17.89	Thora	-	-	-	-	-	-
Snake Gourd	200.00 · 250.00	224.00	227.00	140.00	-1.32	60.00	Thora (Imported)	2500.00 · 2500.00	2500.00	-	-	-	-
Drumstick	200.00 · 500.00	350.00	427.27	410.00	-18.09	-14.63	Mora	2300.00 · 2700.00	2500.00	2650.00	2294.44	-5.66	8.96
Luffa	130.00 · 200.00	159.00	187.27	82.50	-15.10	92.73	Mora (Imported)	-	-	-	-	-	-
Long Beans	200.00 · 300.00	265.00	225.00	187.78	17.78	41.12	Balaya	1600.00 · 1700.00	1630.00	1591.67	1638.89	2.41	-0.54
Ash Plantain	120.00 · 150.00	135.00	126.00	68.89	7.14	95.97	Balaya (Imported)	-	-	-	-	-	-
Green Chillies	550.00 · 700.00	625.00	740.00	380.91	-15.54	64.08	Anguluwa	-	-	-	-	-	-
Lime	300.00 · 450.00	390.00	428.00	235.00	-8.88	65.96	Anguluwa (Imported)	1900.00 · 2100.00	2000.00	2416.67	1733.33	-17.24	15.38
<u>Root Crops</u>							Maduwa	-	-	1790.00	1616.67	-	-
Sweet Potato	150.00 · 300.00	227.00	157.00	173.75	44.59	30.65	Maduwa (Imported)	1200.00 · 1300.00	1237.50	1250.00	-	-1.00	-
Manioc	100.00 · 140.00	121.00	100.00	93.33	21.00	29.64	Koduwa	-	-	-	-	-	-
<u>Leafy Vegetable</u>							Koduwa (Imported)	-	-	-	-	-	-
Mukunuwenna	120.00 · 150.00	130.00	125.00	112.50	4.00	15.56	Salaya	-	-	714.29	711.11	-	-
Kankun	120.00 · 150.00	130.00	125.00	112.50	4.00	15.56	Salaya (Imported)	-	-	-	-	-	-
Gotukola	250.00 · 300.00	282.22	277.50	290.00	1.70	-2.68							

This Week:

Week 27: 03 - 09 July 2026

Last Week:

Week 26: 26 June - 02 July 2026

Table 15: Colombo &Suburbs: Retail Prices (Rs/kg or Rs/piece)

