

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

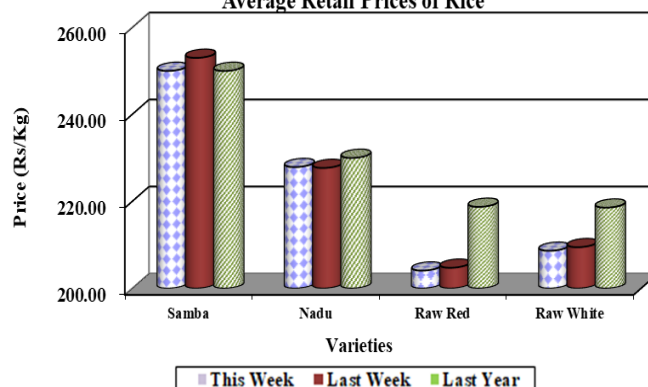
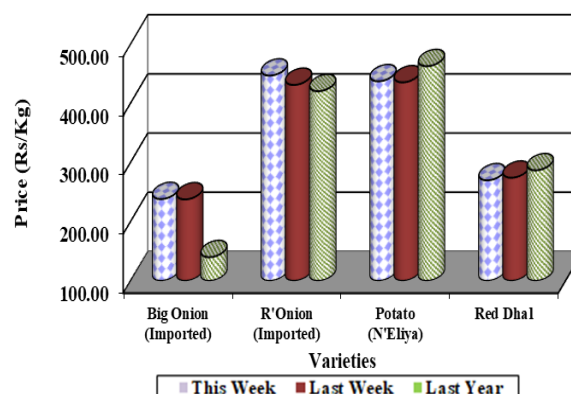
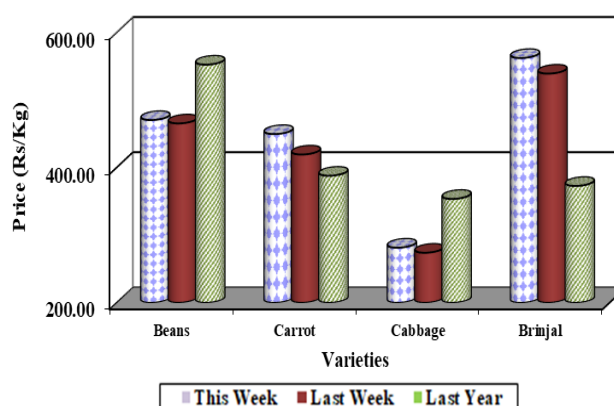
Prices of samba and keeri samba declined, with the largest decrease of Rs.46.00/kg recorded for keeri samba. The average prices of samba I, Nadu I, raw red, raw white, and keeri samba were Rs.250.00/kg, Rs.228.00/kg, Rs.204.00/kg, Rs.209.00/kg, and Rs.328.00/kg, respectively. Farmgate prices of most paddy varieties showed mixed movements during the week. Notable declines in the farmgate prices of samba and keeri samba were recorded in Polonnaruwa, with reductions of Rs.23.00/kg and Rs.27.00/kg, respectively.

(Page No.01-02)**Other Field Crops**

The price of imported dried chillies increased by Rs.13.00/kg, and the average price was Rs.1,363.00/kg. The price of imported big onions remained largely unchanged, and the average price was Rs.238.00/kg. The price of imported red onions increased by Rs.16.00/kg, and the average price was Rs.446.00/kg. The price of Nuwara Eliya potatoes increased, while the price of imported potatoes decreased by Rs.2.00/kg. The average prices of Nuwara Eliya and imported potatoes were Rs.437.00/kg and Rs.224.00/kg, respectively.

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

Vegetable prices reflected contrasting trends between up-country and low-country varieties. Among up-country vegetables, carrot recorded the highest price increase of Rs.30.00/kg, while cabbage and tomato increased by Rs.7.00/kg each, whereas raddish declined by Rs.27.00/kg. Among low-country vegetables, drumstick recorded the largest price decline of Rs.68.00/kg, while bitter gourd and luffa also decreased. Capsicum increased by Rs.43/kg and green chilies rose sharply by Rs.165.00/kg.

(Page No.03-05)**Average Retail Prices of Rice****Average Retail Prices of Other Field Crops****Average Retail Prices of Vegetables**

Rice

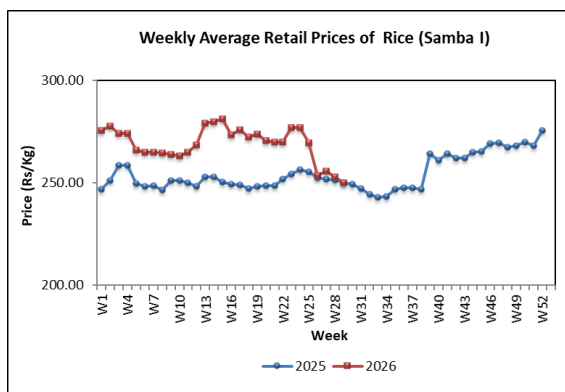
Wholesale

Price of keeri samba has decreased by 3% and price ranged Rs.250.00-330.00/kg. Price of raw white has decreased by 2% and price ranged Rs.170.00-190.00/kg. Price of all other rice varieties have not changed significantly.

Compared to same period of last year, all rice varieties have decreased significantly and highest price decreased of 16% recorded for raw red.

Retail

The prices of local samba, local raw red, local raw white and local keeri samba have decreased. The highest price decreased of Rs.46.00/kg was recorded for local keeri samba.



Compared to the same period of the last year, the highest price increase of 13% was recorded for local keeri samba while the highest price decreased of 7% was recorded for local raw red.

Paddy

During the week, farmgate prices of paddy varieties showed mixed movements, with some varieties recording notable declines while prices of others remained stable or increased slightly. The average farmgate price of short-grain (Samba) paddy decreased by Rs.23.00-2.00/kg in most producing areas. Meanwhile, the average price increased slightly by Rs.2.00/kg in Ampara. The farmgate price of short-grain paddy ranged from Rs.101.00 to Rs.127.00/kg across the selected producing areas. The average farmgate price of keeri samba paddy decreased significantly by Rs.27.00/kg in Polonnaruwa area. The farmgate price of keeri samba paddy ranged from Rs.120.00 to Rs.147.00/kg.

The average farmgate price of long-grain white paddy decreased by Rs.15.00/kg in Polonnaruwa. The farmgate price of long-grain white paddy ranged from Rs.84.00 to Rs.107.00/kg in the selected producing areas. The average farmgate price of long-grain red paddy remained unchanged in major producing areas is southern province and price ranged from Rs.95.00 to Rs.105.00/kg.

