

RETAIL MARKET AT A GLANCE

Summary

Paddy/Rice

Price of keeri samba has increased while prices of local samba, local raw red, local raw white and local nadu have decreased. The highest price increase of Rs.14.00/kg was recorded for keeri samba. The highest price decrease of Rs.4.00/kg was recorded for local raw red. Compared to the same period of the last year, the highest price increase of 30% was recorded for local keeri samba.

Farmgate price of paddy in most of the major producing areas has remained relatively unchanged. A price decrease of Rs.2.00/kg reported for long grain white paddy in Dehiatakandiya. Further, a price increase of Rs.3.00/kg reported in Matara for raw red paddy.

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Other Field Crops

Price of imported dried chilies has increased by Rs. 27.00/kg and price ranged Rs.1200.00-1500.00/kg. Meanwhile, price of imported red onions has decreased by Rs.13.00/kg and price of imported big onions has increased by Rs.5.00/kg. Further, price of Nuwara Eliya potatoes has increased by Rs.36.00/kg, during the week.

(Page No.02-03)

Vegetables

Retail prices of most of the up-country vegetable varieties has decreased in line with the downward wholesale price trend. Considering the up-country vegetables, the highest price decrease was reported for cabbage at Rs.18.00/kg. Considering low-country vegetable varieties, the highest price decrease was reported for drumsticks as Rs. 93.00/kg.

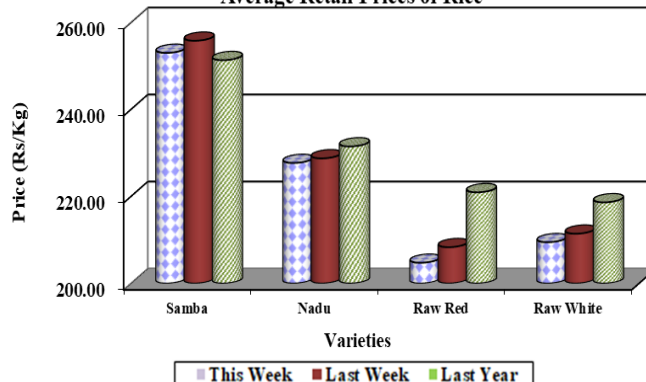
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Eggs

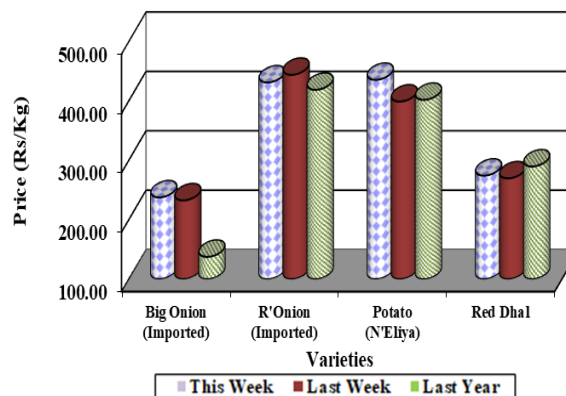
Price of a both brown and white egg has increased by around Rs.2.00/ egg and the price ranges have been reported between Rs.41.00-45.00/egg and Rs.39.00-42.00/egg, respectively. Compared to the same period in the previous year, the retail price of both brown and white eggs has increased by 25%.

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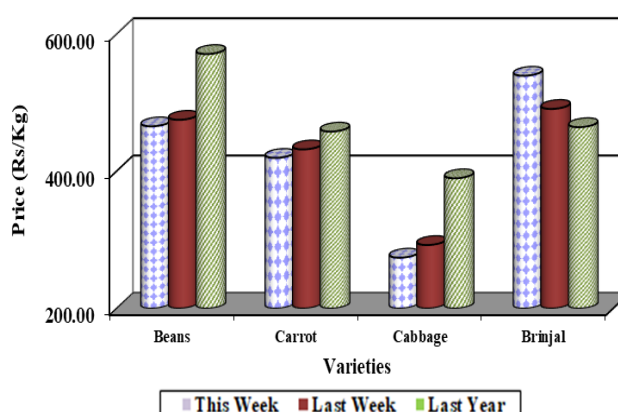
Average Retail Prices of Rice



Average Retail Prices of Other Field Crops



Average Retail Prices of Vegetables



Rice

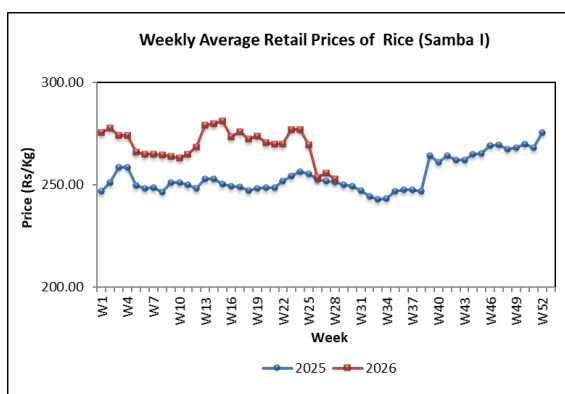
Wholesale

Price of samba grade I and samba grade II have decreased by 2% and price ranged Rs.230.00-235.00/kg and Rs.225.00-228.00/kg. Price of all other local rice varieties have not changed significantly

Compared to same period of last year, the highest price increase of 6% recorded for keeri samba and highest price decrease of 15% recorded for raw red.

Retail

Price of keeri samba has increased. However, local samba, local raw red, local raw white and local nadu have decreased. The highest price increase of Rs.14.00/kg was recorded for keeri samba. The highest price decrease of Rs. 4.00/kg was recorded for local raw red.



Compared to the same period of the last year, the highest price increase of 30% was recorded for local keeri samba while the

highest price decreased of 7% was recorded for local raw red.

Paddy

Harvesting of the 2026 Yala paddy crop is continuing in the major producing areas, with adequate market supply of newly harvested paddy. During the week, farmgate prices of most major paddy varieties remained relatively unchanged with minor fluctuations reported in selected producing areas.

However, the average farmgate price of short-grain paddy decreased by Rs.1.00/kg in the Kalawewa area but increased slightly by Rs.1.00/kg in Dehiattakandiya. The average price of keeri samba remained unchanged. Accordingly, the farmgate price of short-grain (Samba) paddy ranged from Rs.120.00 to Rs.130.00/kg, while keeri Samba paddy was ranged at Rs.140.00 to 148.00/kg. Meanwhile, the average farmgate price of long-grain white paddy increased by Rs.3.00/kg in the Ampara and Polonnaruwa areas whereas a decrease of Rs.2.00/kg was reported in Dehiattakandiya. The average price of long-grain red paddy increased by Rs.3.00/kg in the Matara area, while prices in Embilipitiya remained unchanged. The farmgate price of long-grain white (nadu) paddy ranged from Rs.83.00-

107.00/kg, whereas long-grain red paddy was reported at Rs.98.00-105.00/kg.

Compared to the same period of last year, the average farmgate prices of keeri samba and short-grain paddy increased by 7%-9% in few major producing areas while the prices of long-grain white and long-grain red paddy decreased by 10%-17% across most producing areas.

Dried Chilies

Wholesale

The price of imported dried chilies has increased by 4% and price ranged Rs.1050.00-1275.00/kg.

Compared to same period of last year, current wholesale price of imported dried chilies has increased by 101%.

Retail

Price of imported dried chilies has increased by Rs. 27.00/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 77%.

Onion

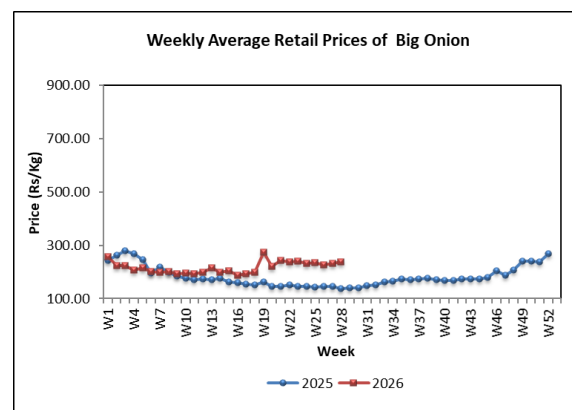
Wholesale

Price of vedalan red onion and imported red onion have decreased by 4% and 2% and price ranged Rs.330.00-400.00/kg and Rs.300.00-320.00/kg. Price of imported big onion has not changed significantly and price ranged Rs.160.00-190.00/kg.

Compared to same period of last year, price of imported big onion has increased by 116% due to unavailability of sufficient stocks.

Retail

Price of imported red onions has decreased by Rs.13.00/kg and price of imported big onions has increased by Rs.5.00/kg.



Compared to the same period of the last year, the highest price increase of 73% was recorded for imported big onions and the highest price increase of 3% was recorded for imported red onions.

Potato

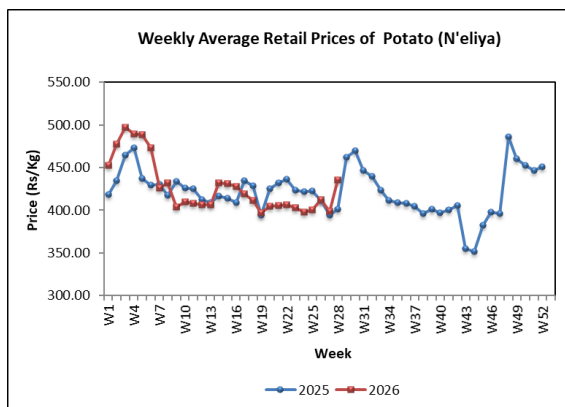
Wholesale

The Price Nuwara Eliya potato has increased by 2% and imported potato has decreased by 5% and price ranged Rs.290.00-310.00/kg, Rs.170.00-200.00/kg.

Compared to same period of last year, current wholesale price of imported potato has increased by 10%.

Retail

The price of Nuwara Eliya potatoes have increased by Rs.36.00/kg and the price of imported potatoes have decreased by Rs. 2.00/kg. The highest price increase of Rs. 36.00/kg was recorded for Nuwara Eliya potatoes.



Compared to the same period of the last year, the highest price increase of 10% was recorded for imported potatoes.

Pulses

Wholesale

Price of green gram has decreased by 3% and price ranged Rs.700.00-750.00/kg. Prices of white cowpea, red cowpea and red dhal have not changed significantly.

Compared to same period of last year, highest price decrease of 26% was recorded for red cowpea.

Retail

Price of white cowpea and red dhal have increased by Rs.8.00/kg and Rs.5.00/kg. Price of red cowpea and green gram have decreased by Rs.8.00/kg and Rs.20.00/kg. The highest price increase of Rs.8.00/kg was recorded for cowpea white.

Compared to the same period of the last year, the highest price increase of 8% was recorded for green gram and highest price decreased of 7% was recorded for red cowpea.

Vegetables

Wholesale

Prices of most 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 20% reported for beetroot, with increased supply from Puttalam. Similarly, the prices of carrot and cabbage have also decreased by 14%, due to increased supply from Nuwara Eliya, and Welimada. While the prices of beans have decreased by 12%, with increased supply from Balangoda and Welimada. However, the price of tomato has increased by 37% with low supply from Balangoda and Sooriyawewa.

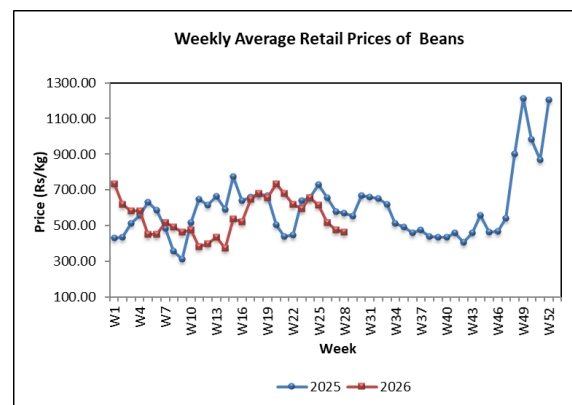
Considering the low-country vegetables, the highest price decrease was reported for cucumber as 25%, due to increased supply from Balangoda, Hettipola and Embilipitiya. In addition, prices of drumstick have also decreased by 18%, with increased supply from Jaffna, Kinniya and Embilipitiya. But the prices of capsicum have increased by 30%, with low supply from Ragala. While the price of Pumpkin has also increased by 10%, with low supply from Embilipitiya, Hambanthota and Monaragala. Prices of Brinjals have also increased by 28%, with low supply from Balangoda, Embilipitiya and Puttalam. Prices of lime have decreased by 35%, due to increase supply from Monaragala.

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

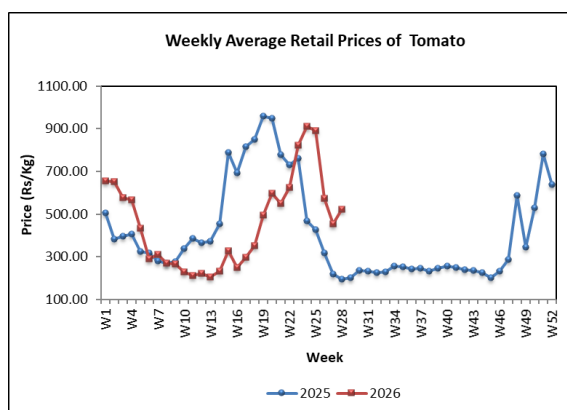
increased, with the highest price increase of 360% reported for tomato.

Retail

Prices of most of vegetable varieties have decreased. Considering the up- country vegetables, the highest price decrease was reported for cabbage by Rs.18.00/kg. While prices of carrot and beans have also decreased by Rs. 12.00/ kg and Rs. 9.00/kg respectively. However, the prices of tomato and raddish have increased by Rs.69.00/kg and Rs.22.00/kg due to low supply as a result of dry weather in Badulla district.



Considering low country vegetable varieties, the highest price decrease was reported for drumstick by Rs. 93.00/kg and price of snake gourd has also decreased by Rs.38.00/kg. However, the prices of capsicum and brinjal have increased by Rs.74.00/kg and Rs.48.00/kg respectively. Also, the price of green chilies has increased by Rs.418.00/kg.



Compared to the same period of last year, prices of most varieties have increased with a highest price increase of 166% reported for tomato.

Coconut Wholesale

Prices of both large and small coconut have decreased by 5%, with increased supply from major producing areas. Price ranges were Rs.140.00-150.00 for a large nut and Rs.120.00-130.00 for a small nut.

Compared to the same period of last year, the current wholesale prices of both large and small nuts have decreased by 5% and 6% respectively.

Retail

Prices of both large and small nuts have decreased by around Rs.2.00/nut. Prices ranged Rs.160.00-200.00 for a large nut and Rs.130.00-160.00 for a small nut.

Compared to the same period of last year, the current retail prices of both large and small nuts have decreased by 7% and 16% respectively.

Fruits Wholesale

Prices of most of the fruit varieties have increased due to low supply to the market. The highest price increase of 37% was reported for karthakolomban mango. Further, prices of vilad mango and avocado have increased by 28% and 22% respectively due to limited supply. Moreover, prices of passion fruit and betti mango have increased by 16% and 15% respectively due to low supply to the market from harvesting areas. However, prices of slime apple, orange (local) and grapes (imported) have decreased by 25%, 20% and 15% respectively due to high supply.

Compared to the same period of last year, prices of most of the fruit varieties have decreased and the highest price decrease of 42% was noted for karthakolomban mango.

Retail

In line with the increased wholesale prices, retail prices of most of the fruits have also increased. The highest price increase of Rs.81.00/kg was reported for karthakolomban mango. Price of pineapple, passion fruit and ambun banana have increased by Rs.36.00/kg, Rs.16.00/kg and Rs.4.00/kg respectively. Also, prices of avocado and kolikuttu banana increased each by Rs.3.00/kg. However, the price of imported grapes has decreased by Rs.149.00/kg.

Compared to the same period of last year, current prices of some of the fruits have increased and highest price increase was reported for kolikuttu banana 59%.

Fresh Fish

Wholesale

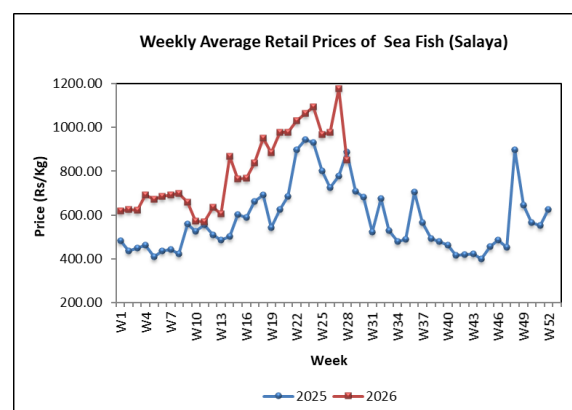
The price for most fresh fish types have decreased in the range of 1% to 41%. The highest price decrease was noted for salaya as 41% with a price range of Rs.500-700/kg. The second highest price decrease of 26% was reported for kelawalla with a price range of Rs.1400.00-2000.00/kg. The price of Shrimps has increased by 3% with a price range of Rs.1450.00-1850.00/kg.