Week 27: 03 - 09 July 2026

COMMODITY	Range	Average Price			Change Compared to		COMMODITY	Range	Average Price			Change Compared to	
		This Week	Last Week	Last Year	Last Week	Last Year (%)			This Week	Last Week	Last Year	Last Week	Last Year (%)
<u>Rice</u>							<u>Coconut</u>						
Local							Large	160.00 · 200.00	177.14	176.67	196.88	0.48	-10.02
Samba 1	250.00 · 260.00	255.79	253.57	251.67	2.22	1.64	Small	130.00 · 150.00	144.50	144.67	178.00	-0.17	-18.82
Samba 2													
Keeri Samba	360.00 · 360.00	360.00	360.00	290.00	0.00	24.14	<u>Fruits (Rs/fruit)</u>						
Nadu 1	220.00 · 230.00	228.75	230.00	231.90	-1.25	-1.36	Plantain						
Nadu 2							Ambul (Rs/kg)	180.00 · 300.00	240.40	253.68	146.82	-13.28	63.74
Raw (Red)	185.00 · 220.00	208.33	209.33	224.17	-1.00	-7.06	Kolikuttu (Rs/kg)	400.00 · 550.00	472.92	473.53	285.00	-0.61	65.94
Raw (White)	200.00 · 220.00	211.43	212.50	222.00	-1.07	-4.76	Seeni (Rs/kg)	180.00 · 250.00	212.50	213.53	158.18	-1.03	34.34
Imported							Anamalu	280.00 · 360.00	332.86	333.57	328.36	-0.71	1.37
Samba				250.00			Ambun	280.00 · 360.00	334.50	328.46	342.55	6.04	-2.35
Nadu							Papaw(Rs/kg)	180.00 · 300.00	252.61	262.94	257.14	-10.33	-1.76
Raw (Red)							Passion Fruit	550.00 · 800.00	681.43	661.82	983.30	19.61	-30.70
Raw (White)							Pineapple Large	300.00 · 500.00	390.40	328.82	424.44	61.58	-8.02
<u>Dried Chillies</u>							Pineapple Medium						
Imported	1200.00 · 1500.00	1323.08	1283.33	804.76	39.74	64.41	Pineapple Small						
<u>Onion</u>							Mango						
Sinnan							Betti	300.00 · 520.00	393.91	287.50		106.41	
Vedalan							Karthakolomban	400.00 · 600.00	516.36	460.71	1137.27	55.65	-54.60
Imported	360.00 · 520.00	443.53	454.67	496.11	-11.14	-10.60	Vilad	300.00 · 600.00	467.50	302.00		165.50	
<u>Big Onion</u>							Kohu						
Imported	200.00 · 260.00	232.22	225.63	144.81	6.60	60.36	<u>Other</u>						
Local							Wood Apple	500.00 · 1000.00	741.67	736.00	1178.57	5.67	-37.07
<u>Potato</u>							Orange	350.00 · 1000.00	658.70	560.00	815.38	98.70	-19.22
Welimada							Avocado	500.00 · 900.00	654.21	668.00	581.43	-13.79	12.52
N'Eliya	360.00 · 480.00	398.57	412.31	394.29	-13.74	1.09	Slime Apple	300.00 · 800.00	532.50	529.17	559.52	3.33	-4.83
Imported	200.00 · 260.00	227.65	231.33	201.79	-3.69	12.82	Grapes (Imp., Rs/kg)	1900.00 · 3000.00	2525.00	2585.71	2247.62	-60.71	12.34
<u>Pulses</u>							King Coconut	180.00 · 250.00	209.05	216.36	179.00	-7.32	16.79
Green Gram	900.00 · 1200.00	967.50	977.89	902.00	-10.39	7.26							
Cowpea (White)	880.00 · 1100.00	961.54	981.33	957.69	-19.79	0.40	<u>Sea Fish</u>						
Cowpea (Red)	880.00 · 1100.00	955.71	968.00	986.67	-12.29	-3.14	Salaya	1000.00 · 1300.00	1176.67	978.18	778.33	198.48	51.18
Red Dhal	250.00 · 280.00	269.29	275.00	287.14	-5.71	-6.22	Hurulla	1100.00 · 1300.00	1218.33	1337.50	1176.92	-119.17	3.52
<u>Vegetable</u>							Balaya	1300.00 · 2400.00	1760.00	1385.00	1566.67	375.00	12.34
Beans (Butter)							Kelawalla	2400.00 · 3400.00	2883.33	2653.85	2234.21	229.49	29.05
Beans(Green)	300.00 · 600.00	474.84	516.00	577.04	-41.16	-17.71	Thora	3200.00 · 4800.00	4127.27	3850.00	4023.68	277.27	2.57
Carrot	300.00 · 600.00	431.72	458.95	457.50	-27.22	-5.63	Paraw	1600.00 · 4200.00	2820.00	2611.11	2220.59	208.89	26.99
Leeks	250.00 · 480.00	387.86	430.00	360.37	-42.14	7.63	Mora	1900.00 · 2400.00	2233.33	2144.44		88.89	
Beetroot	380.00 · 600.00	500.74	514.71	340.40	-13.97	47.10	Shrimps	1600.00 · 2800.00	2100.00	1964.29	1897.22	135.71	10.69
Knolkhol	200.00 · 480.00	364.35	387.50	286.15	-23.15	27.33	Thalapath	2600.00 · 3600.00	3200.00	3316.67	3036.84	-116.67	5.37
Raddish	150.00 · 360.00	237.08	266.67	235.93	-29.58	0.49	<u>Eggs</u>						
Cabbage	120.00 · 400.00	292.41	283.53	398.15	8.88	-26.56	Brown	40.00 · 42.00	40.75	40.00	35.11	0.75	16.08
Tomato	300.00 · 600.00	452.67	572.35	219.29	-119.69	106.43	White	37.00 · 40.00	38.92	38.31	33.45	0.62	16.36
Ladies Fingers	150.00 · 400.00	299.23	314.74	249.58	-15.51	19.89	<u>Dried Fish</u>						
Brinjal	320.00 · 640.00	490.71	444.71	472.69	46.01	3.81	Sprats	2600.00 · 2800.00	2663.64	2633.33	1911.11	30.30	39.38
Capsicum	350.00 · 600.00	548.00	556.11	627.04	-8.11	-12.60	Sprats (Imported)	1600.00 · 2000.00	1742.86	1550.00	1390.00	192.86	25.39
Pumpkin	180.00 · 320.00	267.86	244.44	235.36	23.41	13.81	Kattawa	2800.00 · 3600.00	3133.33	3350.00	2510.00	-216.67	24.83
Cucumber	100.00 · 320.00	211.79	236.11	176.92	-24.33	19.70	Thora	2800.00 · 4400.00	3307.69	4012.50		-704.81	
Bitter Gourd	400.00 · 800.00	591.03	595.63	524.58	-4.59	12.67	Mora	2600.00 · 3600.00	3146.67	3207.69	2730.00	-61.03	15.26
Snake Gourd	320.00 · 600.00	434.62	460.00	331.85	-25.38	30.97	Balaya	1800.00 · 2600.00	2178.57	2181.82	2405.00	-3.25	-9.41
Drumstick	400.00 · 1000.00	642.07	863.33	691.20	-221.26	-7.11	Anguluwa	2300.00 · 3400.00	2800.00	3050.00	2520.00	-250.00	11.11
Luffa	240.00 · 480.00	366.92	444.12	284.62	-77.19	28.92	Maduwa				2022.22		
Long Beans	250.00 · 520.00	389.05	383.75	365.83	5.30	6.35	Koduwa						
Ash Plantain	160.00 · 320.00	282.40	300.00	207.31	-17.60	36.22	Salaya	1200.00 · 1600.00	1308.33	1331.25	1312.50	-22.92	-0.32
Green Chillies	700.00 · 1200.00	915.52	1041.18	717.69	-125.66	27.56	<u>Meat</u>						
Lime	400.00 · 800.00	641.85	711.76	478.52	-69.91	34.13	Beef (without Bones)	3000.00 · 3200.00	3100.00	3100.00	2745.45	0.00	12.91
<u>Root Crops</u>							Chicken (Broiler)	1300.00 · 1490.00	1371.11	1397.50	1365.38	-26.39	0.42
Sweet Potato	200.00 · 400.00	324.40	322.22	302.14	2.18	7.37	Chicken (Curry)	1200.00 · 1390.00	1282.22	1316.67	1245.83	-34.44	2.92
Manioc	150.00 · 260.00	208.33	203.13	210.36	5.21	-0.96	Mutton	4300.00 · 4600.00	4428.57	4416.67	3741.67	11.90	18.36
<u>Leafy Vegetable</u>							Pork	2700.00 · 2800.00	2766.67	2766.67	2414.29	0.00	14.60
Mukunuwenna	150.00 · 250.00	205.00	205.45	229.50	-0.45	-10.68							
Kankun	150.00 · 250.00	205.33	205.45	229.50	-0.12	-10.53							
Gotukola	300.00 · 500.00	418.24	411.82	500.00	6.42	-16.35							