Compared to the same period of last year, the average farmgate prices of short-grain

and keeri samba paddy showed mixed movements across the selected producing areas. Short-grain paddy prices decreased by around 3%-20% in most areas, although increases of about 3%-11% were recorded in Kalawewa and Nikaweratiya areas. keeri samba prices declined by about 11% in Polonaruwa but increased by around 7%-8% in Kalawewa and Dehiattakandiya. Meanwhile, long-grain white paddy prices decreased substantially by around 8%-25% in most areas, while long-grain red paddy prices declined by approximately 14%-16% compared with the corresponding period of last year.

Dried Chilies

Wholesale

The price of imported dried chilies has not changed significantly and price ranged of Rs.1050.00-1300.00/kg.

Compared to same period of last year, current wholesale price of imported dried chilies has increased by 116%.

Retail

Price of imported dried chilies has increased by Rs.13.00/kg and price ranged Rs.1000.00-1500.00/kg.

Compared to the same period of the last year, current retail price of imported dried chilies has increased by 79%.

Onion

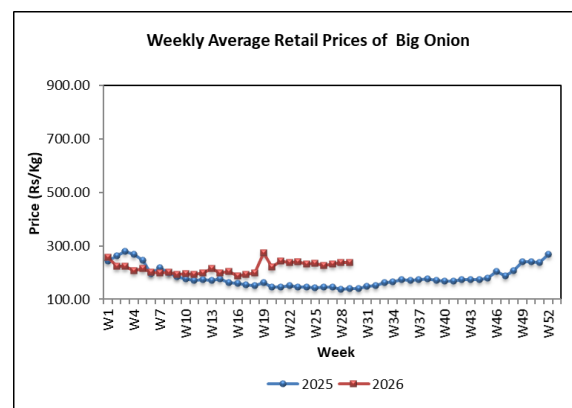
Wholesale

Price of vedalan red onion and imported red onion have decreased by 13% and 11% and price ranged Rs.300.00-320.00/kg and Rs.250.00-300.00/kg. Price of imported big onion has not changed significantly and price ranged Rs.170.00-190.00/kg.

Compared to same period of last year, price of imported big onion has increased by 112% due to unavailability of sufficient stocks.

Retail

Price of imported red onions has increased by Rs.16.00/kg and price of imported big onions has increased by Rs.1.00/kg.



Compared to the same period of the last year, the highest price increase of 70% was

recorded for imported big onions and the highest price increase of 6% was recorded for imported red onions.

Potato

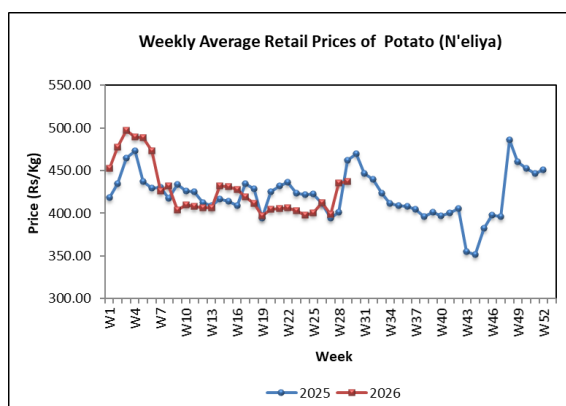
Wholesale

The Price Nuwara Eliya potato has increased by 8% due to unavailability of sufficient stocks and price ranged Rs.310.00-340.00/kg. Price of imported potato has decreased by 8% and price ranged Rs.150.00-190.00/kg.

Compared to same period of last year, current wholesale price of imported potato has increased by 4%.

Retail

The price of Nuwara Eliya potatoe has increased by Rs.2.00/kg and the price of imported potatoes have decreased by Rs.2.00/kg.



Compared to the same period of the last year, highest price increase of 5% was recorded for imported potatoes.

Pulses

Wholesale

Price of all the pulses varieties have not changed significantly and price ranged of green gram and red dhal were Rs.680.00-750.00/kg and Rs.220.00-230.00/kg

Compared to same period of last year, the highest price decrease of 22% was recorded for red cowpea.

Retail

Price of red cowpea have increased by Rs.6.00/kg. Price of red dhal and green gram have decreased by Rs.4.00/kg and Rs.2.00/kg.

Compared to the same period of the last year, highest price increase of 2% was recorded for green gram and highest price decreased of 9% was recorded for red cowpea.

Vegetables

Wholesale

Price of most of the up-country vegetable has increased, with decreased supply from

most of producing areas. But the prices of most of low country vegetable have decreased, due to high supply.

Among the upcountry vegetable varieties, the highest price increase of 47% reported for cabbage, with decreased supply from Nuwara Eliya. Similarly, the prices of beans have also increased by 28%, due to decreased supply from Balangoda, Kandy, and Welimada. While the prices of beetroot have increased by 21%, with decreased supply from Nuwara Eliya. However, the prices of leeks have decreased by 15%, with increased supply from Nuwara Eliya.

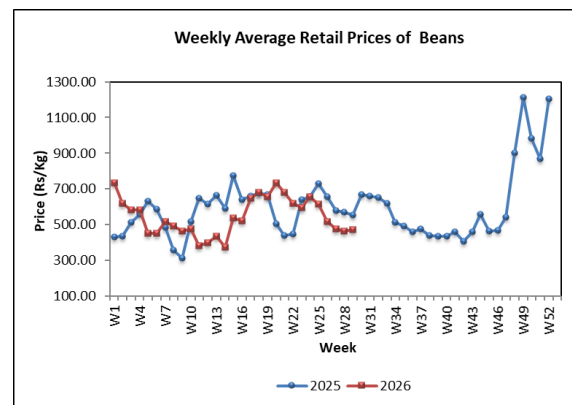
Considering the low-country vegetables, the highest price decrease was reported for drumstick as 33%, due to increased supply from Jaffna, Kinniya and Embilipitiya,

In addition, prices of pumpkin have also decreased by 15%, with increased supply from Wilachchiya and Inginimitiya. While, the prices of brinjals have decreased by 13%, with increased supply from Puttalam, Embilipitiya and Jaffna. Price of capsicum has increased further by 10%, with decrease supply from Ragala. Prices of green chili and lime have increased by 19%, due to decrease supply from main producing areas.

Compared to the same period of last year, the prices of most of the vegetables have increased, with the highest price increase of 309% reported for beetroot and a 306% for tomato.