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

Retail

Retail prices for most fish species have declined compared to the previous week. The highest price decrease was recorded for salaya at Rs. 325.00/kg per kilogram. Prices for paraw, balaya, and thora dropped by Rs.262.00/kg, Rs.220.00/kg and Rs.193.00/kg per kilogram, respectively. Conversely, price increases of Rs.262.00/kg, Rs.73.00/kg, and Rs.85.00/kg per kilogram were recorded for thalapath, hurulla, and mora respectively.

Compared to the same period last year, retail prices for many fish species have increased by 2%-13%. The highest price increase was recorded for thalapath, at 13%.



Dried Fish

Wholesale

Price of the some of the local and imported dry fish types have increased in the range of 2% -5%. The highest price increase 5% noted for imported anguluwa with a price range of Rs.2000.00-2200.00/kg. The second highest price increase of 4% local Mora with a price range of Rs.2400.00-2700.00/kg. Price of imported kattawa decreased by 3% with a price range of Rs.1900.00-2000.00/kg.

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

Retail

The prices of many varieties of dried fish have increased. The highest price was recorded for Thora at Rs.859.00/kg per kilogram. Prices for katta and anguluwa varieties also rose by Rs. 200.00 and Rs. 250.00/kg per kilogram, respectively.

Compared to the same period last year, the prices of most dried fish varieties have increased within a range of 2% to 86%. The sharpest price increase was recorded for local sprats.

Eggs

Wholesale

The price of brown and white eggs have increased by 5% per each. Price range of a brown egg Rs.40.00-42.00 and the price range of white Egg was Rs.38.00-40.00.

Compared to the same period of last year, current wholesale price of both brown and white eggs have increased by 29% per each.

Retail

An increase of Rs. 2.00 per egg has been reported in the prices of both brown and white eggs. The price range for brown eggs was Rs. 41.00- 45.00, while for white eggs, it was Rs.39.00-42.00.

Compared to the same period last year, the retail prices of both brown and white eggs have risen by 25%.

Meat

Retail

The highest price increase was recorded for beef, rising by Rs.67.00/kg. Prices for broiler chicken and curry chicken increased by Rs.59.00/kg and

Rs.58.00/kg respectively. A price increase of Rs.55.00/kg was recorded for mutton. A price decrease of Rs.42.00/kg was recorded for pork.

Compared to the same period last year, prices for all types of meat have risen. The highest price increase at 18% was recorded for mutton.

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 28: 10 - 16 July 2026

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

Week 28: 10 - 16 July 2026

LOCATIONS	Rice Varieties													
	Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White	
Colombo	240.00	260.00	-		360.00	400.00	220.00	230.00	-		180.00	220.00	200.00	220.00
Gampaha	-		238.00	240.00	-		230.00	230.00	200.00	220.00	198.00	210.00	195.00	210.00
Kurunegala	-		-		-		-		-		-		-	
Nikaweratiya	-		240.00	245.00	380.00	390.00	228.00	235.00	185.00	190.00	-		180.00	190.00
Dambulla	280.00	285.00	240.00	250.00	360.00	380.00	228.00	230.00	210.00	212.00	200.00	205.00	200.00	210.00
Anuradhapura	-		-		-		-		-		-		-	
Thambuththegama	295.00	300.00	245.00	255.00	385.00	400.00	230.00	235.00	205.00	218.00	215.00	230.00	205.00	215.00
Polonnaruwa	-		239.00	240.00	-		230.00	230.00	204.00	205.00	218.00	220.00	220.00	220.00
Kaluthara	270.00	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	-		235.00	240.00	370.00	380.00	225.00	230.00	-		170.00	185.00	185.00	190.00
Keppetipola	-		245.00	250.00	360.00	370.00	220.00	225.00	213.00	215.00	170.00	175.00	190.00	198.00
Moneragala	-		240.00	250.00	380.00	390.00	230.00	230.00	220.00	220.00	165.00	180.00	175.00	190.00
Kegalle	-		240.00	250.00	-		230.00	230.00	200.00	220.00	210.00	215.00	210.00	215.00
Ampara	-		240.00	250.00	290.00	320.00	230.00	230.00	200.00	205.00	170.00	195.00	180.00	220.00
Dehiattakandiya	270.00	280.00	-		350.00	380.00	225.00	230.00	210.00	220.00	220.00	220.00	180.00	215.00
Nuwaraeliya	-		245.00	250.00	365.00	380.00	220.00	225.00	210.00	215.00	175.00	185.00	188.00	198.00
Kandy	265.00	275.00	240.00	250.00	360.00	370.00	228.00	230.00	218.00	220.00	200.00	210.00	200.00	220.00
Puttalam	295.00	300.00	245.00	260.00	380.00	390.00	230.00	230.00	210.00	220.00	220.00	220.00	210.00	220.00
Hambantota	-		-		-		-		-		-		-	
Rathnapura	280.00	290.00	-		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	165.00	175.00	185.00	210.00
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	-		-		220.00	220.00	180.00	190.00	200.00	210.00
Embilipitiya	-		-		-		-		-		-		-	
Jaffna	-		-		-		228.00	230.00	-		185.00	190.00	210.00	215.00
Vavuniya	-		-		-		230.00	235.00	-		180.00	185.00	200.00	205.00
Mannar	-		250.00	255.00	355.00	360.00	230.00	235.00	-		195.00	197.00	200.00	220.00
Killinochchi	-		-		-		-		-		-		-	
Mullaittivu	-		-		-		218.00	220.00	215.00	216.00	182.00	186.00	210.00	215.00
Batticaloa	-		250.00	255.00	350.00	360.00	-		210.00	215.00	190.00	190.00	190.00	190.00
Trincomalee	-		-		-		-		-		-		-	
Hanguranketha	-		235.00	235.00	-		219.00	227.00	-		180.00	190.00	182.00	216.00
Veyangoda	-		240.00	245.00	-		220.00	230.00	200.00	200.00	190.00	195.00	200.00	200.00
Galenbindunuwewa	-		-		-		-		-		-		-	
Bandarawela	-		-		360.00	370.00	230.00	230.00	215.00	216.00	175.00	185.00	185.00	190.00
Matale	-		-		-		-		-		-		-	

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

Week 28: 10 - 16 July 2026[illegible]

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

Week 28: 10 - 16 July 2026

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	150.00 - 350.00	200.00 - 260.00	180.00 - 300.00	230.00 - 350.00	100.00 - 150.00
Meegoda (DEC)	-	260.00 - 320.00	250.00 - 300.00	190.00 - 300.00	-	140.00 - 170.00
Dambulla (DEC)	-	230.00 - 320.00	200.00 - 250.00	160.00 - 220.00	360.00 - 400.00	60.00 - 120.00
Keppetipola (DEC)	-	260.00 - 320.00	180.00 - 220.00	150.00 - 240.00	250.00 - 300.00	100.00 - 170.00
Norochchole (DEC)	-	-	-	-	-	-
Nuwara Eliya	-	280.00 - 330.00	250.00 - 280.00	170.00 - 280.00	220.00 - 230.00	120.00 - 150.00
Kandy	-	250.00 - 300.00	240.00 - 280.00	150.00 - 200.00	300.00 - 330.00	100.00 - 120.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	-	260.00 - 320.00	250.00 - 300.00	220.00 - 260.00	-	-
Jaffna	-	-	-	-	-	-
Bandarawela	-	230.00 - 300.00	180.00 - 220.00	160.00 - 230.00	250.00 - 300.00	110.00 - 160.00
Veyangoda	-	350.00 - 380.00	260.00 - 300.00	250.00 - 300.00	-	150.00 - 180.00

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	80.00 - 100.00	60.00 - 100.00	250.00 - 400.00	100.00 - 150.00	350.00 - 450.00	250.00 - 600.00
Meegoda (DEC)	80.00 - 120.00	90.00 - 130.00	270.00 - 390.00	100.00 - 160.00	270.00 - 450.00	290.00 - 570.00
Moneragala	100.00 - 120.00	160.00 - 200.00	250.00 - 300.00	150.00 - 180.00	250.00 - 300.00	480.00 - 500.00
Dambulla (DEC)	30.00 - 45.00	80.00 - 110.00	250.00 - 350.00	80.00 - 110.00	250.00 - 350.00	250.00 - 500.00
Keppetipola (DEC)	50.00 - 70.00	60.00 - 100.00	250.00 - 350.00	-	300.00 - 350.00	250.00 - 600.00
Norochchole (DEC)	20.00 - 40.00	-	300.00 - 300.00	50.00 - 80.00	100.00 - 180.00	280.00 - 450.00
Nuwara Eliya	60.00 - 80.00	80.00 - 110.00	270.00 - 360.00	-	-	260.00 - 600.00
Kandy	80.00 - 100.00	120.00 - 130.00	250.00 - 320.00	90.00 - 120.00	300.00 - 350.00	250.00 - 350.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	70.00 - 100.00	100.00 - 130.00	300.00 - 350.00	70.00 - 100.00	200.00 - 250.00	500.00 - 550.00
Tissamaharama	80.00 - 100.00	100.00 - 130.00	340.00 - 360.00	120.00 - 140.00	300.00 - 320.00	520.00 - 550.00
Jaffna	-	-	-	-	-	-
Bandarawela	60.00 - 70.00	60.00 - 90.00	250.00 - 340.00	130.00 - 150.00	300.00 - 370.00	250.00 - 550.00
Veyangoda	90.00 - 110.00	120.00 - 150.00	300.00 - 380.00	100.00 - 150.00	300.00 - 380.00	500.00 - 560.00

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	170.00 - 200.00	40.00 - 80.00	350.00 - 400.00	200.00 - 250.00	150.00 - 400.00	120.00 - 200.00
Meegoda (DEC)	150.00 - 180.00	60.00 - 90.00	350.00 - 400.00	220.00 - 250.00	-	-
Moneragala	160.00 - 170.00	80.00 - 100.00	-	250.00 - 270.00	200.00 - 220.00	-
Dambulla (DEC)	120.00 - 150.00	40.00 - 60.00	280.00 - 380.00	110.00 - 180.00	180.00 - 400.00	140.00 - 200.00
Keppetipola (DEC)	150.00 - 180.00	50.00 - 70.00	-	-	250.00 - 300.00	-
Norochchole (DEC)	-	20.00 - 35.00	330.00 - 400.00	90.00 - 120.00	300.00 - 400.00	100.00 - 180.00
Nuwara Eliya	-	-	-	-	-	-
Kandy	150.00 - 170.00	60.00 - 90.00	280.00 - 300.00	130.00 - 150.00	250.00 - 450.00	130.00 - 180.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	150.00 - 180.00	20.00 - 30.00	300.00 - 350.00	120.00 - 140.00	-	100.00 - 130.00
Tissamaharama	140.00 - 160.00	80.00 - 100.00	380.00 - 400.00	220.00 - 240.00	-	160.00 - 180.00
Jaffna	-	-	-	-	-	-
Bandarawela	160.00 - 170.00	70.00 - 80.00	380.00 - 420.00	220.00 - 230.00	250.00 - 400.00	200.00 - 220.00
Veyangoda	150.00 - 170.00	60.00 - 100.00	350.00 - 430.00	180.00 - 260.00	340.00 - 380.00	150.00 - 180.00

Table 06 (Contd.)

	Long Beans	Ash Plantain	Green Chillies	Lime	Sweet Potatoe	Manioc
Colombo	200.00 - 300.00	100.00 - 140.00	650.00 - 1100.00	200.00 - 300.00	120.00 - 160.00	100.00 - 130.00
Meegoda (DEC)	160.00 - 220.00	100.00 - 140.00	1000.00 - 1250.00	250.00 - 370.00	120.00 - 150.00	100.00 - 120.00
Moneragala	150.00 - 160.00	50.00 - 70.00	1500.00 - 1600.00	250.00 - 270.00	180.00 - 200.00	120.00 - 140.00
Dambulla (DEC)	100.00 - 160.00	90.00 - 120.00	850.00 - 1300.00	260.00 - 330.00	75.00 - 120.00	100.00 - 130.00
Keppetipola (DEC)	-	-	800.00 - 1300.00	-	150.00 - 170.00	110.00 - 140.00
Norochchole (DEC)	140.00 - 180.00	80.00 - 100.00	750.00 - 1000.00	-	-	130.00 - 150.00
Nuwara Eliya	-	-	-	-	-	-
Kandy	180.00 - 200.00	100.00 - 150.00	850.00 - 1050.00	250.00 - 300.00	130.00 - 160.00	120.00 - 140.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	150.00 - 200.00	70.00 - 90.00	1000.00 - 1150.00	230.00 - 280.00	130.00 - 150.00	100.00 - 120.00
Tissamaharama	140.00 - 160.00	120.00 - 130.00	1300.00 - 1350.00	300.00 - 330.00	140.00 - 160.00	100.00 - 130.00
Jaffna	-	-	-	-	-	-
Bandarawela	180.00 - 220.00	150.00 - 160.00	1000.00 - 1300.00	350.00 - 450.00	140.00 - 170.00	130.00 - 140.00
Veyangoda	200.00 - 230.00	120.00 - 140.00	1300.00 - 1400.00	330.00 - 400.00	130.00 - 140.00	120.00 - 140.00

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	140.00 - 150.00	120.00 - 130.00
Meegoda (DEC)	-	-	-	-	-
Norochchole (DEC)	-	-	-	-	-
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	-	-	-	130.00 - 150.00	100.00 - 110.00
Kandy	180.00 - 200.00	180.00 - 200.00	280.00 - 300.00	120.00 - 130.00	80.00 - 100.00
Hambantota	-	-	-	-	-
Thambuththegama (DEC)	-	-	-	-	90.00 - 100.00
Tissamaharama	120.00 - 140.00	120.00 - 140.00	250.00 - 275.00	-	-
Jaffna	-	-	-	-	-
Bandarawela	150.00 - 180.00	150.00 - 180.00	240.00 - 280.00	-	-
Veyangoda	-	-	-	-	-