This Week: Week 27: 03 - 09 July 2026
Last Week: Week 26: 26 June - 02 July 2026

Table 16: Farmgate/Producer Prices of Food Commodities in Selected Producing Areas (Rs/kg)

Week 27: 03 - 09 July 2026

COMMODITY	Range	Average Price	COMMODITY	Range	Average Price	COMMODITY	Range	Average Price
<u>Paddy</u>			<u>Vegetable (Up Country)</u>			<u>Snake Gourd</u>		
Short Grain			Beans			Dambulla	120.00 – 145.00	135.00
A'pura	-		Dambulla	180.00 – 200.00	190.00	Hambantota	-	
P'naruwa	125.00 – 125.00	125.00	Welimada	265.00 – 285.00	275.00	Embilipitiya	200.00 – 220.00	210.00
Kalawewa	125.00 – 128.00	127.00	Badulla	-		Matara	-	
Kurunegala	-		Carrot			A'pura	-	
Dehiattakandiya	118.00 – 125.00	121.00	N'Eliya	240.00 – 245.00	243.00	Luffa		
Nikaweratiya	125.00 – 130.00	128.00	Welimada	170.00 – 185.00	177.00	Dambulla	90.00 – 110.00	102.50
Ampara	121.00 – 126.00		Hanguranketha	200.00 – 240.00	220.00	Hambantota	-	
Long Grain (White)			Leeks			Embilipitiya	220.00 – 230.00	225.00
A'pura	-		N'Eliya	150.00 – 165.00	156.00	Matara	-	
P'naruwa	103.00 – 103.00	103.00	Welimada	150.00 – 165.00	156.00	A'pura	-	
Kalawewa	105.00 – 107.00	105.80	Beetroot			Green Chillies		
Kurunegala	-		N'Eliya	240.00 – 250.00	243.00	Dambulla	500.00 – 580.00	540.00
Dehiattakandiya	97.00 – 103.00	100.00	Dambulla	270.00 – 290.00	280.00	Hambantota	-	
Embilipitiya	-		Kurunegala	-		Embilipitiya	-	
Nikaweratiya	105.00 – 108.00	107.00	Welimada	265.00 – 285.00	274.00	Puttalam	570.00 – 570.00	570.00
Hambantota	-		Hanguranketha	180.00 – 200.00	190.00	A'pura	-	
Ampara	82.00 – 100.00	91.60	Knol Khol			Pumpkin		
Long Grain (Red)			N'Eliya	120.00 – 130.00	124.00	Dambulla	120.00 – 135.00	128.00
Matara	100.00 – 105.00	102.50	Welimada	135.00 – 150.00	142.00	Hambantota	-	
Hambantota	-		Hanguranketha	-		Embilipitiya	150.00 – 160.00	155.00
Embilipitiya	98.00 – 100.00	99.00	Raddish			Matara	-	
Keeri Samba			N'Eliya	45.00 – 50.00	47.00	A'pura	-	
A'pura	-		Welimada	30.00 – 40.00	35.00	Moneragala	80.00 – 85.00	82.00
P'naruwa	147.00 – 148.00	147.60	Hambantota	-		Cucumber		
Kalawewa	145.00 – 147.00	145.80	Hanguranketha	40.00 – 50.00	45.00	A'pura	-	
Kurunegala	-		Cabbage			Dambulla	40.00 – 55.00	48.00
Dehiattakandiya	140.00 – 142.00	141.00	N'Eliya	60.00 – 70.00	64.00	Hambantota	-	
Red Onion			Welimada	45.00 – 60.00	54.00	Matara	35.00 – 40.00	38.33
Puttalam	228.00 – 285.00	256.50	Badulla	80.00 – 100.00	93.33	Long Beans		
Jaffna	-		Hanguranketha	80.00 – 90.00	85.00	Dambulla	86.00 – 140.00	109.20
Big Onion			Tomato			Hambantota	-	
Dambulla	-		Welimada	180.00 – 200.00	191.00	Embilipitiya	180.00 – 200.00	190.00
Kalawewa	-		Hambantota	-		Matara	140.00 – 160.00	150.00
A'pura	-		Dambulla	190.00 – 210.00	202.00	A'pura	-	
Potato			Hanguranketha	100.00 – 150.00	126.67	Ash Plantain		
N'Eliya	250.00 – 260.00	254.00	<u>Vegetable (Low Country)</u>			Hambantota	-	
Badulla	-		Ladies Fingers			Embilipitiya	80.00 – 100.00	90.00
Welimada	235.00 – 245.00	241.00	A'pura	-		Matara	80.00 – 100.00	90.00
<u>Pulses</u>			Dambulla	120.00 – 140.00	130.00	Lime		
Green Gram			Hambantota	-		Hambantota	-	
Hambantota	-		Embilipitiya	130.00 – 140.00	135.00	Embilipitiya	220.00 – 250.00	235.00
Moneragala	500.00 – 550.00	520.00	Matara	120.00 – 130.00	126.67	Moneragala	180.00 – 200.00	188.00
Embilipitiya	670.00 – 680.00	675.00	Brinjal			<u>Fruits (Rs/kg)</u>		
Nikaweratiya	600.00 – 650.00	625.00	A'pura	-		Banana		
A'pura	-		Dambulla	177.50 – 200.00	188.00	Ambul		
Cowpea			Hambantota	-		Moneragala	50.00 – 60.00	54.00
Hambantota	-		Embilipitiya	280.00 – 300.00	290.00	Embilipitiya	70.00 – 100.00	85.00
Nikaweratiya	-		Matara	220.00 – 230.00	223.33	Hambantota	-	
Moneragala	-		Welimada	190.00 – 210.00	199.00	Kolikuttu		
Embilipitiya	600.00 – 610.00	605.00	Capsicum			Moneragala	180.00 – 220.00	196.00
Maize			Badulla	-		Embilipitiya	300.00 – 340.00	320.00
A'pura	-		Welimada	230.00 – 250.00	243.00	Hambantota	-	
Kalawewa	-		Bitter Gourd			Papaw		
Gingelly			A'pura	-		Moneragala	80.00 – 90.00	84.00
A'pura	-		Dambulla	240.00 – 280.00	258.33	Embilipitiya	80.00 – 90.00	85.00
Kalawewa	-		Hambantota	-		Hambantota	-	
Black Gram			Embilipitiya	360.00 – 370.00	365.00	Pineapple		
A'pura	-		Matara	250.00 – 280.00	265.00	Divulapitiya	-	
Kalawewa	-							