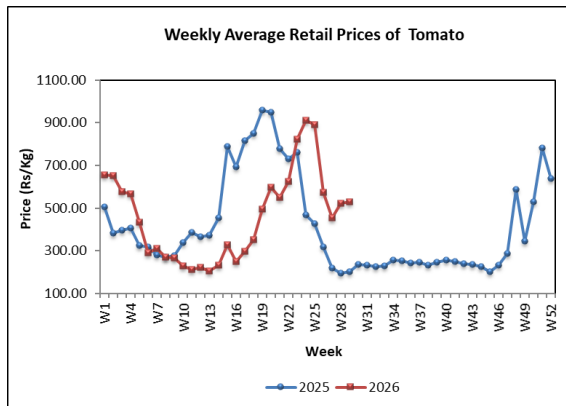
Retail

In line with wholesale prices, retail prices of most of vegetable varieties have also increased. The highest price increase was reported for carrot by Rs.30.00/kg. While prices of cabbage and tomato have also increased by Rs.7.00/kg. However, the price of raddish has decreased by Rs.27.00/kg.



Considering low country vegetable varieties, with the decrease in wholesale prices, retail prices of most of vegetable varieties have also decreased. The highest price decrease was reported for drumstick by Rs.68.00/kg. While prices of bitter gourd and luffa have also decreased by Rs.8.00/kg. However, the price of capsicum has increased by Rs.43.00/kg.

Price of green chilies has increased by Rs.165.00/kg due to the increase of wholesale prices.



Compared to the same period of last year, prices of most varieties have increased with a highest price increase of 160% reported for tomato.

Coconut Wholesale

Prices of both large and small coconut have not changed significantly. 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 11% and 13% respectively.

Retail

Prices of both large and small nuts have decreased by around Rs.1.00/nut. Prices

ranged Rs.160.00-190.00 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 1% and 8% respectively.

Fruits Wholesale

Prices of most of the fruit varieties have increased due to limited supply to the market. The highest price increase of 34% was reported for Slime apple. Further, prices of orange(local), seeni banana and anamalu banana have increased by 23%, 18% and 11% respectively due to limited supply. Moreover, prices of ambun banana and king coconut have increased by 10%.

Compared to the same period of last year, prices of most of the fruit varieties have decreased and the highest price decrease of 39% was noted for karthakolomban mango.

Retail

In line with the wholesale prices, retail prices of most of the fruit varieties have increased. The highest price increase of Rs.130.00/kg was reported for wood apple. Price of grapes, local orange and slime apple

have increased by Rs.64.00/kg, Rs.63.00/kg and Rs.39.00/kg respectively. Prices of kolikuttu banana, karthakolomban mango, seeni banana, pineapple, ambun banana, king coconut, ambul banana and anamalu banana increased by Rs.19.00/kg, Rs.14.00/kg, Rs.10.00/kg, Rs.9.00/kg, Rs.3.00/kg, Rs.3.00/unit, Rs.2.00/kg and Rs.2.00/kg respectively. However, prices of passion fruit, papaya and avocado have decreased by Rs.27.00/kg, Rs.26.00/kg and Rs.15.00/kg respectively.

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 64%.

Fresh Fish

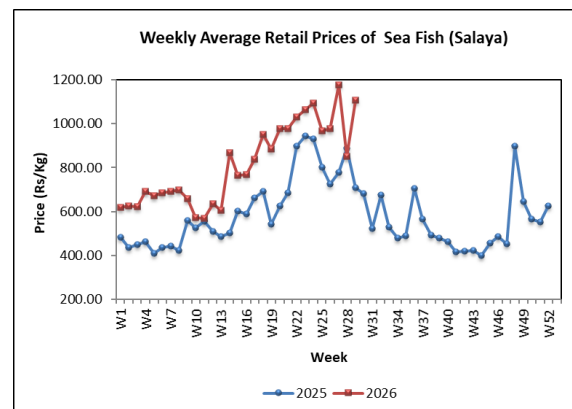
Wholesale

The prices of most fresh fish types have increased in the range of 1% to 38%. The highest price increase was noted for salaya at 38%, with a price range of Rs. 700-900/kg. The second-highest price increase of 25% was reported for paraw, with a price range of Rs. 1400.00–1800.00/kg. The price of balaya has decreased by 13%, with a price range of Rs.850.00-1100.00/kg.

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

Retail

Retail prices for most fish varieties have increased. The highest price was recorded for balaya at Rs.353.00/kg. Prices for salaya, hurulla and kelawalla rose to Rs.255.00/kg, Rs.179.00/kg and Rs.105.00/kg respectively. Price decreases were recorded for thalapath, prawns, and shark, with drops of Rs.109.00/kg, Rs.92.00/kg and Rs.443.00/kg respectively.



Compared to the same period last year, retail prices for many fish species have risen by 17%-56%. The highest price increase was recorded for salaya, at 56%.

Dried Fish

Wholesale

The prices of some of the local and imported dry fish types have slightly decreased in the range of 1%-4%. The highest price decrease of 4% was noted for local maduwa, with a price range of Rs.1550.00-1700.00/kg. The price of imported balaya increased by 48%, with a price range of Rs.1800.00-1800.00/kg.

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

Retail

The prices of many varieties of dried fish have declined. The highest price decrease recorded for thora at Rs.217.00/kg. Prices for mora and anguluwa also dropped by Rs.64.00/kg and Rs.58.00/kg respectively.

However, when compared to the same period last year, the prices of most dried fish varieties have increased within a range of 7% to 93%. The highest price increase was recorded for local sprats.

Eggs

Wholesale

The prices of brown and white eggs have not changed significantly. The price range of a brown egg was Rs. 40.00-42.00, and the price range of a white egg was Rs.38.00-40.00.

Compared to the same period of last year, the current wholesale prices of brown and white eggs have increased, and price increases of 38% for brown eggs and 41% for white eggs were reported, respectively.

Retail

An increase of Rs.1.00 in the price of brown eggs and Rs.2.00 in the price of white eggs has been reported. The price range was Rs.42.00-46.00 for brown eggs and Rs.40.00-45.00 for white eggs.

Compared to the same period last year, the price of brown eggs has risen by 30%, while the retail price of white eggs has increased by 40%.

Meat

Retail

The highest price increase was recorded for pork, rising by Rs.75.00/kg. Prices for skinless broiler chicken decreased by Rs.21.00/kg while the price for curry

chicken dropped to Rs.67.00/kg. An increase of Rs.17.00/kg was recorded for mutton. The most significant price drop Rs.21.00/kg was observed in skinless broiler chicken.