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

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

Week 28: 10 - 16 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	- 600.00	350.00	- 650.00	200.00	- 600.00	150.00	- 400.00	160.00	- 400.00	350.00	- 600.00
Gampaha	-	400.00	- 460.00	360.00	- 420.00	320.00	- 400.00	460.00	- 500.00	280.00	- 320.00	160.00	- 200.00	240.00	- 300.00	420.00	- 480.00
Kurunegala	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Nikaweratiya	-	400.00	- 460.00	460.00	- 520.00	400.00	- 480.00	400.00	- 480.00	280.00	- 340.00	160.00	- 240.00	260.00	- 300.00	450.00	- 500.00
Dambulla	-	400.00	- 440.00	400.00	- 440.00	400.00	- 420.00	540.00	- 580.00	300.00	- 320.00	160.00	- 200.00	180.00	- 200.00	400.00	- 460.00
Anuradhapura	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Thambuththegama	-	400.00	- 500.00	350.00	- 450.00	320.00	- 380.00	-	-	200.00	- 250.00	150.00	- 200.00	200.00	- 250.00	440.00	- 500.00
Polonnaruwa	-	480.00	- 560.00	380.00	- 480.00	340.00	- 380.00	520.00	- 640.00	260.00	- 300.00	140.00	- 220.00	240.00	- 280.00	440.00	- 500.00
Kaluthara	-	400.00	- 400.00	360.00	- 480.00	320.00	- 400.00	400.00	- 600.00	320.00	- 400.00	200.00	- 280.00	-	-	480.00	- 600.00
Badulla	-	400.00	- 480.00	400.00	- 480.00	320.00	- 480.00	500.00	- 600.00	320.00	- 380.00	240.00	- 240.00	240.00	- 320.00	400.00	- 480.00
Keppetipola	-	340.00	- 360.00	260.00	- 280.00	280.00	- 320.00	350.00	- 380.00	170.00	- 200.00	120.00	- 150.00	160.00	- 200.00	380.00	- 420.00
Moneragala	-	400.00	- 460.00	400.00	- 480.00	340.00	- 400.00	520.00	- 600.00	200.00	- 240.00	160.00	- 200.00	240.00	- 300.00	340.00	- 400.00
Kegalle	-	440.00	- 460.00	480.00	- 500.00	440.00	- 480.00	440.00	- 480.00	280.00	- 320.00	280.00	- 320.00	280.00	- 320.00	480.00	- 520.00
Ampara	-	380.00	- 440.00	380.00	- 420.00	340.00	- 360.00	400.00	- 440.00	200.00	- 280.00	200.00	- 240.00	280.00	- 320.00	480.00	- 560.00
Dehiattakandiya	-	400.00	- 480.00	400.00	- 400.00	400.00	- 400.00	600.00	- 600.00	200.00	- 300.00	240.00	- 300.00	200.00	- 200.00	600.00	- 600.00
Nuwaraeliya	-	380.00	- 400.00	360.00	- 380.00	350.00	- 360.00	320.00	- 350.00	220.00	- 240.00	130.00	- 160.00	220.00	- 240.00	460.00	- 480.00
Kandy	-	360.00	- 400.00	400.00	- 450.00	260.00	- 300.00	480.00	- 500.00	200.00	- 240.00	160.00	- 200.00	240.00	- 260.00	450.00	- 480.00
Puttalam	-	580.00	- 640.00	520.00	- 600.00	400.00	- 520.00	600.00	- 600.00	400.00	- 450.00	150.00	- 200.00	350.00	- 400.00	520.00	- 600.00
Hambantota	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Rathnapura	-	400.00	- 500.00	350.00	- 450.00	300.00	- 380.00	450.00	- 520.00	-	-	140.00	- 180.00	200.00	- 280.00	440.00	- 480.00
Matara	-	340.00	- 400.00	320.00	- 400.00	320.00	- 400.00	400.00	- 580.00	220.00	- 280.00	120.00	- 200.00	-	-	360.00	- 480.00
Galle	-	440.00	- 480.00	440.00	- 480.00	340.00	- 380.00	400.00	- 440.00	300.00	- 340.00	180.00	- 200.00	240.00	- 260.00	400.00	- 440.00
Tissamaharama	-	350.00	- 380.00	320.00	- 350.00	260.00	- 280.00	450.00	- 460.00	220.00	- 240.00	160.00	- 180.00	170.00	- 180.00	400.00	- 420.00
Meegoda (DEC)	-	400.00	- 480.00	400.00	- 520.00	360.00	- 440.00	-	-	280.00	- 360.00	200.00	- 280.00	280.00	- 360.00	440.00	- 520.00
Embilipitiya	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Jaffna	-	450.00	- 500.00	400.00	- 420.00	350.00	- 380.00	-	-	-	-	180.00	- 200.00	250.00	- 260.00	450.00	- 460.00
Vavuniya	-	400.00	- 450.00	400.00	- 450.00	400.00	- 450.00	500.00	- 540.00	200.00	- 250.00	150.00	- 180.00	300.00	- 340.00	500.00	- 550.00
Mannar	-	450.00	- 480.00	350.00	- 360.00	350.00	- 360.00	480.00	- 500.00	-	-	200.00	- 250.00	300.00	- 320.00	460.00	- 480.00
Killinochchi	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mullaittivu	-	400.00	- 450.00	400.00	- 450.00	400.00	- 450.00	400.00	- 450.00	-	-	150.00	- 180.00	200.00	- 250.00	400.00	- 450.00
Batticaloa	-	380.00	- 400.00	400.00	- 400.00	300.00	- 320.00	450.00	- 480.00	250.00	- 250.00	250.00	- 250.00	230.00	- 240.00	400.00	- 400.00
Trincomalee	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Hanguranketha	-	340.00	- 360.00	300.00	- 320.00	220.00	- 240.00	-	-	140.00	- 150.00	100.00	- 120.00	140.00	- 160.00	340.00	- 360.00
Veyangoda	-	400.00	- 480.00	400.00	- 440.00	400.00	- 480.00	-	-	220.00	- 260.00	140.00	- 160.00	200.00	- 300.00	440.00	- 480.00
Galenbindunuwewa	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bandarawela	-	320.00	- 380.00	260.00	- 300.00	260.00	- 280.00	340.00	- 380.00	180.00	- 220.00	140.00	- 170.00	200.00	- 220.00	360.00	- 380.00
Matale	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Table 07 (Contd.)

LOCATIONS	Low Country Varieties													
	Ladies Fingers	Brinjal	Capsicum	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa	Long Beans				
Colombo	180.00 - 480.00	400.00 - 640.00	400.00 - 800.00	240.00 - 320.00	90.00 - 320.00	400.00 - 800.00	300.00 - 600.00	300.00 - 1000.00	250.00 - 560.00	250.00 - 600.00				
Gampaha	260.00 - 280.00	480.00 - 520.00	600.00 - 680.00	240.00 - 280.00	150.00 - 180.00	500.00 - 560.00	300.00 - 340.00	320.00 - 360.00	320.00 - 350.00	300.00 - 360.00				
Kurunegala	-	-	-	-	-	-	-	-	-	-				
Nikaweratiya	320.00 - 400.00	320.00 - 400.00	480.00 - 540.00	240.00 - 300.00	220.00 - 280.00	480.00 - 540.00	240.00 - 320.00	320.00 - 400.00	460.00 - 520.00	300.00 - 340.00				
Dambulla	260.00 - 300.00	440.00 - 500.00	600.00 - 640.00	200.00 - 260.00	180.00 - 200.00	540.00 - 580.00	280.00 - 360.00	500.00 - 540.00	280.00 - 340.00	280.00 - 320.00				
Anuradhapura	-	-	-	-	-	-	-	-	-	-				
Thambuththegama	160.00 - 240.00	380.00 - 500.00	700.00 - 800.00	220.00 - 300.00	60.00 - 100.00	450.00 - 550.00	200.00 - 280.00	560.00 - 650.00	180.00 - 250.00	250.00 - 350.00				
Polonnaruwa	280.00 - 320.00	400.00 - 500.00	540.00 - 600.00	200.00 - 260.00	140.00 - 200.00	560.00 - 620.00	240.00 - 320.00	620.00 - 640.00	260.00 - 360.00	300.00 - 350.00				
Kaluthara	280.00 - 320.00	480.00 - 600.00	600.00 - 700.00	240.00 - 320.00	180.00 - 200.00	520.00 - 600.00	360.00 - 400.00	480.00 - 600.00	320.00 - 400.00	320.00 - 400.00				
Badulla	240.00 - 320.00	500.00 - 600.00	520.00 - 600.00	320.00 - 340.00	240.00 - 300.00	580.00 - 600.00	480.00 - 600.00	400.00 - 480.00	480.00 - 520.00	240.00 - 320.00				
Keppetipola	180.00 - 200.00	380.00 - 430.00	660.00 - 720.00	240.00 - 255.00	130.00 - 150.00	400.00 - 430.00	240.00 - 250.00	350.00 - 380.00	260.00 - 300.00	260.00 - 300.00				
Moneragala	300.00 - 320.00	340.00 - 400.00	580.00 - 600.00	240.00 - 260.00	160.00 - 200.00	600.00 - 660.00	340.00 - 360.00	300.00 - 320.00	440.00 - 460.00	240.00 - 300.00				
Kegalle	320.00 - 360.00	520.00 - 560.00	560.00 - 600.00	280.00 - 320.00	160.00 - 200.00	560.00 - 600.00	320.00 - 360.00	540.00 - 580.00	360.00 - 400.00	320.00 - 360.00				
Ampara	260.00 - 320.00	380.00 - 400.00	680.00 - 760.00	240.00 - 280.00	160.00 - 200.00	480.00 - 500.00	280.00 - 320.00	560.00 - 600.00	300.00 - 320.00	300.00 - 360.00				
Dehiattakandiya	200.00 - 200.00	300.00 - 400.00	400.00 - 420.00	200.00 - 200.00	200.00 - 200.00	400.00 - 480.00	200.00 - 260.00	400.00 - 400.00	300.00 - 400.00	300.00 - 350.00				
Nuwaraeliya	220.00 - 240.00	440.00 - 460.00	680.00 - 700.00	280.00 - 300.00	300.00 - 350.00	450.00 - 460.00	260.00 - 280.00	380.00 - 420.00	300.00 - 320.00	300.00 - 320.00				
Kandy	200.00 - 240.00	400.00 - 450.00	480.00 - 520.00	300.00 - 320.00	160.00 - 200.00	400.00 - 450.00	240.00 - 260.00	450.00 - 600.00	260.00 - 300.00	550.00 - 600.00				
Puttalam	200.00 - 280.00	480.00 - 520.00	600.00 - 700.00	240.00 - 260.00	150.00 - 200.00	700.00 - 800.00	320.00 - 360.00	550.00 - 600.00	400.00 - 480.00	400.00 - 480.00				
Rathnapura	220.00 - 280.00	350.00 - 440.00	400.00 - 500.00	200.00 - 240.00	130.00 - 180.00	440.00 - 520.00	320.00 - 380.00	600.00 - 660.00	350.00 - 380.00	350.00 - 380.00				
Hambantota	-	-	-	-	-	-	-	-	-	-				
Matara	200.00 - 280.00	400.00 - 600.00	600.00 - 640.00	240.00 - 300.00	100.00 - 140.00	520.00 - 600.00	300.00 - 400.00	320.00 - 400.00	280.00 - 360.00	320.00 - 400.00				
Galle	260.00 - 300.00	420.00 - 480.00	650.00 - 680.00	250.00 - 280.00	200.00 - 260.00	580.00 - 600.00	340.00 - 380.00	520.00 - 560.00	340.00 - 380.00	320.00 - 360.00				
Tissamaharama	180.00 - 200.00	360.00 - 380.00	580.00 - 600.00	200.00 - 230.00	140.00 - 160.00	460.00 - 480.00	280.00 - 300.00	-	220.00 - 250.00	200.00 - 220.00				
Meegoda (DEC)	280.00 - 300.00	560.00 - 640.00	640.00 - 760.00	280.00 - 280.00	200.00 - 240.00	520.00 - 600.00	400.00 - 480.00	-	360.00 - 400.00	320.00 - 400.00				
Embilipitiya	-	-	-	-	-	-	-	-	-	-				
Jaffna	240.00 - 250.00	480.00 - 500.00	-	200.00 - 220.00	-	550.00 - 600.00	280.00 - 300.00	520.00 - 550.00	-	350.00 - 360.00				
Vavuniya	300.00 - 340.00	300.00 - 340.00	600.00 - 700.00	300.00 - 340.00	150.00 - 180.00	800.00 - 850.00	200.00 - 250.00	500.00 - 600.00	200.00 - 240.00	400.00 - 500.00				
Mannar	250.00 - 280.00	550.00 - 560.00	600.00 - 650.00	200.00 - 220.00	200.00 - 240.00	750.00 - 800.00	300.00 - 350.00	-	-	200.00 - 250.00				
Killinochchi	-	-	-	-	-	-	-	-	-	-				
Mullaittivu	200.00 - 250.00	250.00 - 300.00	400.00 - 450.00	-	200.00 - 250.00	600.00 - 650.00	240.00 - 260.00	400.00 - 450.00	-	180.00 - 220.00				
Batticaloa	300.00 - 320.00	350.00 - 360.00	600.00 - 600.00	240.00 - 240.00	250.00 - 260.00	600.00 - 650.00	320.00 - 320.00	600.00 - 600.00	300.00 - 320.00	300.00 - 320.00				
Trincomalee	-	-	-	-	-	-	-	-	-	-				
Hanguranketha	160.00 - 220.00	320.00 - 350.00	520.00 - 550.00	220.00 - 250.00	110.00 - 140.00	420.00 - 450.00	210.00 - 240.00	500.00 - 520.00	250.00 - 280.00	200.00 - 240.00				
Veyangoda	200.00 - 240.00	440.00 - 480.00	680.00 - 700.00	220.00 - 260.00	120.00 - 160.00	480.00 - 500.00	300.00 - 320.00	460.00 - 500.00	300.00 - 320.00	280.00 - 320.00				
Galenbindunuwewa	-	-	-	-	-	-	-	-	-	-				
Bandarawela	180.00 - 180.00	360.00 - 400.00	560.00 - 600.00	200.00 - 240.00	140.00 - 160.00	440.00 - 460.00	260.00 - 280.00	360.00 - 440.00	280.00 - 340.00	260.00 - 300.00				
Matale	-	-	-	-	-	-	-	-	-	-				

Table 07 (Contd.)

LOCATIONS	Low Country Varieties					Leafy Vegetable			Coconut (Rs/nut)	
	Ash Plantain	Green Chillies	Lime	Sweet Potato	Manioc	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	200.00 - 400.00	950.00 - 1600.00	350.00 - 800.00	200.00 - 360.00	160.00 - 260.00	150.00 - 250.00	150.00 - 250.00	360.00 - 500.00	160.00 - 200.00	130.00 - 160.00
Gampaha	240.00 - 260.00	1500.00 - 1550.00	500.00 - 600.00	280.00 - 320.00	200.00 - 240.00	180.00 - 210.00	180.00 - 210.00	150.00 - 180.00	140.00 - 155.00	100.00 - 130.00
Kurunegala	-	-	-	-	-	-	-	-	-	-
Nikaweratiya	220.00 - 280.00	1400.00 - 1500.00	500.00 - 600.00	220.00 - 260.00	160.00 - 200.00	300.00 - 380.00	300.00 - 380.00	240.00 - 320.00	140.00 - 150.00	100.00 - 120.00
Dambulla	200.00 - 240.00	1500.00 - 1600.00	450.00 - 550.00	200.00 - 280.00	240.00 - 260.00	300.00 - 400.00	350.00 - 400.00	300.00 - 350.00	130.00 - 140.00	100.00 - 120.00
Anuradhapura	-	-	-	-	-	-	-	-	-	-
Thambuththegama	150.00 - 200.00	1300.00 - 1500.00	380.00 - 480.00	200.00 - 250.00	180.00 - 250.00	-	-	-	110.00 - 120.00	100.00 - 100.00
Polonnaruwa	160.00 - 240.00	1500.00 - 1800.00	500.00 - 600.00	180.00 - 280.00	240.00 - 280.00	240.00 - 240.00	240.00 - 240.00	240.00 - 240.00	120.00 - 140.00	80.00 - 100.00
Kaluthara	200.00 - 300.00	1600.00 - 2000.00	500.00 - 800.00	280.00 - 320.00	180.00 - 200.00	210.00 - 240.00	240.00 - 300.00	300.00 - 360.00	190.00 - 200.00	140.00 - 160.00
Badulla	240.00 - 320.00	1600.00 - 1800.00	600.00 - 600.00	300.00 - 320.00	240.00 - 280.00	-	-	-	160.00 - 170.00	130.00 - 150.00
Keppetipola	200.00 - 220.00	1450.00 - 1600.00	460.00 - 500.00	230.00 - 250.00	180.00 - 200.00	200.00 - 240.00	200.00 - 240.00	260.00 - 320.00	150.00 - 160.00	120.00 - 140.00
Moneragala	100.00 - 120.00	1800.00 - 2000.00	340.00 - 400.00	260.00 - 300.00	160.00 - 180.00	150.00 - 180.00	150.00 - 180.00	320.00 - 340.00	130.00 - 150.00	100.00 - 120.00
Kegalle	240.00 - 280.00	1550.00 - 1600.00	560.00 - 600.00	280.00 - 300.00	180.00 - 220.00	240.00 - 240.00	240.00 - 240.00	250.00 - 250.00	150.00 - 160.00	120.00 - 130.00
Ampara	240.00 - 280.00	1600.00 - 1900.00	500.00 - 800.00	280.00 - 320.00	150.00 - 160.00	240.00 - 280.00	240.00 - 280.00	300.00 - 350.00	160.00 - 180.00	120.00 - 130.00
Dehiattakandiya	200.00 - 200.00	2000.00 - 2000.00	500.00 - 600.00	200.00 - 300.00	200.00 - 260.00	150.00 - 180.00	150.00 - 180.00	400.00 - 410.00	130.00 - 150.00	110.00 - 120.00
Nuwaraeliya	250.00 - 260.00	1500.00 - 1600.00	500.00 - 520.00	280.00 - 320.00	250.00 - 260.00	260.00 - 280.00	260.00 - 280.00	300.00 - 320.00	150.00 - 160.00	110.00 - 130.00
Kandy	200.00 - 240.00	1700.00 - 1800.00	550.00 - 600.00	260.00 - 280.00	260.00 - 280.00	240.00 - 280.00	240.00 - 280.00	400.00 - 450.00	150.00 - 160.00	110.00 - 120.00
Puttalam	200.00 - 260.00	1400.00 - 1500.00	480.00 - 600.00	320.00 - 360.00	240.00 - 250.00	400.00 - 500.00	-	400.00 - 500.00	150.00 - 160.00	120.00 - 130.00
Rathnapura	160.00 - 240.00	1600.00 - 1800.00	450.00 - 500.00	220.00 - 280.00	120.00 - 160.00	240.00 - 240.00	240.00 - 240.00	300.00 - 300.00	140.00 - 170.00	100.00 - 130.00
Hambanthota	-	-	-	-	-	-	-	-	-	-
Matara	160.00 - 240.00	1750.00 - 2000.00	400.00 - 600.00	280.00 - 320.00	180.00 - 240.00	150.00 - 180.00	150.00 - 180.00	360.00 - 400.00	180.00 - 210.00	130.00 - 160.00
Galle	160.00 - 200.00	1700.00 - 1800.00	600.00 - 700.00	220.00 - 260.00	180.00 - 200.00	280.00 - 280.00	250.00 - 250.00	400.00 - 400.00	-	100.00 - 100.00
Tissamaharama	160.00 - 180.00	1400.00 - 1500.00	360.00 - 380.00	200.00 - 230.00	160.00 - 180.00	160.00 - 180.00	160.00 - 180.00	350.00 - 400.00	160.00 - 180.00	120.00 - 140.00
Meegoda (DEC)	240.00 - 300.00	1600.00 - 1800.00	600.00 - 800.00	300.00 - 320.00	180.00 - 200.00	200.00 - 200.00	200.00 - 200.00	240.00 - 240.00	150.00 - 170.00	110.00 - 120.00
Embilipitiya	-	-	-	-	-	-	-	-	-	-
Jaffna	170.00 - 200.00	1400.00 - 1450.00	500.00 - 550.00	220.00 - 250.00	180.00 - 200.00	310.00 - 320.00	250.00 - 260.00	290.00 - 300.00	110.00 - 120.00	70.00 - 80.00
Vavuniya	120.00 - 150.00	1750.00 - 1900.00	250.00 - 280.00	240.00 - 260.00	200.00 - 240.00	250.00 - 300.00	300.00 - 350.00	300.00 - 350.00	130.00 - 160.00	80.00 - 120.00
Mannar	180.00 - 200.00	-	650.00 - 700.00	280.00 - 300.00	180.00 - 200.00	240.00 - 280.00	280.00 - 300.00	300.00 - 320.00	145.00 - 150.00	95.00 - 100.00
Killinochchi	-	-	-	-	-	-	-	-	-	-
Mullaittivu	120.00 - 150.00	1150.00 - 1250.00	350.00 - 380.00	280.00 - 320.00	190.00 - 220.00	280.00 - 280.00	240.00 - 240.00	200.00 - 200.00	145.00 - 150.00	95.00 - 100.00
Batticaloa	240.00 - 250.00	1500.00 - 1600.00	600.00 - 600.00	200.00 - 200.00	200.00 - 200.00	-	300.00 - 300.00	300.00 - 300.00	-	-
Trincomalee	-	-	-	-	-	-	-	-	-	-
Hanguranketha	180.00 - 210.00	1400.00 - 1500.00	440.00 - 480.00	190.00 - 220.00	180.00 - 200.00	250.00 - 250.00	150.00 - 200.00	300.00 - 300.00	130.00 - 135.00	-
Veyangoda	180.00 - 220.00	1300.00 - 1450.00	450.00 - 500.00	-	-	120.00 - 150.00	120.00 - 150.00	280.00 - 300.00	130.00 - 160.00	-
Galenbindunuwewa	-	-	-	-	-	-	-	-	-	-
Bandarawela	-	-	-	-	-	-	-	-	-	-
Matale	-	-	-	-	-	-	-	-	-	-

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

Week 28: 10 - 16 July 2026

[illegible]

Table 08 (Contd.)