Annex 01 - Colombo Markets: Retail Prices of Rice and Subsidiary Food Crops (Rs/kg)
Week 27: 03 - 09 July 2026

26

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Rice</u>									
Local									
Samba 1	260.00 - 260.00	250.00 - 260.00	260.00 - 260.00	250.00 - 250.00	260.00 - 260.00	260.00 - 260.00	260.00 - 260.00	250.00 - 250.00	260.00 - 260.00
Samba 2	-	-	-	-	-	-	-	-	-
Keeri Samba	-	-	-	360.00 - 360.00	-	-	360.00 - 360.00	-	360.00 - 360.00
Nadu 1	220.00 - 230.00	230.00 - 230.00	230.00 - 230.00	230.00 - 230.00	230.00 - 230.00	230.00 - 230.00	230.00 - 230.00	220.00 - 230.00	230.00 - 230.00
Nadu 2	-	-	-	-	-	-	-	-	-
Raw (Red)	220.00 - 220.00	190.00 - 190.00	200.00 - 220.00	185.00 - 200.00	220.00 - 220.00	220.00 - 220.00	200.00 - 220.00	200.00 - 200.00	220.00 - 220.00
Raw (White)	220.00 - 220.00	200.00 - 200.00	200.00 - 200.00	210.00 - 210.00	220.00 - 220.00	220.00 - 220.00	220.00 - 220.00	200.00 - 200.00	220.00 - 220.00
Imported									
Samba	-	-	-	-	-	-	-	-	-
Nadu	-	-	-	-	-	-	-	-	-
Raw (Red)	-	-	-	-	-	-	-	-	-
Raw (White)	-	-	-	-	-	-	-	-	-
<u>Dried Chillies</u>									
Imported	1300.00 - 1400.00	1200.00 - 1200.00	1200.00 - 1400.00	1400.00 - 1500.00	1400.00 - 1400.00	1400.00 - 1400.00	1200.00 - 1200.00	1200.00 - 1200.00	1400.00 - 1400.00
<u>Red Onion</u>									
Sinnan	-	-	-	-	-	-	-	-	-
Vedalan	-	-	-	-	-	-	-	-	-
Imported	360.00 - 400.00	480.00 - 520.00	480.00 - 480.00	480.00 - 520.00	480.00 - 480.00	480.00 - 480.00	400.00 - 400.00	400.00 - 420.00	400.00 - 400.00
<u>Big Onion</u>									
Imported	200.00 - 220.00	240.00 - 260.00	220.00 - 240.00	240.00 - 260.00	240.00 - 240.00	240.00 - 240.00	200.00 - 200.00	220.00 - 220.00	240.00 - 240.00
Local	-	-	-	-	-	-	-	-	-
<u>Potato</u>									
Welimada	-	-	-	-	-	-	-	-	-
N'Eliya	360.00 - 380.00	400.00 - 480.00	380.00 - 400.00	480.00 - 480.00	400.00 - 400.00	400.00 - 400.00	360.00 - 380.00	380.00 - 380.00	380.00 - 380.00
Imported	200.00 - 200.00	240.00 - 240.00	240.00 - 250.00	240.00 - 260.00	200.00 - 200.00	200.00 - 240.00	200.00 - 200.00	240.00 - 240.00	240.00 - 240.00
<u>Pulses</u>									
Green Gram	900.00 - 1000.00	900.00 - 900.00	1000.00 - 1050.00	1200.00 - 1200.00	1000.00 - 1000.00	1000.00 - 1000.00	900.00 - 900.00	900.00 - 1000.00	1000.00 - 1100.00
Cowpea (White)	900.00 - 900.00	900.00 - 900.00	980.00 - 1000.00	1100.00 - 1100.00	920.00 - 920.00	920.00 - 920.00	880.00 - 880.00	900.00 - 900.00	1000.00 - 1100.00
Cowpea (Red)	900.00 - 900.00	900.00 - 900.00	980.00 - 1000.00	1100.00 - 1100.00	920.00 - 920.00	920.00 - 920.00	880.00 - 880.00	1000.00 - 1000.00	1100.00 - 1100.00
Red Dhal	270.00 - 280.00	280.00 - 280.00	250.00 - 250.00	280.00 - 280.00	280.00 - 280.00	260.00 - 260.00	260.00 - 280.00	260.00 - 260.00	260.00 - 280.00