Compared to the same period last year, prices for all meat varieties have risen the highest price increase, at 19%, was recorded for pork.

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 29: 17 - 23 July 2026

	LOCATIONS	Rice Varieties													
		Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White	
09	Colombo	230.00 –	235.00	225.00 –	228.00	250.00 –	330.00	195.00 –	200.00	190.00 –	192.00	160.00 –	170.00	170.00 –	190.00
	Divulapitiya	280.00 –	285.00	223.00 –	232.00	335.00 –	360.00	227.00 –	228.00	185.00 –	200.00	170.00 –	180.00	173.00 –	192.00
	Kurunegala	–		–		–		–		–		–		–	
	Nikaweratiya	–		235.00 –	240.00	375.00 –	380.00	224.00 –	230.00	180.00 –	185.00	–		175.00 –	180.00
	Badulla	–		235.00 –	240.00	375.00 –	380.00	225.00 –	230.00	220.00 –	220.00	–		–	
	Puttalam	285.00 –	290.00	238.00 –	245.00	372.00 –	375.00	225.00 –	228.00	205.00 –	210.00	205.00 –	210.00	195.00 –	200.00
	Dambulla	275.00 –	280.00	230.00 –	235.00	240.00 –	250.00	224.00 –	226.00	195.00 –	200.00	185.00 –	190.00	185.00 –	190.00
	Anuradhapura	–		–		–		–		–		–		–	
	Tambuttegama	285.00 –	290.00	238.00 –	242.00	375.00 –	375.00	228.00 –	230.00	198.00 –	208.00	210.00 –	210.00	185.00 –	200.00
	Polonnaruwa	–		–		–		218.00 –	222.00	–		190.00 –	191.00	199.00 –	200.00
	Kalutara	–		234.00 –	235.00	–		226.00 –	228.00	200.00 –	208.00	170.00 –	190.00	175.00 –	185.00
	Ampara	–		240.00 –	240.00	260.00 –	260.00	230.00 –	230.00	200.00 –	202.00	175.00 –	185.00	175.00 –	182.00
	Kandy	265.00 –	270.00	235.00 –	240.00	335.00 –	340.00	222.00 –	225.00	200.00 –	205.00	173.00 –	185.00	195.00 –	205.00
	Moneragala	–		230.00 –	235.00	370.00 –	380.00	226.00 –	227.00	215.00 –	216.00	160.00 –	170.00	165.00 –	175.00
	Kegalle	–		–		–		–		–		–		–	
	Dehiattakandiya	260.00 –	280.00	–		340.00 –	370.00	220.00 –	225.00	200.00 –	200.00	–		170.00 –	210.00
	Hambantota	–		–		–		–		–		–		–	
	Matara	–		230.00 –	235.00	–		220.00 –	227.00	205.00 –	215.00	160.00 –	165.00	180.00 –	190.00
	Galle	–		235.00 –	250.00	360.00 –	390.00	–		190.00 –	200.00	160.00 –	170.00	185.00 –	200.00
	Meegoda	–		230.00 –	236.00	–		193.00 –	195.00	188.00 –	190.00	163.00 –	166.00	172.00 –	185.00
	Tissamaharama	–		–		–		229.00 –	229.00	–		156.00 –	157.00	195.00 –	197.00
	Embilipitiya	–		238.00 –	240.00	370.00 –	375.00	225.00 –	226.00	–		158.00 –	162.00	174.00 –	176.00
	Jaffna	–		–		–		220.00 –	220.00	–		175.00 –	178.00	200.00 –	205.00
	Vavuniya	–		230.00 –	234.00	–		210.00 –	215.00	–		170.00 –	175.00	190.00 –	195.00
	Mannar	–		243.00 –	245.00	320.00 –	330.00	195.00 –	200.00	–		175.00 –	185.00	197.00 –	200.00
	Killinochchi	–		–		–		–		–		–		–	
	Mullattivu	–		–		–		210.00 –	216.00	–		175.00 –	180.00	205.00 –	210.00
	Batticaloa	–		230.00 –	235.00	325.00 –	330.00	190.00 –	190.00	–		160.00 –	165.00	160.00 –	165.00
	Trincomalee	–		–		–		–		–		–		–	
	Galenbindunuwew	–		–		–		–		–		–		–	
Matale	–		–		–		–		–		–		–		

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

Week 29: 17 - 23 July 2026

LOCATIONS	Rice Varieties													
	Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White	
Colombo	240.00 –	270.00	–		260.00 –	380.00	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	190.00 –	205.00	192.00 –	210.00
Kurunegala	–		–		–		–		–		–		–	
Nikaweratiya	–		240.00 –	245.00	385.00 –	395.00	230.00 –	235.00	185.00 –	195.00	–		180.00 –	190.00
Dambulla	280.00 –	285.00	240.00 –	249.00	350.00 –	360.00	227.00 –	230.00	200.00 –	210.00	195.00 –	210.00	195.00 –	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 –	215.00	205.00 –	215.00
Polonnaruwa	–		235.00 –	240.00	–		230.00 –	230.00	198.00 –	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	210.00 –	215.00	170.00 –	195.00	180.00 –	220.00
Badulla	–		230.00 –	240.00	370.00 –	380.00	230.00 –	230.00	–		170.00 –	180.00	185.00 –	195.00
Keppetipola	–		240.00 –	250.00	360.00 –	365.00	220.00 –	225.00	214.00 –	216.00	174.00 –	175.00	190.00 –	195.00
Moneragala	–		240.00 –	250.00	380.00 –	390.00	230.00 –	230.00	220.00 –	220.00	165.00 –	180.00	175.00 –	180.00
Kegalle	–		240.00 –	250.00	–		230.00 –	230.00	220.00 –	225.00	210.00 –	215.00	210.00 –	215.00
Ampara	–		240.00 –	250.00	260.00 –	290.00	230.00 –	230.00	200.00 –	205.00	175.00 –	200.00	180.00 –	220.00
Dehiattakandiya	270.00 –	280.00	–		350.00 –	380.00	225.00 –	230.00	210.00 –	210.00	220.00 –	220.00	180.00 –	220.00
Nuwaraeliya	–		240.00 –	250.00	360.00 –	365.00	220.00 –	225.00	210.00 –	215.00	175.00 –	185.00	185.00 –	198.00
Kandy	275.00 –	290.00	245.00 –	250.00	370.00 –	380.00	228.00 –	230.00	218.00 –	220.00	200.00 –	210.00	200.00 –	220.00
Puttalam	290.00 –	300.00	250.00 –	260.00	380.00 –	390.00	230.00 –	230.00	215.00 –	225.00	220.00 –	220.00	210.00 –	220.00
Hambantota	–		–		–		–		–		–		–	
Rathnapura	280.00 –	290.00	–		380.00 –	390.00	235.00 –	240.00	210.00 –	220.00	174.00 –	178.00	185.00 –	190.00
Matara	270.00 –	280.00	240.00 –	245.00	370.00 –	380.00	230.00 –	230.00	215.00 –	220.00	163.00 –	172.00	185.00 –	200.00
Galle	280.00 –	290.00	250.00 –	260.00	380.00 –	400.00	220.00 –	230.00	200.00 –	200.00	175.00 –	200.00	200.00 –	210.00
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 –	230.00	210.00 –	220.00	180.00 –	190.00	190.00 –	210.00
Embilipitiya	–		240.00 –	250.00	375.00 –	385.00	229.00 –	230.00	210.00 –	220.00	164.00 –	170.00	195.00 –	210.00
Jaffna	–		–		–		225.00 –	230.00	–		185.00 –	190.00	210.00 –	220.00
Vavuniya	–		235.00 –	240.00	–		220.00 –	230.00	–		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	210.00 –	220.00
Killinochchi	–		–		–		–		–		–		–	
Mullaittivu	–		–		–		210.00 –	220.00	–		180.00 –	185.00	210.00 –	215.00
Batticaloa	–		245.00 –	250.00	350.00 –	360.00	–		200.00 –	200.00	170.00 –	170.00	170.00 –	170.00
Trincomalee	–		–		–		–		–		–		–	
Hanguranketha	–		235.00 –	235.00	260.00 –	260.00	219.00 –	230.00	–		185.00 –	190.00	182.00 –	215.00
Veyangoda	–		235.00 –	240.00	260.00 –	270.00	220.00 –	230.00	195.00 –	200.00	190.00 –	195.00	195.00 –	200.00
Galenbindunuwewa	–		–		–		–		–		–		–	
Bandarawela	–		–		360.00 –	370.00	230.00 –	230.00	215.00 –	216.00	170.00 –	185.00	185.00 –	195.00
Matale	–		–		–		–		–		–		–	