LOCATIONS	Mango		Other Fruits							
	Vilad	Kohu	Papaw	Passion	Wood Apple	Orange	Avocado	Slime Apple	Grapes	King Coconut(Rs/nut)
Colombo	-	-	200.00 - 280.00	500.00 - 900.00	500.00 - 1200.00	300.00 - 900.00	500.00 - 800.00	250.00 - 800.00	1800.00 - 3000.00	180.00 - 250.00
Gampaha	-	-	180.00 - 220.00	-	-	380.00 - 400.00	440.00 - 500.00	-	2700.00 - 2900.00	200.00 - 230.00
Kurunegala	-	-	-	-	-	-	-	-	-	-
Nikaweratiya	-	-	180.00 - 240.00	300.00 - 350.00	-	350.00 - 400.00	500.00 - 600.00	-	2400.00 - 2500.00	180.00 - 220.00
Dambulla	250.00 - 300.00	180.00 - 200.00	160.00 - 180.00	600.00 - 650.00	580.00 - 600.00	350.00 - 400.00	400.00 - 450.00	250.00 - 300.00	2800.00 - 3000.00	200.00 - 230.00
Anuradhapura	-	-	-	-	-	-	-	-	-	-
Thambuththegama	-	-	80.00 - 150.00	400.00 - 500.00	-	220.00 - 250.00	300.00 - 380.00	-	-	180.00 - 220.00
Polonnaruwa	-	-	200.00 - 250.00	-	-	-	600.00 - 650.00	-	2500.00 - 3000.00	250.00 - 250.00
Kaluthara	-	-	220.00 - 250.00	-	650.00 - 700.00	-	380.00 - 460.00	380.00 - 450.00	2400.00 - 2600.00	180.00 - 200.00
Badulla	200.00 - 250.00	120.00 - 200.00	100.00 - 200.00	400.00 - 400.00	700.00 - 800.00	360.00 - 360.00	400.00 - 600.00	300.00 - 350.00	2500.00 - 3000.00	250.00 - 250.00
Keppetipola	-	144.00 - 150.00	180.00 - 200.00	450.00 - 500.00	420.00 - 480.00	360.00 - 420.00	400.00 - 480.00	390.00 - 420.00	2400.00 - 2600.00	220.00 - 250.00
Moneragala	-	-	180.00 - 200.00	450.00 - 500.00	-	400.00 - 480.00	350.00 - 400.00	250.00 - 300.00	2800.00 - 3000.00	150.00 - 180.00
Kegalle	-	-	250.00 - 260.00	560.00 - 600.00	500.00 - 550.00	380.00 - 420.00	400.00 - 450.00	400.00 - 450.00	2600.00 - 2700.00	140.00 - 150.00
Ampara	280.00 - 300.00	-	180.00 - 230.00	-	-	-	500.00 - 550.00	-	2300.00 - 2500.00	200.00 - 220.00
Dehiattakandiya	-	-	160.00 - 200.00	-	-	300.00 - 360.00	400.00 - 480.00	300.00 - 300.00	2800.00 - 3000.00	150.00 - 200.00
Nuwaraeliya	-	180.00 - 220.00	200.00 - 220.00	450.00 - 500.00	550.00 - 560.00	600.00 - 620.00	480.00 - 500.00	350.00 - 360.00	2350.00 - 2600.00	240.00 - 250.00
Kandy	430.00 - 450.00	200.00 - 220.00	150.00 - 170.00	500.00 - 550.00	450.00 - 500.00	350.00 - 360.00	300.00 - 350.00	300.00 - 320.00	2500.00 - 2700.00	180.00 - 190.00
Puttalam	-	-	240.00 - 260.00	600.00 - 650.00	-	280.00 - 320.00	600.00 - 650.00	-	3000.00 - 3200.00	150.00 - 150.00
Hambantota	-	-	-	-	-	-	-	-	-	-
Rathnapura	300.00 - 450.00	150.00 - 220.00	180.00 - 250.00	-	500.00 - 700.00	350.00 - 400.00	350.00 - 400.00	300.00 - 500.00	2300.00 - 2800.00	150.00 - 160.00
Matara	-	-	160.00 - 200.00	500.00 - 550.00	680.00 - 700.00	500.00 - 600.00	500.00 - 550.00	350.00 - 380.00	2400.00 - 2500.00	180.00 - 200.00
Galle	-	-	180.00 - 200.00	-	-	-	-	-	-	-
Tissamaharama	280.00 - 300.00	-	160.00 - 180.00	-	640.00 - 660.00	-	-	220.00 - 240.00	2700.00 - 2800.00	180.00 - 190.00
Meegoda (DEC)	-	-	150.00 - 160.00	-	-	-	350.00 - 380.00	250.00 - 350.00	1800.00 - 2200.00	150.00 - 150.00
Embilipitiya	-	-	-	-	-	-	-	-	-	-
Jaffna	400.00 - 450.00	-	170.00 - 180.00	600.00 - 700.00	600.00 - 620.00	450.00 - 500.00	550.00 - 600.00	-	2400.00 - 2500.00	180.00 - 200.00
Vavuniya	-	-	100.00 - 140.00	-	-	-	400.00 - 450.00	-	2500.00 - 2600.00	200.00 - 240.00
Mannar	-	-	250.00 - 270.00	400.00 - 450.00	350.00 - 400.00	250.00 - 280.00	-	-	2650.00 - 2700.00	180.00 - 200.00
Killinochchi	-	-	-	-	-	-	-	-	-	-
Mullaittivu	-	-	120.00 - 150.00	-	-	-	-	-	2450.00 - 2500.00	240.00 - 260.00
Batticaloa	400.00 - 400.00	-	-	600.00 - 600.00	-	-	600.00 - 600.00	-	2500.00 - 2500.00	200.00 - 200.00
Trincomalee	-	-	-	-	-	-	-	-	-	-
Veyangoda	400.00 - 400.00	-	-	400.00 - 460.00	500.00 - 580.00	-	400.00 - 480.00	-	2500.00 - 2500.00	200.00 - 200.00
Galenbindunuwewa	-	-	-	-	-	-	-	-	-	-
Bandarawela	250.00 - 300.00	160.00 - 180.00	-	400.00 - 500.00	550.00 - 660.00	-	450.00 - 480.00	300.00 - 350.00	2800.00 - 3000.00	200.00 - 220.00
Matale	-	-	-	-	-	-	-	-	-	-

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

Week 28: 10 - 16 July 2026

Locations	Sea Fish					
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw
Colombo	500.00 – 700.00	900.00 – 1100.00	900.00 – 1400.00	1400.00 – 2000.00	2800.00 – 3500.00	900.00 – 1600.00
Kandy	700.00 – 750.00	1100.00 – 1150.00	1000.00 – 1300.00	1600.00 – 1800.00	2800.00 – 3000.00	1300.00 – 1500.00
Kaluthara	600.00 – 600.00	–	1000.00 – 1200.00	1500.00 – 1600.00	–	–
Puttalam	750.00 – 850.00	980.00 – 1050.00	900.00 – 950.00	1650.00 – 1800.00	–	1500.00 – 1600.00
Matara	650.00 – 750.00	–	1000.00 – 1200.00	1650.00 – 1800.00	–	–
Hambantota	–	–	–	–	–	–
Galle	900.00 – 1000.00	1300.00 – 1400.00	1300.00 – 1400.00	1650.00 – 1800.00	–	1700.00 – 1800.00
Batticaloa	–	–	1200.00 – 1200.00	1600.00 – 1600.00	–	1400.00 – 1400.00
Trincomalee	–	–	–	–	–	–
Mannar	500.00 – 550.00	1000.00 – 1100.00	1000.00 – 1050.00	1350.00 – 1400.00	–	1750.00 – 1800.00

Locations	Sea Fish				Eggs	
	Mora	Shrimps	Thalapath	Teppeli	Brown	White
Colombo	1500.00 – 1700.00	1450.00 – 1850.00	2400.00 – 3200.00	–	40.00 – 42.00	38.00 – 40.00
Kandy	1400.00 – 1500.00	1600.00 – 1700.00	2400.00 – 2500.00	–	38.00 – 40.00	37.00 – 39.00
Kaluthara	–	1650.00 – 1650.00	2000.00 – 2400.00	–	–	–
Puttalam	–	1400.00 – 1600.00	–	–	42.00 – 43.00	40.00 – 41.00
Matara	–	–	2200.00 – 2300.00	–	39.00 – 40.00	36.00 – 37.00
Hambantota	–	–	–	–	–	–
Galle	–	–	2300.00 – 2400.00	–	–	–
Batticaloa	–	1500.00 – 1600.00	2000.00 – 2000.00	–	40.00 – 40.00	38.00 – 38.00
Trincomalee	–	–	–	–	–	–
Mannar	1850.00 – 2000.00	1450.00 – 1500.00	–	–	41.00 – 42.00	38.00 – 39.00

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

Week 28: 10 - 16 July 2026

Locations	Local Dried Fish					
	Sprats	Kattawa	Thora	Mora	Balaya	Anguluwa
Colombo	2300.00 – 2800.00	2600.00 – 3400.00	3900.00 – 4000.00	2400.00 – 2700.00	1500.00 – 1800.00	2350.00 – 2800.00
Kandy	1800.00 – 2000.00	–	–	2750.00 – 2800.00	1700.00 – 1800.00	–
Batticaloa	–	2000.00 – 2000.00	–	–	1700.00 – 1700.00	–
Trincomalee	–	–	–	–	–	–
Mannar	1100.00 – 1200.00	2450.00 – 2500.00	–	2100.00 – 2150.00	1000.00 – 1100.00	950.00 – 1000.00

Locations	Local Dried Fish			Imported Dried Fish		
	Maduwa	Koduwa	Salaya	Sprats	Kattawa	Thora
Colombo	1650.00 – 1800.00	–	950.00 – 1200.00	1500.00 – 1600.00	2100.00 – 2200.00	–
Kandy	–	–	1250.00 – 1300.00	1400.00 – 1600.00	2500.00 – 2550.00	–
Batticaloa	–	–	1000.00 – 1000.00	1300.00 – 1300.00	–	–
Trincomalee	–	–	–	–	–	–
Mannar	850.00 – 900.00	–	–	–	–	–

Locations	Imported Dried Fish					
	Mora	Balaya	Anguluwa	Maduwa	Koduwa	Salaya
Colombo	1500.00 – 1800.00	–	2000.00 – 2200.00	1200 – 1300	–	–
Kandy	–	–	–	–	–	–
Batticaloa	–	–	–	–	–	–
Trincomalee	–	–	–	–	–	–
Mannar	–	–	–	–	–	–

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

Week 28: 10 - 16 July 2026

	LOCATIONS	Sea Fish									Eggs			
		Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw	Mora	Thalapath	Brown	White			
21	Colombo	600.00 - 1000.00	1000.00 - 1500.00	1200.00 - 2000.00	1800.00 - 3600.00	3000.00 - 4600.00	1500.00 - 3200.00	1700.00 - 3000.00	2600.00 - 3800.00	41.00 - 45.00	39.00 - 42.00			
	Gampaha	900.00 - 950.00	1400.00 - 1500.00	1400.00 - 1500.00	2000.00 - 2000.00	-	-	-	-	37.00 - 42.00	36.00 - 39.00			
	Kurunegala	-	-	-	-	-	-	-	-	-	-			
	Nikaweratiya	1000.00 - 1200.00	1100.00 - 1300.00	-	2500.00 - 2700.00	-	1800.00 - 2000.00	-	2800.00 - 3000.00	38.00 - 41.00	38.00 - 41.00			
	Dambulla	1000.00 - 1100.00	1400.00 - 1500.00	1300.00 - 1380.00	2800.00 - 2900.00	-	2700.00 - 2800.00	1700.00 - 1800.00	2800.00 - 3000.00	41.00 - 43.00	39.00 - 40.00			
	Anuradhapura	-	-	-	-	-	-	-	-	-	-			
	Thambuththegama	-	-	-	-	-	-	-	-	40.00 - 42.00	40.00 - 42.00			
	Polonnaruwa	1000.00 - 1000.00	1200.00 - 1200.00	2000.00 - 2000.00	2600.00 - 2600.00	3000.00 - 3000.00	1800.00 - 1800.00	2000.00 - 2000.00	2800.00 - 2800.00	41.00 - 42.00	40.00 - 40.00			
	Kaluthara	900.00 - 1000.00	-	2000.00 - 2200.00	2800.00 - 3000.00	-	-	-	3000.00 - 3200.00	42.00 - 43.00	38.00 - 40.00			
	Badulla	880.00 - 1000.00	1380.00 - 1400.00	1200.00 - 1600.00	2400.00 - 2400.00	3000.00 - 3000.00	1800.00 - 2000.00	1800.00 - 2000.00	2800.00 - 2900.00	40.00 - 45.00	38.00 - 44.00			
	Keppetipola	680.00 - 700.00	-	1300.00 - 1400.00	2600.00 - 2700.00	-	1800.00 - 1900.00	2000.00 - 2100.00	2900.00 - 3000.00	43.00 - 45.00	40.00 - 43.00			
	Moneragala	1000.00 - 1100.00	1500.00 - 1600.00	1300.00 - 1400.00	2600.00 - 2800.00	-	-	-	3200.00 - 3400.00	41.00 - 42.00	39.00 - 41.00			
	Kegalle	1000.00 - 1100.00	-	-	3000.00 - 3100.00	3200.00 - 3250.00	2150.00 - 2200.00	2380.00 - 2400.00	3580.00 - 3600.00	45.00 - 46.00	42.00 - 43.00			
	Ampara	800.00 - 900.00	1400.00 - 1600.00	2000.00 - 2100.00	2900.00 - 3000.00	2800.00 - 3000.00	2400.00 - 2600.00	-	3000.00 - 3200.00	-	38.00 - 41.00			
	Dehiattakandiya	780.00 - 800.00	1000.00 - 1300.00	1800.00 - 1800.00	2500.00 - 2500.00	-	-	1700.00 - 1700.00	-	39.00 - 40.00	38.00 - 40.00			
	Nuwaraeliya	-	-	1500.00 - 1600.00	2800.00 - 2900.00	-	2000.00 - 2100.00	2200.00 - 2300.00	3000.00 - 3100.00	43.00 - 45.00	42.00 - 43.00			
	Kandy	850.00 - 900.00	1300.00 - 1400.00	1400.00 - 1600.00	2800.00 - 2900.00	3700.00 - 3800.00	1800.00 - 1900.00	1700.00 - 1800.00	2800.00 - 2850.00	42.00 - 43.00	40.00 - 42.00			
	Puttalam	900.00 - 1000.00	1150.00 - 1250.00	1200.00 - 1300.00	2300.00 - 2400.00	-	1650.00 - 1700.00	-	-	45.00 - 45.00	43.00 - 45.00			
	Hambantota	-	-	-	-	-	-	-	-	-	-			
	Rathnapura	700.00 - 800.00	-	1700.00 - 1800.00	2800.00 - 3000.00	4400.00 - 4400.00	2900.00 - 3000.00	1850.00 - 2000.00	3000.00 - 3200.00	42.00 - 43.00	40.00 - 41.00			
	Matara	950.00 - 1000.00	-	2000.00 - 2100.00	2800.00 - 2900.00	-	-	-	2800.00 - 3000.00	41.00 - 42.00	38.00 - 40.00			
	Galle	-	-	-	-	-	-	-	-	-	-			
	Tissamaharama	900.00 - 1000.00	1100.00 - 1200.00	1300.00 - 1400.00	-	-	-	-	-	-	39.00 - 42.00			
	Meegoda	800.00 - 960.00	1000.00 - 1300.00	1200.00 - 1200.00	3200.00 - 3300.00	-	1600.00 - 1600.00	-	3500.00 - 4000.00	42.00 - 46.00	40.00 - 45.00			
	Embilipitiya	-	-	-	-	-	-	-	-	-	-			
	Jaffna	800.00 - 850.00	-	1500.00 - 1600.00	-	2800.00 - 3000.00	1900.00 - 2000.00	2500.00 - 2600.00	-	42.00 - 42.00	40.00 - 40.00			
	Vavuniya	-	1400.00 - 1500.00	1600.00 - 1700.00	3200.00 - 3300.00	3400.00 - 3500.00	1800.00 - 1900.00	-	2800.00 - 2900.00	42.00 - 45.00	41.00 - 43.00			
	Mannar	600.00 - 650.00	1350.00 - 1400.00	1300.00 - 1350.00	-	-	2000.00 - 2200.00	2300.00 - 2350.00	-	44.00 - 45.00	41.00 - 42.00			
	Killinochchi	-	-	-	-	-	-	-	-	-	-			
	Mullaittivu	550.00 - 600.00	1000.00 - 1200.00	1200.00 - 1300.00	1800.00 - 2000.00	-	1450.00 - 1600.00	2500.00 - 2600.00	-	40.00 - 42.00	38.00 - 40.00			
Batticaloa	-	-	-	2800.00 - 2800.00	3000.00 - 3000.00	2400.00 - 2400.00	-	3000.00 - 3000.00	43.00 - 43.00	41.00 - 41.00				
Trincomalee	-	-	-	-	-	-	-	-	-	-				
Veyangoda	600.00 - 650.00	1300.00 - 1400.00	-	-	-	-	-	2600.00 - 2800.00	42.00 - 43.00	40.00 - 41.00				
Galenbindunuwewa	-	-	-	-	-	-	-	-	-	-				
Bandarawela	-	-	1700.00 - 1800.00	2800.00 - 2900.00	-	-	-	3000.00 - 3200.00	40.00 - 42.00	38.00 - 39.00				
Matale	-	-	-	-	-	-	-	-	-	-				