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

Week 27: 03 - 09 July 2026

27

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Vegetable</u>									
Beans	300.00 - 350.00	560.00 - 600.00	400.00 - 480.00	400.00 - 600.00	480.00 - 480.00	600.00 - 600.00	350.00 - 520.00	400.00 - 520.00	400.00 - 600.00
Carrot	300.00 - 350.00	520.00 - 600.00	360.00 - 480.00	400.00 - 600.00	480.00 - 480.00	480.00 - 480.00	300.00 - 400.00	320.00 - 480.00	400.00 - 400.00
Leeks	250.00 - 300.00	480.00 - 480.00	320.00 - 400.00	400.00 - 480.00	350.00 - 360.00	480.00 - 480.00	300.00 - 400.00	400.00 - 400.00	400.00 - 480.00
Beetroot	400.00 - 500.00	560.00 - 600.00	480.00 - 600.00	400.00 - 600.00	380.00 - 400.00	600.00 - 600.00	400.00 - 500.00	400.00 - 560.00	480.00 - 600.00
Knolkhol	200.00 - 280.00	400.00 - 480.00	320.00 - 400.00	480.00 - 480.00	380.00 - 400.00	480.00 - 480.00	280.00 - 350.00	400.00 - 400.00	400.00 - 480.00
Raddish	150.00 - 160.00	360.00 - 360.00	240.00 - 320.00	240.00 - 320.00	240.00 - 260.00	320.00 - 320.00	150.00 - 250.00	240.00 - 240.00	160.00 - 240.00
Cabbage	120.00 - 180.00	320.00 - 400.00	280.00 - 320.00	320.00 - 400.00	240.00 - 280.00	400.00 - 400.00	150.00 - 240.00	320.00 - 320.00	320.00 - 320.00
Tomato	300.00 - 350.00	480.00 - 600.00	400.00 - 500.00	480.00 - 600.00	480.00 - 480.00	400.00 - 400.00	300.00 - 400.00	400.00 - 480.00	480.00 - 520.00
Ladies Fingers	150.00 - 240.00	400.00 - 400.00	280.00 - 400.00	240.00 - 400.00	320.00 - 320.00	320.00 - 320.00	160.00 - 320.00	320.00 - 400.00	240.00 - 400.00
Brinjal	450.00 - 500.00	480.00 - 560.00	400.00 - 560.00	480.00 - 640.00	460.00 - 480.00	320.00 - 320.00	400.00 - 480.00	400.00 - 480.00	500.00 - 520.00
Capsicum	350.00 - 400.00	600.00 - 600.00	500.00 - 600.00	500.00 - 600.00	480.00 - 500.00	600.00 - 600.00	350.00 - 400.00	480.00 - 600.00	480.00 - 600.00
Pumpkin	180.00 - 200.00	280.00 - 320.00	240.00 - 280.00	320.00 - 320.00	280.00 - 280.00	320.00 - 320.00	200.00 - 240.00	240.00 - 320.00	320.00 - 320.00
Cucumber	100.00 - 160.00	240.00 - 280.00	160.00 - 200.00	240.00 - 320.00	240.00 - 240.00	240.00 - 240.00	140.00 - 200.00	240.00 - 240.00	160.00 - 200.00
Bitter Gourd	400.00 - 460.00	600.00 - 800.00	600.00 - 600.00	600.00 - 800.00	580.00 - 600.00	600.00 - 600.00	400.00 - 600.00	520.00 - 600.00	600.00 - 600.00
Snake Gourd	320.00 - 360.00	400.00 - 600.00	400.00 - 480.00	480.00 - 600.00	460.00 - 480.00	480.00 - 480.00	350.00 - 400.00	320.00 - 400.00	400.00 - 480.00
Drumstick	450.00 - 600.00	640.00 - 1000.00	400.00 - 600.00	800.00 - 800.00	950.00 - 1000.00	600.00 - 600.00	450.00 - 600.00	400.00 - 800.00	400.00 - 600.00
Luffa	250.00 - 360.00	480.00 - 480.00	320.00 - 400.00	320.00 - 480.00	240.00 - 260.00	480.00 - 480.00	320.00 - 400.00	320.00 - 400.00	320.00 - 400.00
Long Beans	250.00 - 360.00	480.00 - 480.00	400.00 - 480.00	400.00 - 480.00	460.00 - 480.00	-	250.00 - 320.00	400.00 - 400.00	280.00 - 520.00
Ash Plantain	160.00 - 200.00	320.00 - 320.00	240.00 - 320.00	240.00 - 320.00	260.00 - 280.00	320.00 - 320.00	240.00 - 280.00	300.00 - 320.00	240.00 - 320.00
Green Chillies	750.00 - 800.00	800.00 - 1000.00	800.00 - 1000.00	1000.00 - 1000.00	950.00 - 1000.00	1200.00 - 1200.00	700.00 - 800.00	800.00 - 1000.00	1000.00 - 1200.00
Lime	400.00 - 460.00	600.00 - 700.00	600.00 - 800.00	800.00 - 800.00	500.00 - 650.00	800.00 - 800.00	450.00 - 500.00	800.00 - 800.00	600.00 - 800.00
<u>Root Crops</u>									
Sweet Potato	200.00 - 280.00	280.00 - 360.00	320.00 - 320.00	320.00 - 400.00	320.00 - 320.00	400.00 - 400.00	200.00 - 240.00	320.00 - 400.00	280.00 - 320.00
Manioc	170.00 - 180.00	200.00 - 240.00	220.00 - 240.00	250.00 - 260.00	240.00 - 260.00	-	150.00 - 160.00	180.00 - 200.00	200.00 - 200.00
<u>Leafy Vegetable</u>									
Mukunuwenna	150.00 - 150.00	200.00 - 200.00	200.00 - 200.00	250.00 - 250.00	200.00 - 200.00	250.00 - 250.00	150.00 - 175.00	200.00 - 250.00	200.00 - 250.00
Kankun	150.00 - 150.00	200.00 - 200.00	200.00 - 200.00	250.00 - 250.00	200.00 - 200.00	250.00 - 250.00	150.00 - 180.00	200.00 - 250.00	200.00 - 250.00
Gotukola	375.00 - 375.00	400.00 - 450.00	400.00 - 400.00	450.00 - 480.00	400.00 - 400.00	400.00 - 400.00	300.00 - 350.00	480.00 - 500.00	450.00 - 450.00
<u>Coconut</u>									
Large	170.00 - 170.00	170.00 - 180.00	170.00 - 200.00	170.00 - 190.00	160.00 - 200.00	200.00 - 200.00	160.00 - 170.00	160.00 - 170.00	160.00 - 200.00
Small	130.00 - 140.00	150.00 - 150.00	140.00 - 150.00	150.00 - 150.00	140.00 - 140.00	130.00 - 140.00	140.00 - 150.00	140.00 - 150.00	140.00 - 150.00