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

Week 29: 17 - 23 July 2026[illegible]

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

Week 29: 17 - 23 July 2026

LOCATIONS	Dried Chillies	Red Onion		Big Onion	Potato			Pulses		
	Imported	Imported	Local		Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal
Colombo	1000.00 – 1500.00	400.00 – 520.00	–	200.00 – 260.00	190.00 – 260.00	–	400.00 – 480.00	850.00 – 1000.00	800.00 – 1100.00	240.00 – 280.00
Gampaha	1250.00 – 1350.00	440.00 – 520.00	–	220.00 – 260.00	240.00 – 280.00	–	420.00 – 440.00	810.00 – 1000.00	750.00 – 1000.00	255.00 – 280.00
Kurunegala	–	–	–	–	–	–	–	–	–	–
Nikaweratiya	1150.00 – 1200.00	380.00 – 400.00	–	200.00 – 230.00	185.00 – 210.00	–	–	750.00 – 800.00	–	230.00 – 245.00
Dambulla	1175.00 – 1200.00	360.00 – 400.00	380.00 – 400.00	200.00 – 240.00	200.00 – 230.00	–	380.00 – 400.00	800.00 – 850.00	760.00 – 800.00	240.00 – 269.00
Anuradhapura	–	–	–	–	–	–	–	–	–	–
Thambuththegama	1300.00 – 1400.00	320.00 – 400.00	–	200.00 – 220.00	180.00 – 230.00	–	–	750.00 – 850.00	720.00 – 800.00	238.00 – 250.00
Polonnaruwa	1080.00 – 1150.00	440.00 – 480.00	–	220.00 – 240.00	240.00 – 240.00	–	380.00 – 400.00	800.00 – 850.00	740.00 – 840.00	245.00 – 250.00
Kaluthara	1100.00 – 1300.00	400.00 – 440.00	480.00 – 500.00	200.00 – 250.00	200.00 – 240.00	–	400.00 – 400.00	850.00 – 900.00	780.00 – 880.00	235.00 – 250.00
Badulla	1150.00 – 1200.00	450.00 – 500.00	–	–	220.00 – 240.00	–	–	790.00 – 850.00	700.00 – 850.00	250.00 – 280.00
Keppetipola	1150.00 – 1200.00	400.00 – 440.00	360.00 – 380.00	210.00 – 220.00	220.00 – 230.00	350.00 – 370.00	–	880.00 – 900.00	800.00 – 820.00	250.00 – 265.00
Moneragala	1200.00 – 1300.00	–	360.00 – 400.00	240.00 – 260.00	240.00 – 260.00	–	400.00 – 440.00	800.00 – 850.00	600.00 – 700.00	240.00 – 280.00
Kegalle	1150.00 – 1200.00	400.00 – 440.00	–	240.00 – 260.00	240.00 – 260.00	–	360.00 – 400.00	880.00 – 920.00	760.00 – 800.00	280.00 – 300.00
Ampara	1200.00 – 1250.00	440.00 – 480.00	–	220.00 – 240.00	205.00 – 280.00	–	380.00 – 400.00	900.00 – 950.00	800.00 – 850.00	235.00 – 242.00
Dehiattakandiya	1100.00 – 1200.00	400.00 – 480.00	400.00 – 400.00	200.00 – 200.00	180.00 – 220.00	–	350.00 – 400.00	800.00 – 840.00	750.00 – 800.00	225.00 – 230.00
Nuwaraeliya	1300.00 – 1350.00	440.00 – 460.00	380.00 – 400.00	210.00 – 240.00	220.00 – 240.00	–	340.00 – 360.00	850.00 – 880.00	820.00 – 845.00	245.00 – 265.00
Kandy	1280.00 – 1300.00	500.00 – 520.00	540.00 – 560.00	240.00 – 260.00	240.00 – 260.00	–	360.00 – 380.00	920.00 – 1040.00	900.00 – 1000.00	260.00 – 280.00
Puttalam	1200.00 – 1250.00	450.00 – 480.00	450.00 – 480.00	240.00 – 250.00	240.00 – 250.00	–	400.00 – 400.00	880.00 – 900.00	950.00 – 980.00	250.00 – 270.00
Rathnapura	1260.00 – 1350.00	360.00 – 400.00	–	210.00 – 235.00	220.00 – 240.00	–	350.00 – 390.00	720.00 – 800.00	750.00 – 820.00	260.00 – 280.00
Hambantota	–	–	–	–	–	–	–	–	–	–
Matara	1160.00 – 1300.00	380.00 – 450.00	480.00 – 500.00	200.00 – 230.00	220.00 – 240.00	–	360.00 – 400.00	870.00 – 900.00	780.00 – 900.00	275.00 – 300.00
Galle	1300.00 – 1300.00	450.00 – 500.00	–	220.00 – 240.00	200.00 – 260.00	–	350.00 – 400.00	900.00 – 950.00	980.00 – 1000.00	260.00 – 300.00
Tissamaharama	1150.00 – 1200.00	400.00 – 420.00	–	200.00 – 220.00	220.00 – 230.00	–	350.00 – 360.00	800.00 – 850.00	–	250.00 – 260.00
Meegoda (DEC)	1150.00 – 1250.00	440.00 – 480.00	440.00 – 480.00	220.00 – 240.00	220.00 – 270.00	–	380.00 – 400.00	880.00 – 1000.00	800.00 – 1000.00	230.00 – 270.00
Embilipitiya	1150.00 – 1200.00	–	400.00 – 440.00	208.00 – 230.00	210.00 – 240.00	–	350.00 – 360.00	780.00 – 800.00	610.00 – 770.00	240.00 – 260.00
Jaffna	1300.00 – 1350.00	–	–	240.00 – 250.00	220.00 – 230.00	–	–	840.00 – 860.00	–	250.00 – 260.00
Vavuniya	1300.00 – 1340.00	350.00 – 370.00	–	230.00 – 250.00	240.00 – 260.00	–	–	900.00 – 950.00	–	260.00 – 265.00
Mannar	1100.00 – 1160.00	360.00 – 380.00	–	220.00 – 225.00	200.00 – 220.00	–	–	850.00 – 900.00	750.00 – 800.00	255.00 – 260.00
Killinochchi	–	–	–	–	–	–	–	–	–	–
Mullaittivu	1100.00 – 1200.00	–	–	–	190.00 – 220.00	–	–	880.00 – 940.00	–	260.00 – 265.00
Batticaloa	1450.00 – 1500.00	–	350.00 – 380.00	–	200.00 – 220.00	–	400.00 – 400.00	850.00 – 900.00	–	250.00 – 250.00
Trincomalee	–	–	–	–	–	–	–	–	–	–
Hanguranketha	1200.00 – 1200.00	–	–	215.00 – 220.00	215.00 – 220.00	–	340.00 – 355.00	850.00 – 980.00	650.00 – 780.00	235.00 – 250.00
Veyangoda	1200.00 – 1200.00	400.00 – 420.00	–	210.00 – 230.00	200.00 – 230.00	–	380.00 – 420.00	880.00 – 920.00	850.00 – 900.00	240.00 – 270.00
Galenbindunuwewa	–	–	–	–	–	–	–	–	–	–
Bandarawela	1200.00 – 1300.00	400.00 – 420.00	440.00 – 460.00	200.00 – 220.00	200.00 – 220.00	300.00 – 330.00	–	900.00 – 950.00	800.00 – 850.00	250.00 – 260.00
Matale	–	–	–	–	–	–	–	–	–	–