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

Week 28: 10 - 16 July 2026

LOCATIONS	Dried Fish													
	Sprats-Imported		Kattawa		Thora		Mora		Balaya		Anguluwa		Salaya	
Colombo	-		3000.00 -	3800.00	4000.00 -	4500.00	3000.00 -	3600.00	2000.00 -	2800.00	3000.00 -	3600.00	1200.00 -	1300.00
Gampaha	-		-		2900.00 -	3200.00	-		1900.00 -	2100.00	-		1000.00 -	1200.00
Kurunegala	-		-		-		-		-		-		-	
Nikaweratiya	1400.00 -	1600.00	2800.00 -	3000.00	-		2800.00 -	3000.00	-		2200.00 -	2400.00	1000.00 -	1000.00
Dambulla	-		3000.00 -	3200.00	-		3400.00 -	3500.00	2200.00 -	2300.00	2800.00 -	2800.00	-	
Anuradhapura	-		-		-		-		-		-		-	
Thambuththegama	-		2800.00 -	2800.00	-		3200.00 -	3300.00	1750.00 -	2000.00	2750.00 -	2800.00	1000.00 -	1200.00
Polonnaruwa	-		-		-		-		-		-		-	
Kaluthara	-		-		-		-		1800.00 -	2200.00	2800.00 -	3000.00	1200.00 -	1200.00
Badulla	1500.00 -	1600.00	-		-		-		-		-		-	
Keppetipola	-		-		-		-		-		-		-	
Moneragala	-		-		-		-		-		-		-	
Kegalle	-		-		3100.00 -	3200.00	-		-		-		-	
Ampara	1600.00 -	1700.00	3200.00 -	3400.00	2800.00 -	3000.00	3000.00 -	3200.00	2000.00 -	2200.00	-		-	
Dehiattakandiya	-		3000.00 -	3200.00	-		2800.00 -	3200.00	2400.00 -	2600.00	1500.00 -	1800.00	-	
Nuwaraeliya	-		-		-		-		-		-		-	
Kandy	-		-		-		3200.00 -	3300.00	2300.00 -	2400.00	2600.00 -	2700.00	1400.00 -	1500.00
Puttalam	-		-		-		3200.00 -	3400.00	1600.00 -	1700.00	1600.00 -	1700.00	1100.00 -	1250.00
Hambantota	-		-		-		-		-		-		-	
Rathnapura	1800.00 -	1920.00	2800.00 -	3200.00	-		3100.00 -	3200.00	1980.00 -	2320.00	2860.00 -	2960.00	1100.00 -	1200.00
Matara	-		-		-		3000.00 -	3200.00	1800.00 -	2200.00	-		-	
Galle	-		-		-		-		-		-		-	
Tissamaharama	-		-		-		-		-		-		-	
Meegoda	-		-		-		-		2000.00 -	2200.00	-		1100.00 -	1400.00
Embilipitiya	-		-		-		-		-		-		-	
Jaffna	-		2900.00 -	3000.00	-		2400.00 -	2500.00	1400.00 -	1600.00	-		1200.00 -	1400.00
Vavuniya	1600.00 -	1700.00	2600.00 -	2700.00	-		2800.00 -	2900.00	1600.00 -	1700.00	1600.00 -	1700.00	1000.00 -	1150.00
Mannar	1250.00 -	1350.00	2750.00 -	2800.00	-		2500.00 -	2600.00	1350.00 -	1400.00	-		-	
Killinochchi	-		-		-		-		-		-		-	
Mullaittivu	1450.00 -	1500.00	2600.00 -	2750.00	2850.00 -	3000.00	2700.00 -	2800.00	-		-		1200.00 -	1300.00
Batticaloa	1400.00 -	1500.00	2700.00 -	2700.00	-		-		2000.00 -	2000.00	-		1200.00 -	1200.00
Trincomalee	-		-		-		-		-		-		-	
Veyangoda	-		-		-		-		2000.00 -	2300.00	-		-	
Galenbindunuwewa	-		-		-		-		-		-		-	
Bandarawela	-		-		-		-		-		-		-	
Matale	-		-		-		-		-		-		-	

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

Week 28: 10 - 16 July 2026

LOCATIONS	Meat	Meat (Chicken)		Meat	
	Beef	Broiler	Curry	Mutton	Pork
Colombo	3000.00 - 3300.00	1300.00 - 1480.00	1250.00 - 1500.00	4400.00 - 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	-	1350.00 - 1400.00	1480.00 - 1500.00	-	2700.00 - 2900.00
Anuradhapura	-	-	-	-	-
Thambuththegama	-	1180.00 - 1280.00	-	-	2600.00 - 3000.00
Polonnaruwa	2800.00 - 2800.00	1400.00 - 1420.00	1600.00 - 1650.00	-	2700.00 - 2700.00
Kaluthara	3000.00 - 3000.00	1350.00 - 1400.00	1350.00 - 1380.00	-	2500.00 - 2600.00
Badulla	2600.00 - 2600.00	1450.00 - 1480.00	-	3700.00 - 3700.00	-
Keppetipola	2400.00 - 2400.00	1250.00 - 1280.00	1350.00 - 1400.00	3600.00 - 3600.00	-
Moneragala	2800.00 - 2800.00	1350.00 - 1450.00	1650.00 - 1700.00	-	3000.00 - 3200.00
Kegalle	2780.00 - 2800.00	1380.00 - 1400.00	1250.00 - 1280.00	3800.00 - 3850.00	2950.00 - 3000.00
Ampara	2400.00 - 2500.00	1350.00 - 1480.00	-	-	2800.00 - 3000.00
Dehiattakandiya	-	-	-	-	2500.00 - 2700.00
Nuwaraeliya	2500.00 - 2600.00	1250.00 - 1300.00	1360.00 - 1400.00	3800.00 - 4000.00	2800.00 - 2900.00
Kandy	2700.00 - 2700.00	1280.00 - 1300.00	1300.00 - 1320.00	4000.00 - 4200.00	2900.00 - 3000.00
Puttalam	2700.00 - 2800.00	1450.00 - 1500.00	1700.00 - 1800.00	4500.00 - 4500.00	-
Hambantota	-	-	-	-	-
Rathnapura	2900.00 - 2900.00	1380.00 - 1450.00	1300.00 - 1360.00	4000.00 - 4000.00	2700.00 - 2700.00
Matara	-	1430.00 - 1450.00	-	-	-
Galle	-	-	-	-	-
Tissamaharama	-	1400.00 - 1450.00	-	-	-
Meegoda	-	1400.00 - 1450.00	1400.00 - 1420.00	-	3000.00 - 3000.00
Embilipitiya	-	-	-	-	-
Jaffna	2250.00 - 2300.00	1550.00 - 1600.00	1650.00 - 1700.00	4000.00 - 4200.00	-
Vavuniya	2200.00 - 2350.00	1380.00 - 1450.00	1500.00 - 1600.00	3600.00 - 3800.00	-
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 - 1400.00	1600.00 - 1600.00	4000.00 - 4000.00	-
Trincomalee	-	-	-	-	-
Veyangoda	2900.00 - 3000.00	1350.00 - 1400.00	1250.00 - 1300.00	4300.00 - 4400.00	2500.00 - 2600.00
Galenbindunuwewa	-	-	-	-	-
Bandarawela	2500.00 - 2600.00	1250.00 - 1320.00	-	3800.00 - 3900.00	-
Matale	-	-	-	-	-

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

Week 28: 10 - 16 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	140.00 · 150.00	146.25	154.29	153.75	-5.21	-4.88
Samba 1	230.00 · 235.00	232.86	237.14	237.22	-1.81	-1.84	Small	120.00 · 130.00	126.25	132.22	135.00	-4.52	-6.48
Samba 2	225.00 · 228.00	227.00	231.00	230.40	-1.73	-1.48							
Keeri Samba	260.00 · 330.00	296.00	293.33	280.00	0.91	5.71	<u>Fruits (Rs/kg)</u>						
Nadu 1	195.00 · 200.00	197.86	197.50	216.80	0.18	-8.74	Plantain						
Nadu 2	190.00 · 192.00	190.80	190.67	210.80	0.07	-9.49	Ambul	150.00 · 200.00	170.91	159.00	86.00	7.49	98.73
Raw (Red)	160.00 · 170.00	165.71	165.63	195.63	0.05	-15.29	Kolikuttu	350.00 · 400.00	379.55	370.00	203.00	2.58	86.97
Raw (White)	175.00 · 190.00	183.57	181.88	196.25	0.93	-6.46	Seeni	100.00 · 150.00	119.09	123.00	86.00	-3.18	38.48
Imported							Anamalu	170.00 · 240.00	200.83	192.00	216.00	4.60	-7.02
Samba	225.00 · 230.00	227.00	225.75	245.00	0.55	-7.35	Ambun	170.00 · 250.00	210.83	196.00	219.27	7.57	-3.85
Nadu	-	-	-	-	-	-	Papaw	110.00 · 180.00	140.00	132.00	206.67	6.06	-32.26
Raw (Red)	-	-	-	-	-	-	Passion Fruit	400.00 · 550.00	456.25	395.00	620.00	15.51	-26.41
Raw (White)	-	-	-	-	-	-	Pineapple	220.00 · 270.00	248.75	230.00	313.33	8.15	-20.61
<u>Dried Chillies</u>							Pineapple Medium	-	-	-	-	-	-
Imported	1050.00 · 1275.00	1153.13	1108.33	572.86	4.04	101.29	Pineapple Small	-	-	-	-	-	-
<u>Onion</u>							Mango						
Sinnan	-	-	-	-	-	-	Betti	250.00 · 300.00	266.67	231.25	316.67	15.32	-15.79
Vedalan	330.00 · 400.00	357.50	374.00	418.33	-4.41	-14.54	Karthakolomban	400.00 · 600.00	515.00	375.00	882.00	37.33	-41.61
Imported	300.00 · 320.00	310.00	316.00	325.00	-1.90	-4.62	Vilad	300.00 · 450.00	366.67	287.50	433.33	27.54	-15.38
<u>Biq Onion</u>							Kohu	-	-	-	-	-	-
Imported	160.00 · 190.00	176.88	175.63	81.88	0.71	116.03	<u>Other</u>						
Local	-	-	-	-	-	-	Wood Apple	450.00 · 550.00	488.33	508.00	690.00	-3.87	-29.23
<u>Potato</u>							Orange	250.00 · 400.00	315.00	394.44	495.00	-20.14	-36.36
Welimada	-	-	-	-	-	-	Avocado	400.00 · 700.00	495.83	405.00	330.00	22.43	50.25
N'Eliya	290.00 · 310.00	300.00	295.00	332.50	1.69	-9.77	Slime Apple	150.00 · 250.00	182.00	243.75	265.00	-25.33	-31.32
Imported	170.00 · 200.00	182.86	191.88	166.25	-4.70	9.99	Grapes Imp.,	1400.00 · 1550.00	1487.50	1750.00	1512.50	-15.00	-1.65
<u>Pulses</u>							King Coconut	150.00 · 200.00	173.33	172.22	143.00	0.65	21.21
Green Gram	700.00 · 750.00	725.00	750.00	741.67	-3.33	-2.25							
Cowpea (White)	650.00 · 700.00	675.00	670.00	828.33	0.75	-18.51	<u>Sea Fish</u>						
Cowpea (Red)	620.00 · 700.00	662.50	670.00	890.00	-1.12	-25.56	Salaya	500.00 · 700.00	585.71	1000.00	635.00	-41.43	-7.76
Red Dhal	220.00 · 230.00	225.63	228.13	245.63	-1.10	-8.14	Hurulla	900.00 · 1100.00	1016.67	1100.00	960.00	-7.58	5.90
<u>Vegetable</u>							Balaya	900.00 · 1400.00	1143.75	1150.00	1145.00	-0.54	-0.11
Beans (Butter)	-	-	-	-	-	-	Kelawalla	1400.00 · 2000.00	1650.00	2225.00	1580.00	-25.84	4.43
Beans (Green)	150.00 · 350.00	254.55	288.00	396.36	-11.62	-35.78	Thora	2800.00 · 3500.00	3085.71	3075.00	2120.00	0.35	45.55
Carrot	200.00 · 260.00	235.00	272.00	295.56	-13.60	-20.49	Paraw	900.00 · 1600.00	1314.29	1537.50	1340.00	-14.52	-1.92
Leeks	180.00 · 300.00	240.00	194.00	140.00	23.71	71.43	Mora	1500.00 · 1700.00	1585.71	1800.00	1120.00	-11.90	41.58
Beetroot	230.00 · 350.00	289.29	362.22	118.18	-20.14	144.78	Shrimps	1450.00 · 1850.00	1625.00	1575.00	1420.00	3.17	14.44
Knolkhol	100.00 · 150.00	121.82	134.00	94.55	-9.09	28.85	Thalapath	2400.00 · 3200.00	2733.33	2716.67	2420.00	0.61	12.95
Raddish	80.00 · 100.00	92.00	92.00	75.45	0.00	21.93	<u>Eggs</u>						
Cabbage	60.00 · 100.00	82.31	95.83	189.09	-14.11	-56.47	Brown	40.00 · 42.00	41.00	39.00	31.78	5.13	29.02
Tomato	250.00 · 400.00	326.00	238.00	70.91	36.97	359.74	White	38.00 · 40.00	39.00	37.00	30.20	5.41	29.14
Ladies Fingers	100.00 · 150.00	120.91	108.00	60.00	11.95	101.52	<u>Dried Fish</u>						
Brinjal	350.00 · 450.00	400.00	313.00	300.00	27.80	33.33	Sprats	2300.00 · 2800.00	2528.57	2583.33	1500.00	-2.12	68.57
Capsicum	250.00 · 600.00	423.00	326.00	455.00	29.75	-7.03	Sprats (Imported)	1500.00 · 1600.00	1530.00	1537.50	1060.00	-0.49	44.34
Pumpkin	170.00 · 200.00	185.00	168.00	94.55	10.12	95.67	Kattawa	2600.00 · 3400.00	2960.00	2650.00	-	11.70	-
Cucumber	40.00 · 80.00	58.33	77.27	45.45	-24.51	28.33	Kattawa (Imported)	2100.00 · 2200.00	2156.25	2150.00	1625.00	0.29	32.69
Bitter Gourd	350.00 · 400.00	376.00	402.00	229.09	-6.47	64.13	Thora	3900.00 · 4000.00	3950.00	-	-	-	-
Snake Gourd	200.00 · 250.00	221.67	224.00	136.00	-1.04	62.99	Thora (Imported)	-	-	2500.00	-	-	-
Drumstick	150.00 · 400.00	286.36	350.00	325.00	-18.18	-11.89	Mora	2400.00 · 2700.00	2608.33	2500.00	2355.00	4.33	10.76
Luffa	120.00 · 200.00	154.00	159.00	93.33	-3.14	65.00	Mora (Imported)	1500.00 · 1800.00	1700.00	-	-	-	-
Long Beans	200.00 · 300.00	252.73	265.00	182.22	-4.63	38.69	Balaya	1500.00 · 1800.00	1662.50	1630.00	1420.00	1.99	17.08
Ash Plantain	100.00 · 140.00	123.00	135.00	64.55	-8.89	90.56	Balaya (Imported)	-	-	-	-	-	-
Green Chillies	650.00 · 1100.00	868.00	625.00	372.22	38.88	133.19	Anguluwa	2350.00 · 2800.00	2562.50	-	-	-	-
Lime	200.00 · 300.00	255.00	390.00	225.00	-34.62	13.33	Anguluwa (Imported)	2000.00 · 2200.00	2090.00	2000.00	1815.00	4.50	15.15
<u>Root Crops</u>							Maduwa	1650.00 · 1800.00	1710.00	-	1490.00	-	14.77
Sweet Potato	120.00 · 160.00	140.00	227.00	171.43	-38.33	-18.33	Maduwa (Imported)	1200.00 · 1300.00	1220.00	1237.50	-	-1.41	-
Manioc	100.00 · 130.00	116.00	121.00	92.50	-4.13	25.41	Koduwa	-	-	-	-	-	-
<u>Leafy Vegetable</u>							Koduwa (Imported)	-	-	-	-	-	-
Mukunuwenna	120.00 · 150.00	135.00	130.00	112.50	3.85	20.00	Salaya	950.00 · 1200.00	1040.00	-	650.00	-	60.00
Kankun	120.00 · 150.00	135.00	130.00	112.50	3.85	20.00	Salaya (Imported)	-	-	-	-	-	-
Gotukola	250.00 · 300.00	283.75	282.22	290.00	0.54	-2.16							