Annex 03 - Colombo Markets: Retail Prices of Fruits (Rs/kg,king Coconut Rs/nut)

Week 27: 03 - 09 July 2026

28

CROP	PELIYAGODA			MAHARAGAMA			KIRULAPONE			NUGEGODA			NARAHENPITA			DEMATAGODA			THOTALANGA			KADAWATHA			KIRIBATHGODA		
<u>Plantain</u>																											
Ambul	190.00	-	220.00	240.00	-	240.00	250.00	-	280.00	240.00	-	250.00	250.00	-	300.00	260.00	-	280.00	180.00	-	250.00	220.00	-	260.00	180.00	-	180.00
Kolikuttu	400.00	-	460.00	490.00	-	540.00	480.00	-	500.00	450.00	-	480.00	480.00	-	530.00	500.00	-	550.00	450.00	-	450.00	480.00	-	500.00	400.00	-	450.00
Seeni	180.00	-	200.00	230.00	-	250.00	250.00	-	250.00	240.00	-	250.00	220.00	-	230.00	250.00	-	250.00	180.00	-	180.00	220.00	-	240.00	200.00	-	220.00
Anamalu	280.00	-	350.00	360.00	-	360.00	340.00	-	360.00	350.00	-	350.00	350.00	-	360.00	360.00	-	360.00	280.00	-	300.00	330.00	-	350.00	360.00	-	360.00
Ambun	280.00	-	320.00	360.00	-	360.00	340.00	-	360.00	350.00	-	360.00	350.00	-	360.00	360.00	-	360.00	320.00	-	350.00	330.00	-	350.00	360.00	-	360.00
<u>Pineapple</u>																											
Large	300.00	-	350.00	500.00	-	500.00	500.00	-	500.00	380.00	-	450.00	380.00	-	420.00	300.00	-	350.00	300.00	-	350.00	350.00	-	400.00	350.00	-	350.00
Medium	-			-			-			-			-			-			-			-			-		
Small	-			-			-			-			-			-			-			-			-		
<u>Mango</u>																											
Betti	350.00	-	400.00	520.00	-	520.00	500.00	-	500.00	380.00	-	450.00	380.00	-	420.00	300.00	-	350.00	300.00	-	350.00	300.00	-	300.00	300.00	-	300.00
Karthakolomban	550.00	-	600.00	500.00	-	500.00	500.00	-	600.00	600.00	-	600.00	400.00	-	550.00	450.00	-	500.00	400.00	-	400.00	400.00	-	400.00	450.00	-	500.00
Vilad	500.00	-	560.00	500.00	-	500.00	500.00	-	600.00	600.00	-	600.00	400.00	-	550.00	450.00	-	500.00	300.00	-	300.00	300.00	-	300.00	450.00	-	500.00
Kohu	-			-			-			-			-			-			-			-			-		
<u>Other Fruits</u>																											
Wood Apple	600.00	-	700.00	900.00	-	900.00	550.00	-	600.00	1000.00	-	1000.00	900.00	-	1000.00	550.00	-	550.00	500.00	-	550.00	800.00	-	800.00	550.00	-	600.00
Orange	400.00	-	500.00	700.00	-	700.00	900.00	-	1000.00	900.00	-	1000.00	600.00	-	700.00	580.00	-	600.00	350.00	-	400.00	640.00	-	700.00	350.00	-	400.00
Avocado	600.00	-	700.00	600.00	-	600.00	800.00	-	800.00	900.00	-	900.00	500.00	-	700.00	580.00	-	600.00	-			750.00	-	800.00	550.00	-	600.00
Slime Apple	350.00	-	400.00	600.00	-	600.00	600.00	-	700.00	800.00	-	800.00	500.00	-	500.00	300.00	-	360.00	300.00	-	300.00	700.00	-	700.00	460.00	-	500.00
Grapes	1900.00	-	2100.00	2900.00	-	2900.00	2600.00	-	3000.00	2500.00	-	3000.00	2500.00	-	2800.00	2700.00	-	2800.00	2200.00	-	2200.00	2500.00	-	2500.00	2300.00	-	2500.00
Papaw	180.00	-	220.00	280.00	-	280.00	300.00	-	300.00	250.00	-	270.00	230.00	-	250.00	270.00	-	280.00	280.00	-	300.00	250.00	-	300.00	190.00	-	200.00
Passion	550.00	-	600.00	600.00	-	600.00	800.00	-	800.00	800.00	-	800.00	700.00	-	800.00	700.00	-	800.00	600.00	-	700.00	600.00	-	600.00	800.00	-	800.00
King Coconut	190.00	-	220.00	200.00	-	200.00	200.00	-	220.00	200.00	-	220.00	180.00	-	240.00	250.00	-	250.00	250.00	-	250.00	200.00	-	220.00	200.00	-	220.00

Annex 04 - Colombo Markets: Retail Prices of Sea Fish and Dried Fish (Rs/kg)
Week 27: 03 - 09 July 2026