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

Week 29: 17 - 23 July 2026

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	300.00 - 360.00	220.00 - 300.00	180.00 - 230.00	320.00 - 380.00	100.00 - 130.00
Meegoda (DEC)	-	310.00 - 390.00	250.00 - 330.00	210.00 - 280.00	-	120.00 - 170.00
Dambulla (DEC)	-	250.00 - 400.00	240.00 - 300.00	160.00 - 250.00	360.00 - 420.00	80.00 - 120.00
Keppetipola (DEC)	-	280.00 - 350.00	200.00 - 240.00	180.00 - 220.00	250.00 - 300.00	120.00 - 150.00
Norochchole (DEC)	-	-	-	-	-	-
Nuwara Eliya	-	280.00 - 360.00	270.00 - 300.00	210.00 - 230.00	220.00 - 250.00	120.00 - 140.00
Kandy	-	250.00 - 350.00	280.00 - 320.00	200.00 - 250.00	300.00 - 350.00	100.00 - 120.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	-	300.00 - 350.00	280.00 - 350.00	240.00 - 280.00	-	-
Jaffna	-	-	-	-	-	-
Bandarawela	-	260.00 - 300.00	230.00 - 280.00	190.00 - 240.00	280.00 - 350.00	120.00 - 140.00
Veyangoda	-	340.00 - 380.00	280.00 - 320.00	230.00 - 300.00	-	120.00 - 180.00

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	60.00 - 100.00	90.00 - 150.00	300.00 - 400.00	80.00 - 150.00	300.00 - 400.00	400.00 - 500.00
Meegoda (DEC)	100.00 - 140.00	100.00 - 160.00	350.00 - 400.00	100.00 - 130.00	380.00 - 450.00	500.00 - 580.00
Moneragala	100.00 - 140.00	160.00 - 180.00	350.00 - 380.00	150.00 - 180.00	300.00 - 350.00	500.00 - 550.00
Dambulla (DEC)	30.00 - 60.00	80.00 - 130.00	260.00 - 350.00	65.00 - 100.00	300.00 - 380.00	350.00 - 530.00
Keppetipola (DEC)	50.00 - 70.00	70.00 - 120.00	280.00 - 350.00	-	300.00 - 350.00	500.00 - 550.00
Norochchole (DEC)	25.00 - 60.00	-	300.00 - 360.00	50.00 - 70.00	150.00 - 250.00	450.00 - 520.00
Nuwara Eliya	60.00 - 70.00	130.00 - 150.00	280.00 - 350.00	-	-	480.00 - 580.00
Kandy	80.00 - 120.00	100.00 - 180.00	300.00 - 370.00	90.00 - 120.00	300.00 - 370.00	420.00 - 470.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	70.00 - 100.00	110.00 - 150.00	280.00 - 330.00	60.00 - 80.00	260.00 - 320.00	420.00 - 500.00
Tissamaharama	80.00 - 100.00	130.00 - 150.00	360.00 - 380.00	110.00 - 130.00	350.00 - 360.00	520.00 - 550.00
Jaffna	-	-	-	-	-	-
Bandarawela	60.00 - 70.00	80.00 - 100.00	330.00 - 350.00	120.00 - 140.00	350.00 - 420.00	500.00 - 550.00
Veyangoda	80.00 - 120.00	130.00 - 160.00	340.00 - 400.00	80.00 - 150.00	330.00 - 440.00	500.00 - 600.00