This Week: Week 28: 10 - 16 July 2026

Last Week: Week 27: 03 - 09 July 2026

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

Week 28: 10 - 16 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	175.00	177.14	188.50	-2.14	-7.16
Samba 1	240.00 · 260.00	253.00	255.79	251.33	-2.79	0.66	Small	130.00 · 160.00	142.63	144.50	169.75	-1.87	-15.98
Samba 2													
Keeri Samba	360.00 · 400.00	373.57	360.00	286.32	13.57	30.48	<u>Fruits (Rs/fruit)</u>						
Nadu 1	220.00 · 230.00	227.69	228.75	231.50	-1.06	-1.64	Plantain						
Nadu 2							Ambul (Rs/kg)	180.00 · 280.00	242.80	240.40	169.13	2.40	43.56
Raw (Red)	180.00 · 220.00	204.74	208.33	220.95	-3.60	-7.34	Kolikuttu (Rs/kg)	380.00 · 520.00	475.45	472.92	298.64	2.54	59.21
Raw (White)	200.00 · 220.00	209.47	211.43	218.64	-1.95	-4.19	Seeni (Rs/kg)	160.00 · 250.00	209.20	212.50	165.22	-3.30	26.62
Imported							Anamalu	280.00 · 380.00	334.58	332.86	336.70	1.73	-0.63
Samba				257.14			Ambun	280.00 · 380.00	338.64	334.50	352.36	4.14	-3.90
Nadu							Papaw(Rs/kg)	200.00 · 280.00	242.40	252.61	282.86	-10.21	-14.30
Raw (Red)							Passion Fruit	500.00 · 900.00	697.78	681.43	860.70	16.35	-18.93
Raw (White)							Pineapple Large	250.00 · 500.00	426.67	390.40	395.00	36.27	8.02
<u>Dried Chillies</u>							Pineapple Medium						
Imported	1200.00 · 1500.00	1350.00	1323.08	762.72	26.92	77.00	Pineapple Small						
<u>Onion</u>							Mango						
Sinnan							Betti			393.91			
Vedalan							Karthakolomban	500.00 · 800.00	596.88	516.36	1101.43	80.51	-45.81
Imported	360.00 · 480.00	430.67	443.53	418.33	-12.86	2.95	Vilad			467.50			
<u>Big Onion</u>							Kohu						
Imported	200.00 · 280.00	237.22	232.22	137.22	5.00	72.87	<u>Other</u>						
Local							Wood Apple	500.00 · 1200.00	722.14	741.67	1168.75	-19.52	-38.21
<u>Potato</u>							Orange	300.00 · 900.00	591.25	658.70	638.46	-67.45	-7.39
Welimada							Avocado	500.00 · 800.00	657.14	654.21	566.00	2.93	16.10
N'Eliya	360.00 · 480.00	435.00	398.57	401.43	36.43	8.36	Slime Apple	250.00 · 800.00	509.00	532.50	372.00	-23.50	36.83
Imported	200.00 · 240.00	226.11	227.65	206.09	-1.54	9.72	Grapes (Imp., Rs/kg)	1800.00 · 3000.00	2376.32	2525.00	2138.89	-148.68	11.10
<u>Pulses</u>							King Coconut	180.00 · 250.00	211.11	209.05	196.00	2.06	7.71
Green Gram	900.00 · 1000.00	947.50	967.50	880.91	-20.00	7.56	<u>Sea Fish</u>						
Cowpea (White)	800.00 · 1200.00	969.41	961.54	975.38	-7.87	-0.61	Salaya	600.00 · 1000.00	851.43	1176.67	888.24	-325.24	-4.14
Cowpea (Red)	800.00 · 1200.00	947.78	955.71	1014.29	-7.94	-6.56	Hurulla	1000.00 · 1500.00	1290.91	1218.33	1155.56	72.58	11.71
Red Dhal	245.00 · 300.00	273.82	269.29	289.26	4.54	-5.34	Balaya	1200.00 · 2000.00	1540.00	1760.00		-220.00	
<u>Vegetable</u>							Kelawalla	1800.00 · 3600.00	2750.00	2883.33	2576.47	-133.33	6.74
Beans (Butter)							Thora	3000.00 · 4600.00	3933.33	4127.27	3725.00	-193.94	5.59
Beans(Green)	300.00 · 600.00	465.36	474.84	570.67	-9.48	-18.45	Paraw	1500.00 · 3200.00	2557.14	2820.00	2400.00	-262.86	6.55
Carrot	300.00 · 600.00	419.35	431.72	457.67	-12.37	-8.37	Mora	1700.00 · 3000.00	2318.18	2233.33		84.85	
Leeks	250.00 · 600.00	398.06	387.86	323.79	10.21	22.94	Shrimps	1650.00 · 2400.00	2046.43	2100.00	2000.00	-53.57	2.32
Beetroot	350.00 · 650.00	492.33	500.74	310.67	-8.41	58.48	Thalapath	2600.00 · 3800.00	3461.54	3200.00	3066.67	261.54	12.88
Knolkhol	200.00 · 600.00	362.00	364.35	290.80	-2.35	24.48	<u>Eggs</u>						
Raddish	150.00 · 400.00	258.71	237.08	238.57	21.63	8.44	Brown	41.00 · 45.00	42.89	40.75	34.56	2.14	24.12
Cabbage	160.00 · 400.00	274.00	292.41	389.66	-18.41	-29.68	White	39.00 · 42.00	40.89	38.92	32.83	1.97	24.53
Tomato	350.00 · 600.00	521.38	452.67	195.67	68.71	166.46	<u>Dried Fish</u>						
Ladies Fingers	180.00 · 480.00	307.00	299.23	239.68	7.77	28.09	Sprats	2400.00 · 2600.00	2584.62	2663.64	1389.47	-79.02	86.01
Brinjal	400.00 · 640.00	539.06	490.71	464.14	48.35	16.14	Sprats (Imported)			1742.86	1800.00		
Capsicum	400.00 · 800.00	622.07	548.00	722.67	74.07	-13.92	Kattawa	3000.00 · 3800.00	3333.33	3133.33	2480.00	200.00	34.41
Pumpkin	240.00 · 320.00	283.57	267.86	227.50	15.71	24.65	Thora	4000.00 · 4500.00	4166.67	3307.69		858.97	
Cucumber	90.00 · 320.00	204.19	211.79	174.44	-7.59	17.05	Mora	3000.00 · 3600.00	3308.33	3146.67	2742.11	161.67	20.65
Bitter Gourd	400.00 · 800.00	576.33	591.03	417.86	-14.70	37.93	Balaya	2000.00 · 2800.00	2309.09	2178.57	2381.25	130.52	-3.03
Snake Gourd	300.00 · 600.00	396.92	434.62	313.21	-37.69	26.73	Anguluwa	3000.00 · 3600.00	3180.00	2800.00	2533.33	380.00	25.53
Drumstick	300.00 · 1000.00	548.75	642.07	530.36	-93.32	3.47	Maduwa				1920.00		
Luffa	250.00 · 560.00	391.54	366.92	305.56	24.62	28.14	Koduwa						
Long Beans	250.00 · 600.00	374.29	389.05	332.80	-14.76	12.47	Salaya	1200.00 · 1300.00	1253.85	1308.33	1230.77	-54.49	1.88
Ash Plantain	200.00 · 400.00	277.69	282.40	204.44	-4.71	35.83	<u>Meat</u>						
Green Chillies	950.00 · 1600.00	1333.33	915.52	679.64	417.82	96.18	Beef (without Bones)	3000.00 · 3300.00	3166.67	3100.00	2736.36	66.67	15.73
Lime	350.00 · 800.00	592.19	641.85	464.80	-49.66	27.41	Chicken (Broiler)	1300.00 · 1480.00	1430.00	1371.11	1368.57	58.89	4.49
<u>Root Crops</u>							Chicken (Curry)	1250.00 · 1500.00	1340.00	1282.22	1250.00	57.78	7.20
Sweet Potato	200.00 · 360.00	281.79	324.40	295.60	-42.61	-4.67	Mutton	4400.00 · 4600.00	4483.33	4428.57	3800.00	54.76	17.98
Manioc	160.00 · 260.00	208.00	208.33	208.89	-0.33	-0.43	Pork	2700.00 · 2800.00	2725.00	2766.67	2400.00	-41.67	13.54
<u>Leafy Vegetable</u>													
Mukunuwenna	150.00 · 250.00	207.50	205.00	214.50	2.50	-3.26							
Kankun	150.00 · 250.00	207.50	205.33	214.50	2.17	-3.26							
Gotukola	360.00 · 500.00	409.64	418.24	504.00	-8.59	-18.72							

This Week: Week 28: 10 - 16 July 2026
Last Week: Week 27: 03 - 09 July 2026

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

Week 28: 10 - 16 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	90.00 – 110.00	98.00
A'pura	-		Dambulla	220.00 – 260.00	238.00	Hambantota	-	
P'naruwa	125.00 – 125.00	125.00	Welimada	255.00 – 270.00	262.00	Embilipitiya	-	
Kalawewa	125.00 – 127.00	125.80	Badulla	-		Matara	-	
Kurunegala	-		Carrot			A'pura	-	
Dehiattakandiya	120.00 – 125.00	121.67	N'Eliya	230.00 – 240.00	236.00	Luffa		
Nikaweratiya	125.00 – 130.00	127.25	Welimada	165.00 – 185.00	176.00	Dambulla	100.00 – 120.00	113.00
Ampara	121.00 – 126.00	123.75	Hanguranketha	170.00 – 200.00	183.33	Hambantota	-	
Long Grain (White)			Leeks			Embilipitiya	-	
A'pura	-		N'Eliya	235.00 – 245.00	240.00	Matara	-	
P'naruwa	105.00 – 106.00	105.60	Welimada	200.00 – 225.00	215.00	A'pura	-	
Kalawewa	105.00 – 107.00	105.80	Beetroot			Green Chillies		
Kurunegala	-		N'Eliya	190.00 – 200.00	195.00	Dambulla	950.00 – 1000.00	980.00
Dehiattakandiya	97.00 – 100.00	98.33	Dambulla	-		Hambantota	-	
Embilipitiya	-		Kurunegala	-		Embilipitiya	-	
Nikaweratiya	100.00 – 107.00	103.75	Welimada	260.00 – 285.00	272.00	Puttalam	855.00 – 950.00	902.50
Hambantota	-		Hanguranketha	-		A'pura	-	
Ampara	82.00 – 100.00	91.60	Knol Khol			Pumpkin		
Long Grain (Red)			N'Eliya	85.00 – 90.00	87.00	Dambulla	120.00 – 135.00	128.00
Matara	100.00 – 105.00	102.50	Welimada	85.00 – 115.00	100.00	Hambantota	-	
Hambantota	-		Hanguranketha	50.00 – 80.00	63.33	Embilipitiya	-	
Embilipitiya	98.00 – 100.00	99.00	Raddish			Matara	-	
Keeri Samba			N'Eliya	40.00 – 45.00	43.00	A'pura	-	
A'pura	-		Welimada	40.00 – 50.00	46.00	Moneragala	80.00 – 90.00	84.00
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	45.00 – 57.00	51.40
Dehiattakandiya	140.00 – 142.00	141.33	N'Eliya	70.00 – 80.00	74.00	Hambantota	-	
Red Onion			Welimada	65.00 – 85.00	74.00	Matara	30.00 – 48.00	38.25
Puttalam	190.00 – 266.00	240.00	Badulla	-		Long Beans		
Jaffna	-		Hanguranketha	60.00 – 80.00	70.00	Dambulla	115.00 – 140.00	126.00
Big Onion			Tomato			Hambantota	-	
Dambulla	-		Welimada	300.00 – 330.00	319.00	Embilipitiya	-	
Kalawewa	-		Hambantota	-		Matara	130.00 – 160.00	150.00
A'pura	-		Dambulla	290.00 – 340.00	318.00	A'pura	-	
Potato			Hanguranketha	220.00 – 250.00	236.00	Ash Plantain		
N'Eliya	260.00 – 270.00	266.00	<u>Vegetable (Low Country)</u>			Hambantota	-	
Badulla	-		Ladies Fingers			Embilipitiya	-	
Welimada	235.00 – 250.00	242.00	A'pura	-		Matara	70.00 – 75.00	71.67
<u>Pulses</u>			Dambulla	76.00 – 95.00	85.80	Lime		
Green Gram			Hambantota	-		Hambantota	-	
Hambantota	-		Embilipitiya	-		Embilipitiya	-	
Moneragala	500.00 – 550.00	520.00	Matara	75.00 – 100.00	86.25	Moneragala	180.00 – 200.00	188.00
Embilipitiya	-		Brinjal			<u>Fruits (Rs/kg)</u>		
Nikaweratiya	500.00 – 525.00	513.75	A'pura	-		Banana		
A'pura	-		Dambulla	260.00 – 320.00	290.00	Ambul		
Cowpea			Hambantota	-		Moneragala	50.00 – 60.00	54.00
Hambantota	-		Embilipitiya	-		Embilipitiya	-	
Nikaweratiya	-		Matara	250.00 – 270.00	260.00	Hambantota	-	
Moneragala	350.00 – 400.00	370.00	Welimada	300.00 – 330.00	319.00	Kolikuttu		
Embilipitiya	-		Capsicum			Moneragala	180.00 – 220.00	196.00
Maize			Badulla	-		Embilipitiya	-	
A'pura	-		Welimada	500.00 – 530.00	519.00	Hambantota	-	
Kalawewa	-		Bitter Gourd			Papaw		
Gingelly			A'pura	-		Moneragala	70.00 – 80.00	74.00
A'pura	-		Dambulla	290.00 – 320.00	308.00	Embilipitiya	-	
Kalawewa	-		Hambantota	-		Hambantota	-	
Black Gram			Embilipitiya	-		Pineapple		
A'pura	-		Matara	250.00 – 280.00	270.00	Divulapitiya	-	
Kalawewa	-							

Annex 01 - Colombo Markets: Retail Prices of Rice and Subsidiary Food Crops (Rs/kg)
Week 28: 10 - 16 July 2026