29

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Sea Fish</u>									
Salaya	1000.00 - 1100.00	1200.00 - 1200.00	1100.00 - 1200.00	1300.00 - 1300.00	1300.00 - 1300.00	1200.00 - 1200.00	1200.00 - 1200.00	1120.00 - 1120.00	1200.00 - 1200.00
Hurulla	1200.00 - 1300.00	1200.00 - 1200.00	1100.00 - 1200.00	1300.00 - 1300.00	1300.00 - 1300.00	1200.00 - 1200.00	1300.00 - 1300.00	1120.00 - 1120.00	1200.00 - 1200.00
Balaya	1300.00 - 1400.00	2400.00 - 2400.00	2400.00 - 2400.00	1300.00 - 1300.00	1300.00 - 1300.00	2000.00 - 2400.00	1600.00 - 1600.00	-	1500.00 - 1500.00
Kelawalla	2400.00 - 2600.00	3200.00 - 3200.00	3200.00 - 3200.00	3400.00 - 3400.00	2800.00 - 2800.00	2800.00 - 2800.00	2800.00 - 2800.00	2800.00 - 2800.00	2800.00 - 2800.00
Thora	3200.00 - 3400.00	4400.00 - 4400.00	4400.00 - 4800.00	4600.00 - 4600.00	4600.00 - 4600.00	4400.00 - 4400.00	4200.00 - 4200.00	3200.00 - 3200.00	4200.00 - 4200.00
Paraw	1600.00 - 1800.00	4200.00 - 4200.00	2400.00 - 2400.00	2200.00 - 2200.00	3000.00 - 3000.00	2800.00 - 2800.00	4200.00 - 4200.00	3000.00 - 3000.00	3000.00 - 3000.00
Mora	1900.00 - 2000.00	2400.00 - 2400.00	2400.00 - 2400.00	2400.00 - 2400.00	-	2200.00 - 2200.00	2200.00 - 2200.00	2200.00 - 2200.00	2400.00 - 2400.00
Shrimps Small	1600.00 - 1800.00	2200.00 - 2200.00	2400.00 - 2400.00	2400.00 - 2400.00	2800.00 - 2800.00	1800.00 - 2000.00	1800.00 - 1800.00	2000.00 - 2000.00	2000.00 - 2000.00
Talapath	2600.00 - 2800.00	2800.00 - 2800.00	3200.00 - 3600.00	3600.00 - 3600.00	3600.00 - 3600.00	3600.00 - 3600.00	3000.00 - 3000.00	3200.00 - 3200.00	3200.00 - 3200.00
<u>Eggs (Rs/egg)</u>									
Brown	40.00 - 40.00	41.00 - 41.00	42.00 - 42.00	42.00 - 42.00	40.00 - 41.00	40.00 - 40.00	40.00 - 40.00	41.00 - 42.00	40.00 - 40.00
White	37.00 - 39.00	40.00 - 40.00	40.00 - 40.00	40.00 - 40.00	39.00 - 40.00	38.00 - 38.00	38.00 - 38.00	39.00 - 40.00	39.00 - 39.00
<u>Dried Fish</u>									
Sprats	2600.00 - 2700.00	2600.00 - 2600.00	2600.00 - 2600.00	2600.00 - 2600.00	2800.00 - 2800.00	2600.00 - 2600.00	2800.00 - 2800.00	2600.00 - 2600.00	2600.00 - 2600.00
Kattawa	2800.00 - 3000.00	3200.00 - 3400.00	3200.00 - 3200.00	3600.00 - 3600.00	3000.00 - 3200.00	3000.00 - 3000.00	3200.00 - 3200.00	3000.00 - 3200.00	3200.00 - 3200.00
Thora	2800.00 - 3000.00	3200.00 - 3400.00	3200.00 - 3200.00	3600.00 - 3600.00	4400.00 - 4400.00	3000.00 - 3000.00	3200.00 - 3200.00	4000.00 - 4000.00	3200.00 - 3200.00
Mora	2600.00 - 3200.00	3200.00 - 3200.00	3200.00 - 3200.00	3600.00 - 3600.00	3200.00 - 3200.00	3200.00 - 3200.00	3000.00 - 3000.00	3000.00 - 3200.00	3400.00 - 3400.00
Balaya	1800.00 - 2200.00	2300.00 - 2400.00	2400.00 - 2400.00	2400.00 - 2600.00	2000.00 - 2000.00	1800.00 - 1800.00	2000.00 - 2000.00	1800.00 - 1800.00	2400.00 - 2400.00
Anguluwa	2500.00 - 3000.00	2300.00 - 2400.00	2400.00 - 2400.00	3400.00 - 3400.00	3200.00 - 3200.00	2800.00 - 2800.00	2800.00 - 2800.00	3200.00 - 3200.00	3000.00 - 3000.00
Salaya	1200.00 - 1200.00	1400.00 - 1500.00	1600.00 - 1600.00	1300.00 - 1300.00	1400.00 - 1400.00	1300.00 - 1300.00	-	1200.00 - 1200.00	1200.00 - 1200.00
<u>Meat</u>									
Beef (without Bones)	-	-	3200.00 - 3200.00	-	3100.00 - 3100.00	-	3000.00 - 3000.00	-	-
Chicken (Broiler)	1360.00 - 1360.00	1410.00 - 1410.00	1490.00 - 1490.00	1390.00 - 1390.00	1360.00 - 1360.00	1380.00 - 1380.00	1350.00 - 1350.00	1300.00 - 1300.00	1300.00 - 1300.00
Chicken (Curry)	1360.00 - 1360.00	1250.00 - 1250.00	1390.00 - 1390.00	1390.00 - 1390.00	1200.00 - 1200.00	1200.00 - 1200.00	1200.00 - 1200.00	1300.00 - 1300.00	1250.00 - 1250.00
Mutton	-	4300.00 - 4300.00	4400.00 - 4400.00	4400.00 - 4400.00	4500.00 - 4500.00	-	4400.00 - 4400.00	4600.00 - 4600.00	4400.00 - 4400.00
Pork	-	2800.00 - 2800.00	-	-	-	-	-	2700.00 - 2700.00	2800.00 - 2800.00