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	150.00 - 170.00	50.00 - 70.00	300.00 - 400.00	200.00 - 250.00	100.00 - 300.00	120.00 - 180.00
Meegoda (DEC)	140.00 - 170.00	60.00 - 100.00	320.00 - 380.00	200.00 - 240.00	-	150.00 - 200.00
Moneragala	150.00 - 160.00	80.00 - 100.00	-	240.00 - 260.00	150.00 - 200.00	250.00 - 270.00
Dambulla (DEC)	100.00 - 150.00	30.00 - 60.00	280.00 - 350.00	100.00 - 180.00	200.00 - 250.00	150.00 - 220.00
Keppetipola (DEC)	160.00 - 180.00	50.00 - 80.00	-	-	200.00 - 230.00	-
Norochchole (DEC)	-	20.00 - 40.00	280.00 - 350.00	100.00 - 110.00	200.00 - 320.00	110.00 - 180.00
Nuwara Eliya	-	-	-	-	-	-
Kandy	140.00 - 160.00	50.00 - 80.00	280.00 - 300.00	130.00 - 160.00	180.00 - 400.00	180.00 - 220.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	140.00 - 150.00	25.00 - 30.00	280.00 - 300.00	100.00 - 130.00	350.00 - 400.00	100.00 - 120.00
Tissamaharama	140.00 - 160.00	60.00 - 80.00	340.00 - 360.00	220.00 - 240.00	-	170.00 - 200.00
Jaffna	-	-	-	-	-	-
Bandarawela	160.00 - 165.00	60.00 - 70.00	340.00 - 400.00	200.00 - 220.00	200.00 - 280.00	170.00 - 200.00
Veyangoda	130.00 - 170.00	40.00 - 80.00	340.00 - 380.00	130.00 - 200.00	280.00 - 360.00	160.00 - 220.00

Table 06 (Contd.)

	Long Beans	Ash Plantain	Green Chillies	Lime	Sweet Potatoe	Manioc
Colombo	180.00 - 300.00	120.00 - 150.00	900.00 - 1100.00	200.00 - 400.00	100.00 - 150.00	120.00 - 140.00
Meegoda (DEC)	130.00 - 220.00	120.00 - 140.00	1200.00 - 1400.00	250.00 - 350.00	110.00 - 140.00	100.00 - 120.00
Moneragala	120.00 - 150.00	50.00 - 70.00	1300.00 - 1300.00	250.00 - 300.00	180.00 - 220.00	120.00 - 140.00
Dambulla (DEC)	130.00 - 200.00	70.00 - 130.00	800.00 - 1400.00	260.00 - 330.00	80.00 - 130.00	110.00 - 130.00
Keppetipola (DEC)	-	-	1000.00 - 1350.00	-	130.00 - 160.00	120.00 - 140.00
Norochchole (DEC)	60.00 - 140.00	80.00 - 100.00	1000.00 - 1100.00	-	-	120.00 - 140.00
Nuwara Eliya	-	-	-	-	-	-
Kandy	180.00 - 220.00	120.00 - 150.00	1200.00 - 1450.00	300.00 - 380.00	110.00 - 140.00	120.00 - 140.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	100.00 - 130.00	70.00 - 90.00	1000.00 - 1100.00	230.00 - 260.00	100.00 - 120.00	90.00 - 110.00
Tissamaharama	140.00 - 160.00	120.00 - 130.00	1200.00 - 1300.00	300.00 - 330.00	130.00 - 150.00	120.00 - 140.00
Jaffna	-	-	-	-	-	-
Bandarawela	200.00 - 230.00	130.00 - 140.00	1100.00 - 1350.00	300.00 - 350.00	140.00 - 150.00	110.00 - 120.00
Veyangoda	150.00 - 250.00	120.00 - 140.00	1100.00 - 1350.00	280.00 - 400.00	110.00 - 150.00	100.00 - 140.00

Locations	Leafy Vegetables (Rs/kg)			Coconut (Rs/nut)	
	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	120.00 - 130.00	120.00 - 130.00	260.00 - 300.00	140.00 - 150.00	120.00 - 130.00
Meegoda (DEC)	-	-	-	-	-
Norochchole (DEC)	-	-	-	-	-
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	150.00 - 175.00	150.00 - 175.00	125.00 - 150.00	100.00 - 110.00	85.00 - 90.00
Kandy	180.00 - 200.00	180.00 - 200.00	280.00 - 300.00	120.00 - 130.00	90.00 - 100.00
Hambantota	-	-	-	-	-
Thambuththegama (DEC)	170.00 - 170.00	170.00 - 170.00	170.00 - 170.00	100.00 - 100.00	80.00 - 90.00
Tissamaharama	120.00 - 140.00	120.00 - 140.00	250.00 - 275.00	-	-
Jaffna	-	-	-	-	-
Bandarawela	150.00 - 180.00	150.00 - 180.00	260.00 - 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 29: 17 - 23 July 2026