27

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Rice</u>									
Local									
Samba 1	250.00 - 250.00	-	260.00 - 260.00	-	240.00 - 240.00	-	260.00 - 260.00	260.00 - 260.00	240.00 - 240.00
Samba 2	-	-	-	-	-	-	-	-	-
Keeri Samba	-	-	-	365.00 - 370.00	400.00 - 400.00	400.00 - 400.00	360.00 - 360.00	360.00 - 360.00	-
Nadu 1	220.00 - 220.00	230.00 - 230.00	220.00 - 230.00	230.00 - 230.00	-	230.00 - 230.00	-	230.00 - 230.00	220.00 - 230.00
Nadu 2	-	-	-	-	-	-	-	-	-
Raw (Red)	220.00 - 220.00	180.00 - 200.00	200.00 - 220.00	180.00 - 200.00	190.00 - 200.00	220.00 - 220.00	200.00 - 220.00	200.00 - 200.00	200.00 - 220.00
Raw (White)	220.00 - 220.00	200.00 - 200.00	200.00 - 220.00	200.00 - 210.00	200.00 - 220.00	220.00 - 220.00	200.00 - 220.00	200.00 - 200.00	210.00 - 220.00
Imported									
Samba	-	-	-	-	-	-	-	-	-
Nadu	-	-	-	-	-	-	-	-	-
Raw (Red)	-	-	-	-	-	-	-	-	-
Raw (White)	-	-	-	-	-	-	-	-	-
<u>Dried Chillies</u>									
Imported	1200.00 - 1300.00	1300.00 - 1400.00	1400.00 - 1500.00	1300.00 - 1500.00	1400.00 - 1500.00	1200.00 - 1400.00	1200.00 - 1200.00	1350.00 - 1400.00	1500.00 - 1500.00
<u>Red Onion</u>									
Sinnan	-	-	-	-	-	-	-	-	-
Vedalan	-	-	-	-	-	-	-	-	-
Imported	480.00 - 480.00	440.00 - 480.00	480.00 - 480.00	440.00 - 480.00	480.00 - 480.00	480.00 - 480.00	360.00 - 380.00	480.00 - 480.00	360.00 - 400.00
<u>Big Onion</u>									
Imported	220.00 - 220.00	230.00 - 230.00	220.00 - 260.00	240.00 - 280.00	250.00 - 260.00	220.00 - 240.00	200.00 - 220.00	240.00 - 240.00	240.00 - 240.00
Local	-	-	-	-	-	-	-	-	-
<u>Potato</u>									
Welimada	-	-	-	-	-	-	-	-	-
N'Eliya	-	440.00 - 480.00	400.00 - 400.00	360.00 - 480.00	400.00 - 480.00	400.00 - 400.00	-	-	460.00 - 480.00
Imported	200.00 - 240.00	230.00 - 240.00	220.00 - 240.00	240.00 - 240.00	240.00 - 240.00	220.00 - 240.00	-	240.00 - 240.00	220.00 - 240.00
<u>Pulses</u>									
Green Gram	900.00 - 980.00	900.00 - 900.00	1000.00 - 1000.00	900.00 - 1000.00	900.00 - 1000.00	900.00 - 1000.00	900.00 - 1000.00	1000.00 - 1000.00	1000.00 - 1000.00
Cowpea (White)	800.00 - 900.00	900.00 - 900.00	1000.00 - 1000.00	900.00 - 1000.00	800.00 - 900.00	960.00 - 1000.00	880.00 - 880.00	1200.00 - 1200.00	1000.00 - 1200.00
Cowpea (Red)	800.00 - 900.00	900.00 - 900.00	1000.00 - 1000.00	900.00 - 1000.00	900.00 - 900.00	960.00 - 960.00	880.00 - 880.00	1200.00 - 1200.00	1000.00 - 1200.00
Red Dhal	245.00 - 270.00	260.00 - 280.00	280.00 - 300.00	260.00 - 280.00	260.00 - 280.00	260.00 - 280.00	260.00 - 280.00	300.00 - 300.00	300.00 - 300.00

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

Week 28: 10 - 16 July 2026

28

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Vegetable</u>									
Beans	350.00 - 400.00	560.00 - 600.00	480.00 - 600.00	550.00 - 600.00	480.00 - 600.00	400.00 - 600.00	300.00 - 500.00	400.00 - 400.00	520.00 - 600.00
Carrot	300.00 - 400.00	560.00 - 600.00	400.00 - 480.00	500.00 - 600.00	450.00 - 480.00	400.00 - 480.00	300.00 - 400.00	320.00 - 400.00	400.00 - 480.00
Leeks	250.00 - 320.00	480.00 - 600.00	400.00 - 480.00	500.00 - 600.00	340.00 - 400.00	320.00 - 480.00	280.00 - 400.00	400.00 - 400.00	400.00 - 480.00
Beetroot	350.00 - 400.00	600.00 - 650.00	520.00 - 600.00	600.00 - 650.00	480.00 - 600.00	400.00 - 600.00	350.00 - 500.00	480.00 - 480.00	480.00 - 480.00
Knolkhol	200.00 - 250.00	480.00 - 600.00	400.00 - 480.00	500.00 - 600.00	300.00 - 400.00	-	240.00 - 300.00	320.00 - 480.00	320.00 - 400.00
Raddish	150.00 - 200.00	360.00 - 400.00	240.00 - 320.00	320.00 - 400.00	240.00 - 250.00	200.00 - 240.00	150.00 - 200.00	200.00 - 200.00	320.00 - 320.00
Cabbage	160.00 - 200.00	400.00 - 400.00	240.00 - 320.00	320.00 - 400.00	240.00 - 280.00	240.00 - 320.00	180.00 - 240.00	300.00 - 320.00	240.00 - 320.00
Tomato	480.00 - 600.00	600.00 - 600.00	500.00 - 600.00	600.00 - 600.00	480.00 - 600.00	500.00 - 600.00	350.00 - 400.00	400.00 - 480.00	480.00 - 600.00
Ladies Fingers	180.00 - 250.00	480.00 - 480.00	280.00 - 320.00	400.00 - 480.00	240.00 - 320.00	320.00 - 320.00	180.00 - 280.00	320.00 - 320.00	240.00 - 400.00
Brinjal	500.00 - 600.00	600.00 - 640.00	560.00 - 640.00	600.00 - 640.00	480.00 - 560.00	400.00 - 600.00	400.00 - 500.00	400.00 - 480.00	600.00 - 600.00
Capsicum	500.00 - 600.00	700.00 - 800.00	700.00 - 800.00	700.00 - 800.00	650.00 - 800.00	600.00 - 600.00	400.00 - 500.00	400.00 - 480.00	480.00 - 480.00
Pumpkin	250.00 - 300.00	280.00 - 320.00	280.00 - 320.00	300.00 - 320.00	240.00 - 280.00	240.00 - 280.00	240.00 - 280.00	320.00 - 320.00	320.00 - 320.00
Cucumber	90.00 - 150.00	280.00 - 320.00	200.00 - 280.00	300.00 - 320.00	160.00 - 240.00	160.00 - 240.00	100.00 - 200.00	200.00 - 240.00	120.00 - 240.00
Bitter Gourd	400.00 - 400.00	600.00 - 700.00	600.00 - 600.00	750.00 - 800.00	500.00 - 600.00	800.00 - 800.00	400.00 - 600.00	480.00 - 520.00	480.00 - 600.00
Snake Gourd	300.00 - 320.00	400.00 - 460.00	400.00 - 450.00	500.00 - 600.00	320.00 - 400.00	320.00 - 320.00	320.00 - 400.00	400.00 - 480.00	400.00 - 400.00
Drumstick	300.00 - 450.00	600.00 - 700.00	480.00 - 600.00	900.00 - 1000.00	600.00 - 700.00	400.00 - 400.00	400.00 - 600.00	400.00 - 400.00	600.00 - 600.00
Luffa	250.00 - 300.00	480.00 - 560.00	400.00 - 480.00	500.00 - 560.00	360.00 - 400.00	400.00 - 400.00	300.00 - 400.00	400.00 - 520.00	400.00 - 400.00
Long Beans	300.00 - 360.00	400.00 - 480.00	360.00 - 480.00	600.00 - 600.00	360.00 - 400.00	-	250.00 - 300.00	400.00 - 400.00	400.00 - 400.00
Ash Plantain	200.00 - 200.00	400.00 - 400.00	240.00 - 320.00	320.00 - 400.00	240.00 - 280.00	240.00 - 280.00	200.00 - 280.00	320.00 - 320.00	280.00 - 320.00
Green Chillies	1200.00 - 1400.00	1500.00 - 1600.00	1300.00 - 1500.00	1500.00 - 1600.00	1400.00 - 1600.00	1600.00 - 1600.00	950.00 - 1000.00	1000.00 - 1200.00	1200.00 - 1200.00
Lime	350.00 - 450.00	700.00 - 800.00	600.00 - 700.00	700.00 - 800.00	500.00 - 600.00	600.00 - 600.00	400.00 - 600.00	600.00 - 800.00	600.00 - 600.00
<u>Root Crops</u>									
Sweet Potato	200.00 - 220.00	320.00 - 360.00	240.00 - 280.00	320.00 - 360.00	280.00 - 350.00	320.00 - 320.00	200.00 - 240.00	320.00 - 320.00	320.00 - 320.00
Manioc	160.00 - 200.00	200.00 - 240.00	220.00 - 240.00	260.00 - 260.00	200.00 - 240.00	-	160.00 - 160.00	200.00 - 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	175.00 - 180.00	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	175.00 - 180.00	200.00 - 250.00	200.00 - 250.00
Gotukola	375.00 - 375.00	400.00 - 450.00	380.00 - 380.00	480.00 - 500.00	400.00 - 400.00	450.00 - 450.00	360.00 - 360.00	400.00 - 400.00	400.00 - 400.00
<u>Coconut</u>									
Large	160.00 - 170.00	160.00 - 180.00	180.00 - 180.00	170.00 - 190.00	160.00 - 180.00	-	160.00 - 180.00	190.00 - 190.00	180.00 - 200.00
Small	130.00 - 150.00	140.00 - 140.00	150.00 - 150.00	150.00 - 150.00	130.00 - 150.00	130.00 - 150.00	130.00 - 150.00	130.00 - 150.00	160.00 - 160.00

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

Week 28: 10 - 16 July 2026

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CROP	PELIYAGODA			MAHARAGAMA			KIRULAPONE			NUGEGODA			NARAHENPITA			DEMATAGODA			THOTALANGA			KADAWATHA			KIRIBATHGODA		
<u>Plantain</u>																											
Ambul	220.00	-	280.00	240.00	-	260.00	250.00	-	260.00	250.00	-	280.00	250.00	-	280.00	200.00	-	250.00	180.00	-	200.00	220.00	-	230.00	220.00	-	230.00
Kolikuttu	400.00	-	500.00	490.00	-	520.00	500.00	-	500.00	450.00	-	480.00	500.00	-	520.00	500.00	-	500.00	400.00	-	400.00	500.00	-	520.00	380.00	-	400.00
Seeni	180.00	-	230.00	230.00	-	250.00	250.00	-	250.00	240.00	-	250.00	220.00	-	250.00	200.00	-	220.00	160.00	-	180.00	180.00	-	200.00	180.00	-	200.00
Anamalu	300.00	-	380.00	360.00	-	380.00	360.00	-	380.00	350.00	-	360.00	350.00	-	350.00	300.00	-	300.00	280.00	-	300.00	300.00	-	350.00	300.00	-	350.00
Ambun	300.00	-	380.00	380.00	-	380.00	360.00	-	380.00	350.00	-	360.00	350.00	-	350.00	300.00	-	300.00	280.00	-	300.00	300.00	-	350.00	300.00	-	350.00
<u>Pineapple</u>																											
Large	400.00	-	450.00	500.00	-	500.00	500.00	-	500.00	450.00	-	450.00	480.00	-	500.00	400.00	-	450.00	250.00	-	250.00	350.00	-	400.00	300.00	-	350.00
Medium	-			-			-			-			-			-			-			-			-		
Small	-			-			-			-			-			-			-			-			-		
<u>Mango</u>																											
Betti	-			-			-			-			-			-			-			-			-		
Karthakolomban	500.00	-	600.00	500.00	-	600.00	500.00	-	700.00	750.00	-	800.00	500.00	-	600.00	-			-			500.00	-	500.00	-		
Vilad	-			-			-			-			-			-			-			-			-		
Kohu	-			-			-			-			-			-			-			-			-		
<u>Other Fruits</u>																											
Wood Apple	500.00	-	650.00	-			1000.00	-	1000.00	1200.00	-	1200.00	800.00	-	800.00	-			500.00	-	500.00	800.00	-	800.00	800.00	-	860.00
Orange	300.00	-	400.00	-			900.00	-	900.00	800.00	-	800.00	600.00	-	700.00	500.00	-	600.00	-			600.00	-	660.00	600.00	-	700.00
Avocado	500.00	-	600.00	500.00	-	700.00	600.00	-	700.00	750.00	-	800.00	600.00	-	600.00	-			500.00	-	500.00	700.00	-	800.00	600.00	-	700.00
Slime Apple	300.00	-	440.00	600.00	-	600.00	600.00	-	700.00	800.00	-	800.00	500.00	-	600.00	400.00	-	500.00	250.00	-	260.00	500.00	-	520.00	500.00	-	560.00
Grapes	1800.00	-	2000.00	2800.00	-	2800.00	2600.00	-	2800.00	2800.00	-	3000.00	2000.00	-	2600.00	2500.00	-	2500.00	2000.00	-	2200.00	2500.00	-	2550.00	2100.00	-	2200.00
Papaw	200.00	-	250.00	280.00	-	280.00	280.00	-	280.00	200.00	-	250.00	230.00	-	240.00	250.00	-	250.00	200.00	-	240.00	200.00	-	220.00	200.00	-	220.00
Passion	600.00	-	700.00	-			800.00	-	900.00	800.00	-	800.00	750.00	-	800.00	500.00	-	600.00	500.00	-	500.00	700.00	-	760.00	900.00	-	900.00
King Coconut	180.00	-	250.00	250.00	-	250.00	200.00	-	220.00	200.00	-	250.00	180.00	-	220.00	200.00	-	200.00	180.00	-	200.00	200.00	-	220.00	200.00	-	220.00

Annex 04 - Colombo Markets: Retail Prices of Sea Fish and Dried Fish (Rs/kg)
Week 28: 10 - 16 July 2026

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Sea Fish</u>									
Salaya	600.00 - 700.00	800.00 - 800.00	1000.00 - 1000.00	1000.00 - 1000.00	800.00 - 800.00	800.00 - 800.00	800.00 - 900.00	920.00 - 920.00	1000.00 - 1000.00
Hurulla	1000.00 - 1200.00	1300.00 - 1300.00	-	1300.00 - 1300.00	1300.00 - 1300.00	1200.00 - 1200.00	1400.00 - 1400.00	1400.00 - 1400.00	1500.00 - 1500.00
Balaya	1300.00 - 1400.00	1800.00 - 1800.00	1200.00 - 1200.00	-	1500.00 - 1500.00	2000.00 - 2000.00	1400.00 - 1500.00	1600.00 - 1600.00	1700.00 - 1700.00
Kelawalla	1800.00 - 2000.00	3600.00 - 3600.00	3000.00 - 3200.00	2400.00 - 2400.00	3000.00 - 3000.00	2400.00 - 2800.00	2800.00 - 3000.00	3000.00 - 3000.00	-
Thora	3000.00 - 3000.00	4000.00 - 4000.00	4600.00 - 4600.00	4000.00 - 4000.00	3800.00 - 3800.00	3200.00 - 3200.00	-	4400.00 - 4400.00	4400.00 - 4400.00
Paraw	1500.00 - 1500.00	3000.00 - 3000.00	2400.00 - 2400.00	3200.00 - 3200.00	-	2400.00 - 2400.00	-	-	3000.00 - 3000.00
Mora	1700.00 - 1700.00	3000.00 - 3000.00	2600.00 - 2600.00	2600.00 - 2600.00	2400.00 - 2400.00	2000.00 - 2000.00	2200.00 - 2200.00	2400.00 - 2400.00	2400.00 - 2400.00
Shrimps Small	1650.00 - 1650.00	2200.00 - 2200.00	2200.00 - 2400.00	2000.00 - 2000.00	2200.00 - 2200.00	1800.00 - 2000.00	1800.00 - 2000.00	2000.00 - 2200.00	2000.00 - 2000.00
Talapath	2600.00 - 2600.00	3800.00 - 3800.00	3400.00 - 3400.00	3600.00 - 3600.00	3800.00 - 3800.00	3400.00 - 3600.00	3200.00 - 3200.00	3600.00 - 3600.00	3600.00 - 3600.00
<u>Eggs (Rs/egg)</u>									
Brown	42.00 - 42.00	43.00 - 43.00	44.00 - 44.00	45.00 - 45.00	43.00 - 43.00	42.00 - 42.00	41.00 - 41.00	43.00 - 43.00	43.00 - 43.00
White	39.00 - 39.00	41.00 - 41.00	42.00 - 42.00	42.00 - 42.00	42.00 - 42.00	39.00 - 39.00	39.00 - 39.00	42.00 - 42.00	42.00 - 42.00
<u>Dried Fish</u>									
Sprats	2600.00 - 2600.00	2400.00 - 2600.00	2600.00 - 2600.00	-	2600.00 - 2600.00	2600.00 - 2600.00	2600.00 - 2600.00	2600.00 - 2600.00	2600.00 - 2600.00
Kattawa	3400.00 - 3400.00	3000.00 - 3000.00	3400.00 - 3400.00	3200.00 - 3200.00	3800.00 - 3800.00	3400.00 - 3400.00	3200.00 - 3400.00	3200.00 - 3200.00	3200.00 - 3600.00
Thora	-	-	4000.00 - 4000.00	4500.00 - 4500.00	4000.00 - 4000.00	-	-	-	-
Mora	3000.00 - 3000.00	3200.00 - 3200.00	3200.00 - 3200.00	3500.00 - 3600.00	3400.00 - 3400.00	3600.00 - 3600.00	3200.00 - 3200.00	3300.00 - 3300.00	3200.00 - 3300.00
Balaya	2400.00 - 2400.00	2000.00 - 2000.00	2800.00 - 2800.00	2600.00 - 2600.00	2600.00 - 2600.00	2400.00 - 2400.00	2000.00 - 2000.00	2000.00 - 2000.00	2000.00 - 2000.00
Anguluwa	3600.00 - 3600.00	3600.00 - 3600.00	3000.00 - 3000.00	3000.00 - 3000.00	3200.00 - 3200.00	3000.00 - 3000.00	3000.00 - 3200.00	3200.00 - 3200.00	-
Salaya	1200.00 - 1300.00	1300.00 - 1300.00	1200.00 - 1300.00	1200.00 - 1300.00	-	-	1200.00 - 1300.00	1200.00 - 1300.00	1200.00 - 1300.00
<u>Meat</u>									
Beef (without Bones)	-	3000.00 - 3000.00	3200.00 - 3200.00	-	-	-	-	3300.00 - 3300.00	-
Chicken (Broiler)	1480.00 - 1480.00	1480.00 - 1480.00	1420.00 - 1420.00	1300.00 - 1300.00	-	1450.00 - 1450.00	1400.00 - 1400.00	1450.00 - 1450.00	1460.00 - 1460.00
Chicken (Curry)	-	-	-	1500.00 - 1500.00	-	1250.00 - 1250.00	1300.00 - 1300.00	1350.00 - 1350.00	1300.00 - 1300.00
Mutton	-	4400.00 - 4400.00	4500.00 - 4500.00	4500.00 - 4500.00	-	-	4400.00 - 4400.00	4500.00 - 4500.00	4600.00 - 4600.00
Pork	-	2800.00 - 2800.00	2700.00 - 2700.00	-	-	-	2700.00 - 2700.00	-	2700.00 - 2700.00