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	233	12.68	6.41	437	0.84	0.42	46.83	NA	107	231	5.39	1.65
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

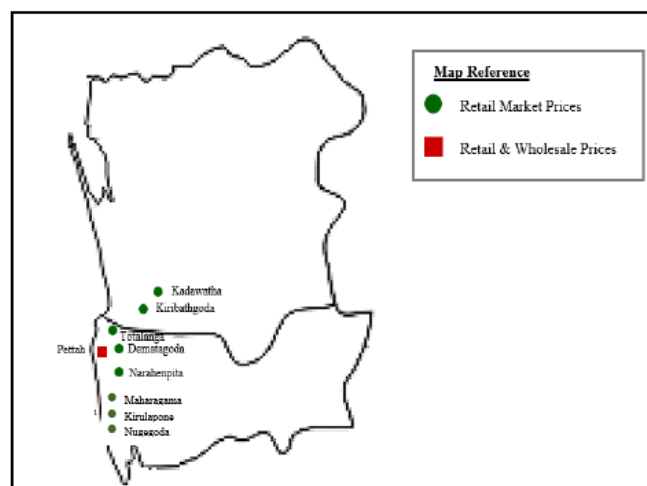
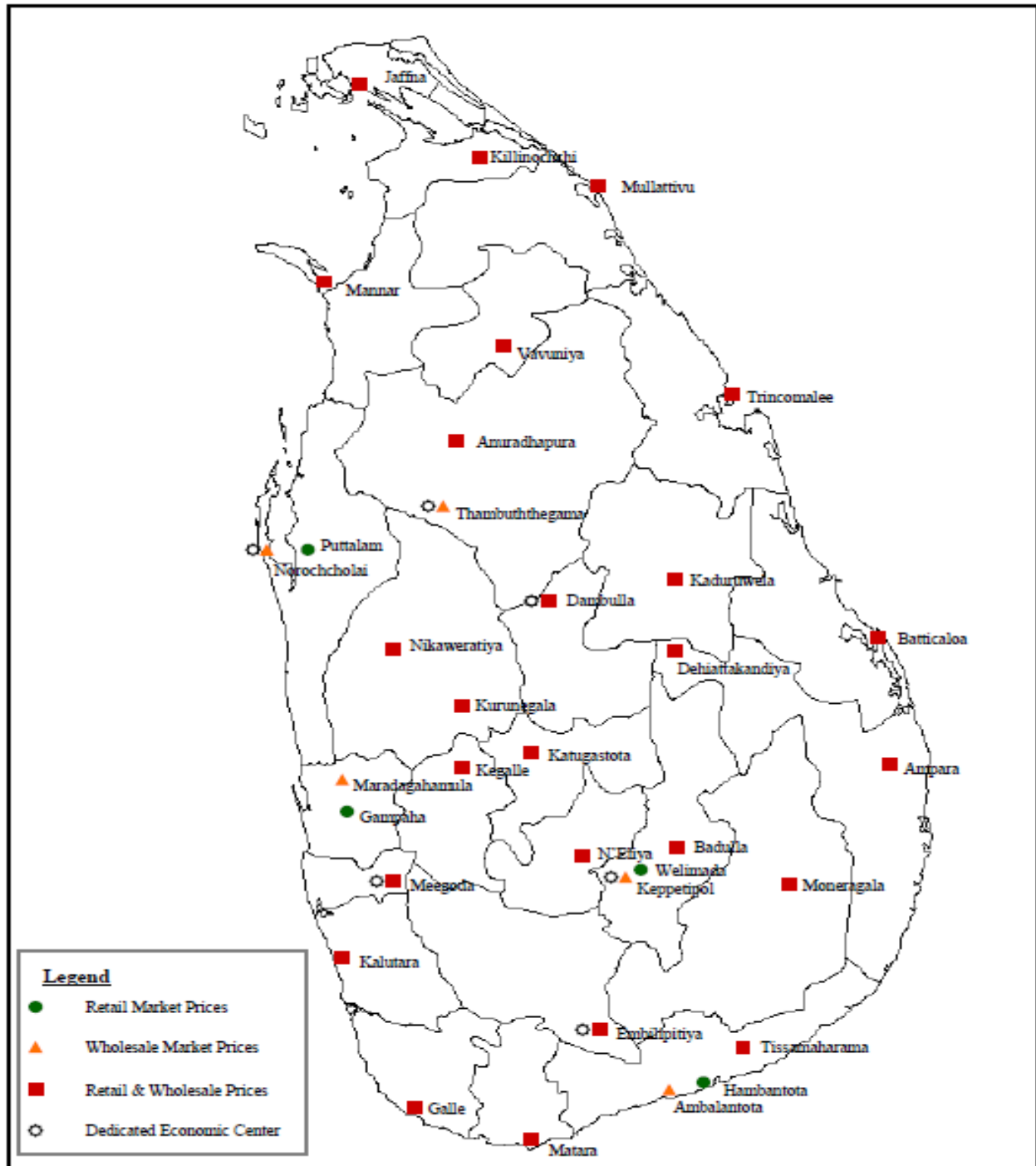
Fruits

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

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

දෛනික චළච්චි තොග මිල, ජංගම දුරකථනයෙන්
හෙක්ටර් කොච්ඡාකඩුව ගොවි කරියතු පර්යේෂණ හා පුහුණුවිරමේ ආයතනය අනුග්‍රහයෙන්

මොබිටෙල් ජංගම මිල දර්ශනය
ජාතික ජංගම දුරකථන ජාලයෙන්

6666 අමතන්න.
මොබිටෙල් අද මිල - අඟ පහ
මොබිටෙල් ජංගම දුරකථන ජාලයෙන් චළච්චි තොග මිල දැක්වේ.
විකාසයාට 022/-