Annex 05 : Food Composition of Selected Food Commodities

Commodity	Energy (kcal/100g)	Protein (g/100g)	Total fat (g/100g)	Retinol Eq (µ g/100g)	Vit B2 (mg/100g)	Vit B6 (mg/100g)	Folate (µg/100g)	Vit C (mg/100g)	Calcium (mg/100g)	Magnesium (mg/100g)	Iron (mg/100g)	Zinc (mg/100g)
Rice												
Rice - (white Kekulu - normal)	361	9.88	1.52	-	0.03	0.09	10.67	-	6.94	26.29	1.22	1.5
Rice - (white Kekulu Samba)	355	8.81	1.53	-	0.03	0.09	8.11	-	9.82	30.48	0.92	1.7
Rice - (Red Kekulu - normal)	366	8.64	2.12	-	0.05	0.1	8.39	-	4.73	31.7	0.88	1.84
Rice -Samba	369	6.86	2.45	-	0.05	0.13	12.79	-	8.71	37.26	1.18	1.49
Rice - Nadu White	366	7.76	1.48	-	0.03	0.12	9.35	-	4.57	20.1	0.64	1.61
Dried chilies												
Onion	233	12.68	6.41	437	0.84	0.42	46.83	NA	107	231	5.39	1.65
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	-				
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Root Crop												
Sweet potato	108	1.27	0.33	NA	0.04	0.09	14.44	22.2	28.93	21.05	0.51	0.14
Manioc	78	0.92	0.19	NA	0.07	0.2	0.1	1.95	25.31	19.08	19.78	23.73
Nelum ala/Lotus root	79	1.94	0.93	NA	0.05	0.19	26.49	26.63	37.71	26.58	3.34	0.35
Kiriala	87	3.96	0.15	1.19	0.03	0.16	20.17	2.71	30.79	41.52	0.6	0.42
Iniala	103	3.2	0.3	33.14	0.01	0.22	22.19	13.03	40.99	28.98	1.31	0.29
Leafy Vegetables												
Mukunuwanna	28	3.15	0.55	92.25	0.09	0.27	96.14	3.24	135	45.38	1.7	1.03
Gotukola	15	0.64	0.47	226	0.07	0.23	70.11	6.74	96.31	41.42	1.25	0.66
Kankun	15	0.47	0.37	1614	0.08	0.4	33.69	19.82	49.21	18.35	1.32	0.44
Kathurumurunga	70	8.01	1.35	2097	0.33	0.22	120	121	901	96.64	4.36	0.53
Nivithi	22	2.2	0.47	959	0.06	0.11	74.05	10.26	163	61.37	1.49	0.67
Thampala	32	3.55	0.72	1474	0.21	0.22	74.27	82	258	209	3.5	1.4
Sarana	20	2.42	0.21	1149	0.03	0.13	58.54	9.89	59.57	42.93	0.13	0.75
Kohila leaves	33	4.1	0.83	300	0.02	0.17	56.76	5.56	19.5	20.32	0.25	0.3
Onion leaves	27	2.01	0.26	NA	0.04	0.18	56.8	23.38	35.21	74.95	3.15	0.77
Cabbage leaves	30	3.63	0.27	8.66	0.05	0.24	63.46	40.76	170	18.47	2.67	0.35
Salad leaves	19	1.05	0.24	NA	0.1	0.06	37.48	11.64	58.23	36.89	2.07	0.27
Cauliflower	23	2.09	0.48	0.14	0.06	0.11	46.67	50.17	22.44	18.52	0.76	0.27
Jackfruit pods	25	2.14	0.34	NA	0.03	0.04	30.7	24.77	37.32	26.08	0.3	0.17
Jackfruit seeds	77	5.66	0.44	NA	0.02	0.08	58.91	15.24	40.87	50.14	0.52	0.42
Meat												
Chicken	176	23.14	9.24	6.88	0.07	0.49	10.09	-	15.06	20.18	0.75	0.64
Beef	160	23.3	7.45	2.15	0.08	0.32	1.93	-	4.8	28.54	2.41	3.31
Mutton	138	20.37	6.23	2.7	0.13	0.28	1.73	-	7.58	19.5	1.62	5.05
Pork	161	18.83	9.5	1.9	0.09	0.28	8.15	-	6.58	8.9	0.79	0.8
Fish												
Balaya	96	21.28	1.12	21.01	0.15	0.12	7.89		6.45	26.02	0.68	0.46
Seer	136	22.28	5.18	81.9	0.07	0.16	15.45		9.85	36.73	0.41	0.74

Shark	95	21.6	0.83	1.11	0.04	0.11	8.57	8.44	32.58	0.41	0.74
Paraw	87	20.02	0.7	1.49	0.02	0.16	6.77	8.17	31.68	0.67	0.41
Thalapath	91	16.04	2.88	12.03	0.1	0.13	78.22	7.64	24.89	0.71	0.67
Kelawalla	109	21.47	2.55	15.95	0.17	0.73	77.39	13.35	33.82	0.68	0.64
Haedaella	87	19.88	0.78	12.18	0.04	0.06	11.7	36.6	53	0.54	0.65
Hurulla	88	17.08	2.18	10.02	0.14	1.66	61.66	103	35.45	1.24	1.05
Karalla / Katuwalla	97	21.8	1.06	1.25	0.02	0.1	14.38	37.06	39.05	0.24	0.42
Kumbala / Angila	101	21.51	1.53	16.34	0.1	0.1	7.13	31.27	37.46	1.46	0.67
Salaya / Sudaya	100	19.5	2.39	15.41	0.18	1.39	60.87	435	42.83	1.4	2.3
Theppli / Telapiya /Korali	83	18.48	1.08	17.14	0.18	0.18	8.29	99.39	24.96	2.84	0.88
Prawns	65	14.85	0.56	1.24	0.03	0.1	15.37	37.81	30.5	0.73	1.1
Crabs	45	10	0.55	8.33	0.14	0.18	13.83	37.81	45.93	0.73	1.1
Cuttle fish	76	16.82	0.93	1.93	0.02	0.04	6.22	8.73	35.46	0.62	1.3
Linna	112	20.3	3.37	15.78	0.23	0.68	59.78				
Coppara	97	22.89	0.56	21.51	0.04	0.12	8.08	7.2	30.08	1.2	0.58
Ray (Maduwa)	97	23.98	0.68	7.55	0.02	0.21	25.59	9.16	24.61	0.74	0.44

Dried Fish

Dried sprats	259	51.16	5.92	12.83	0.25	0.62	438	1178	162	3.06	4.2
Dried keeramin	311	49.6	12.42	12.92	0.13	2.41	144	555	166	2.58	3.19
Dried thalapath	289	54.68	8.04	9.38	0.04	0.43	97.8	62.75	110	1.96	1.45
Dried katta	275	50.04	8.31	2.48	0.03	0.35	80.4	86.55	92.17	1.47	1.16
Dried balaya	282	63.79	3.37	14.32	0.12	1.98	213	83.48	83.45	3.6	1.44
Dried shark / keelan	267	55.03	5.25	10.31	0.04	0.32	187	42.24	92.94	1.48	0.66

Eggs

Hen eggs (Country)	170	13.14	13	208	0.08	0.18	54.6	50.14	11.04	1.64	1.12
Hen eggs (Table)	135	13.55	9.03	200	0.19	0.19	49.46	63.3	12	2.39	1.73
Quail eggs	153	12.39	11.46	153	0.11	0.17	54.86	60.67	11.21	2.55	1.51

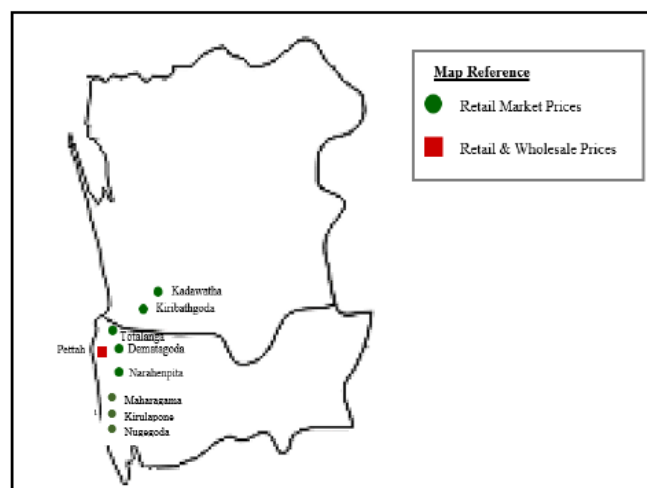
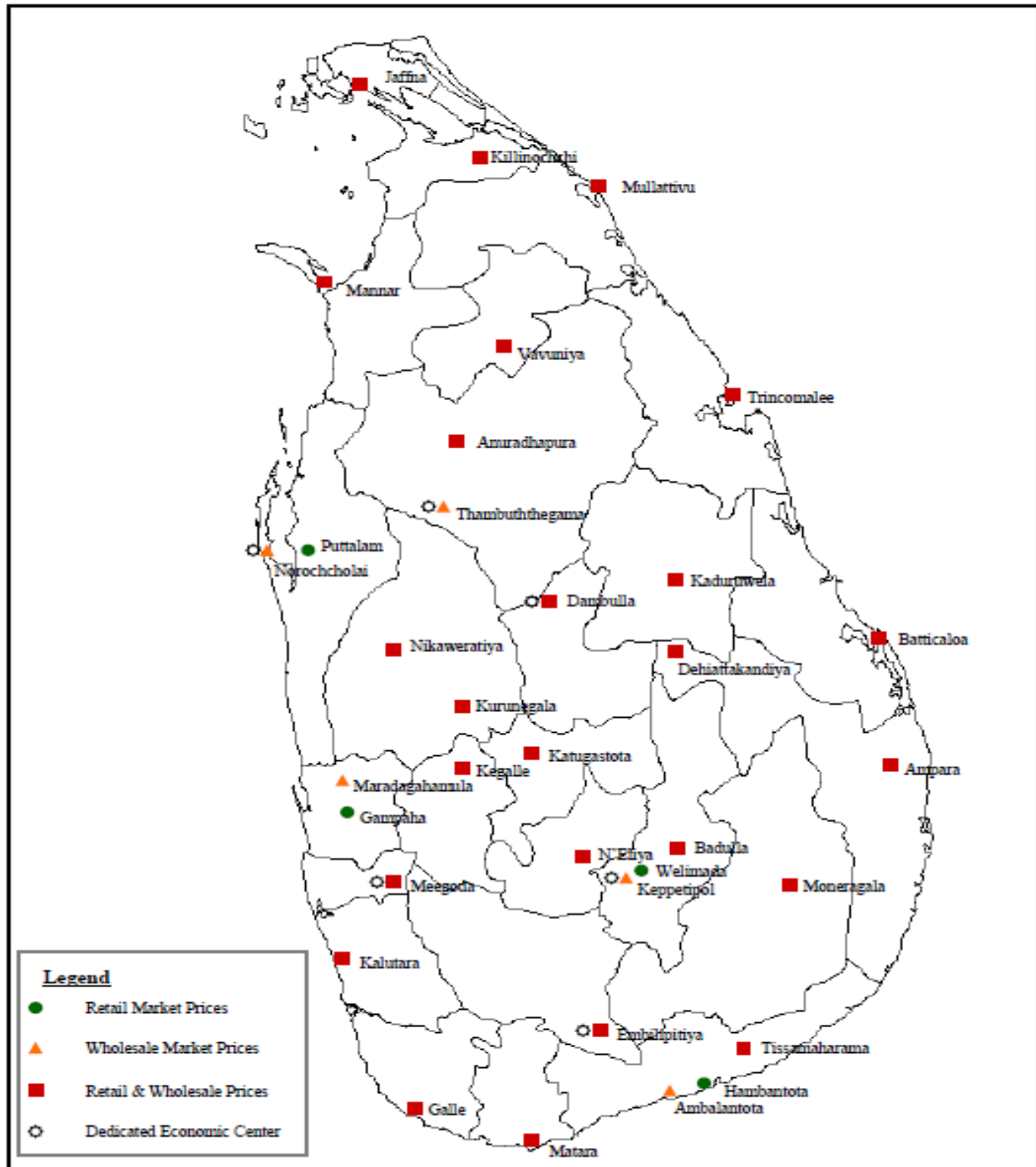
Fruits

Banana Embul	109	1.11	1.09	9.68	0.05	0.64	32.98	13.61	9.39	25.67	0.51	0.23
Anamaalu	102	1.04	0.72	16.4	0.04	0.65	21.07	3.66	8.06	27.02	0.51	0.23

Koli kuttu	107	1.38	0.34	8.8	0.03	0.47	18.12	7.71	8.56	38	0.32	0.14
Pineapple	37	0.41	0.17	5.76	0.04	0.12	17.86	39.36	10.37	10.71	0.3	0.09
Papaya	26	0.42	0.16	171	0.11	0.04	54.85	48.62	16.77	8.9	0.23	0.08
Mangoes (Karthakolomban)	79	0.8	0.92	259	0.01	0.1	35.52	17.74	3.12	6.72	0.1	0.08
Mangoes (Vilad)	44	0.76	0.58	146	0.05	0.26	67.6	29.97	16.93	14.79	0.65	0.19
Apple	62	0.29	0.64	0.36	0.02	0.08	3.43	2.9	3.12	6.72	0.1	0.08
Avacado	144	2.95	13.86	2	0.08	0.18	67.17	9.36	28.48	48.14	0.81	0.75
Wood apple	78	3.09	3.62	0.46	0.01	0.14	6.07	13.58	59.15	25.16	0.45	0.32
Orange	46	1.07	0.37	23.44	0.01	0.28	14.46	20.19	31.18	20.36	0.81	0.35
Guava	39	1.53	0.38	19.67	0.01	0.11	25.24	30.88	6.59	12.02	0.53	0.33
Grapes	49	0.95	10.69	3.22	0.04	0.1	7.07	20.51	7.27	6.86	0.28	0.07
Melon	19	0.65	0.16	130	0.02	0.11	6	8.24	4.05	9.76	0.15	0.1

Source: Sri Lanka Food Composition Tables, Ministry of Health - 2021.

Price Collecting Areas





HARTI



Ministry of Agriculture

Food Systems and Market Research Division & Data Management Division

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දෛනික චළච්ඡි තොග මිල, ජංගම දුරකථනයෙන්
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