LOCATIONS	Up Country Varieties																
	Butter Beans	Green Beans		Carrot		Leeks		Beetroot		Knol Khol		Raddish		Cabbage		Tomato	
Colombo	-	350.00	- 600.00	300.00	- 600.00	250.00	- 480.00	350.00	- 600.00	200.00	- 500.00	100.00	- 320.00	180.00	- 350.00	350.00	- 700.00
Gampaha	-	460.00	- 520.00	380.00	- 420.00	340.00	- 400.00	480.00	- 520.00	260.00	- 300.00	140.00	- 180.00	220.00	- 280.00	460.00	- 500.00
Kurunegala	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Nikaweratiya	-	480.00	- 560.00	450.00	- 500.00	400.00	- 480.00	480.00	- 560.00	300.00	- 350.00	120.00	- 150.00	240.00	- 300.00	450.00	- 500.00
Dambulla	-	500.00	- 560.00	340.00	- 400.00	340.00	- 400.00	540.00	- 560.00	260.00	- 300.00	160.00	- 200.00	180.00	- 220.00	400.00	- 480.00
Anuradhapura	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Thambuththegama	-	460.00	- 550.00	440.00	- 500.00	360.00	- 440.00	-	-	200.00	- 240.00	150.00	- 200.00	220.00	- 300.00	400.00	- 550.00
Polonnaruwa	-	480.00	- 500.00	400.00	- 480.00	360.00	- 400.00	460.00	- 500.00	260.00	- 300.00	160.00	- 220.00	200.00	- 250.00	480.00	- 560.00
Kaluthara	-	400.00	- 480.00	380.00	- 480.00	360.00	- 480.00	400.00	- 560.00	300.00	- 400.00	200.00	- 240.00	300.00	- 320.00	480.00	- 520.00
Badulla	-	400.00	- 480.00	400.00	- 480.00	320.00	- 400.00	480.00	- 600.00	320.00	- 400.00	240.00	- 320.00	200.00	- 320.00	400.00	- 480.00
Keppetipola	-	380.00	- 420.00	260.00	- 300.00	250.00	- 280.00	350.00	- 380.00	180.00	- 200.00	130.00	- 150.00	160.00	- 200.00	380.00	- 420.00
Moneragala	-	400.00	- 440.00	360.00	- 400.00	340.00	- 400.00	460.00	- 520.00	240.00	- 260.00	200.00	- 240.00	280.00	- 320.00	440.00	- 480.00
Kegalle	-	440.00	- 480.00	480.00	- 520.00	440.00	- 480.00	480.00	- 520.00	280.00	- 320.00	240.00	- 280.00	240.00	- 280.00	440.00	- 480.00
Ampara	-	380.00	- 400.00	360.00	- 400.00	320.00	- 360.00	380.00	- 480.00	280.00	- 360.00	240.00	- 260.00	240.00	- 280.00	480.00	- 500.00
Dehiattakandiya	-	480.00	- 550.00	400.00	- 480.00	400.00	- 400.00	480.00	- 600.00	300.00	- 320.00	200.00	- 240.00	200.00	- 300.00	400.00	- 450.00
Nuwaraeliya	-	420.00	- 450.00	380.00	- 400.00	320.00	- 340.00	340.00	- 360.00	230.00	- 240.00	140.00	- 160.00	240.00	- 260.00	450.00	- 480.00
Kandy	-	400.00	- 450.00	400.00	- 450.00	360.00	- 400.00	450.00	- 480.00	200.00	- 240.00	160.00	- 200.00	280.00	- 300.00	550.00	- 600.00
Puttalam	-	600.00	- 650.00	550.00	- 600.00	480.00	- 560.00	600.00	- 600.00	450.00	- 520.00	150.00	- 180.00	400.00	- 480.00	560.00	- 640.00
Hambantota	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Rathnapura	-	300.00	- 360.00	360.00	- 400.00	340.00	- 380.00	400.00	- 460.00	280.00	- 350.00	160.00	- 240.00	200.00	- 250.00	440.00	- 500.00
Matara	-	400.00	- 480.00	400.00	- 480.00	360.00	- 400.00	400.00	- 600.00	220.00	- 300.00	200.00	- 240.00	300.00	- 320.00	520.00	- 600.00
Galle	-	440.00	- 500.00	420.00	- 480.00	360.00	- 400.00	440.00	- 500.00	340.00	- 400.00	220.00	- 260.00	240.00	- 280.00	480.00	- 560.00
Tissamaharama	-	400.00	- 420.00	340.00	- 360.00	280.00	- 300.00	450.00	- 460.00	180.00	- 200.00	160.00	- 180.00	200.00	- 230.00	440.00	- 450.00
Meegoda (DEC)	-	440.00	- 480.00	440.00	- 480.00	400.00	- 440.00	-	-	240.00	- 320.00	280.00	- 320.00	280.00	- 320.00	480.00	- 520.00
Embilipitiya	-	360.00	- 420.00	360.00	- 400.00	350.00	- 400.00	580.00	- 600.00	280.00	- 320.00	160.00	- 200.00	300.00	- 320.00	400.00	- 520.00
Jaffna	-	400.00	- 450.00	380.00	- 400.00	300.00	- 320.00	-	-	-	-	150.00	- 160.00	250.00	- 260.00	400.00	- 450.00
Vavuniya	-	500.00	- 540.00	500.00	- 600.00	400.00	- 450.00	-	-	200.00	- 250.00	200.00	- 250.00	300.00	- 350.00	600.00	- 650.00
Mannar	-	450.00	- 480.00	380.00	- 400.00	350.00	- 400.00	400.00	- 450.00	-	-	200.00	- 250.00	300.00	- 320.00	450.00	- 480.00
Killinochchi	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mullaittivu	-	450.00	- 500.00	460.00	- 500.00	380.00	- 420.00	420.00	- 450.00	-	-	160.00	- 200.00	280.00	- 320.00	550.00	- 600.00
Batticaloa	-	450.00	- 480.00	400.00	- 420.00	280.00	- 300.00	400.00	- 420.00	200.00	- 200.00	150.00	- 150.00	250.00	- 280.00	400.00	- 400.00
Trincomalee	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Hanguranketha	-	400.00	- 420.00	310.00	- 320.00	240.00	- 250.00	-	-	140.00	- 150.00	90.00	- 110.00	140.00	- 160.00	360.00	- 400.00
Veyangoda	-	440.00	- 480.00	380.00	- 400.00	380.00	- 420.00	-	-	230.00	- 260.00	160.00	- 180.00	280.00	- 320.00	440.00	- 480.00
Galenbindunuwewa	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bandarawela	-	340.00	- 400.00	320.00	- 360.00	280.00	- 320.00	360.00	- 400.00	220.00	- 240.00	140.00	- 160.00	200.00	- 240.00	380.00	- 440.00
Matale	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Table 07 (Contd.)

LOCATIONS	Low Country Varieties											
	Ladies Fingers	Brinjal	Capsicum	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa	Long Beans		
Colombo	150.00 - 420.00	400.00 - 700.00	500.00 - 800.00	200.00 - 320.00	100.00 - 280.00	400.00 - 700.00	250.00 - 560.00	300.00 - 600.00	200.00 - 500.00	250.00 - 500.00		
Gampaha	240.00 - 280.00	440.00 - 500.00	680.00 - 740.00	260.00 - 280.00	120.00 - 160.00	480.00 - 560.00	340.00 - 400.00	350.00 - 420.00	300.00 - 360.00	300.00 - 360.00		
Kurunegala	-	-	-	-	-	-	-	-	-	-		
Nikaweratiya	240.00 - 300.00	380.00 - 430.00	680.00 - 740.00	240.00 - 260.00	120.00 - 150.00	480.00 - 540.00	280.00 - 330.00	320.00 - 400.00	320.00 - 400.00	280.00 - 340.00		
Dambulla	160.00 - 200.00	460.00 - 500.00	680.00 - 740.00	200.00 - 240.00	140.00 - 180.00	500.00 - 550.00	300.00 - 360.00	300.00 - 400.00	340.00 - 360.00	300.00 - 360.00		
Anuradhapura	-	-	-	-	-	-	-	-	-	-		
Thambuththegama	120.00 - 180.00	400.00 - 500.00	600.00 - 750.00	220.00 - 300.00	60.00 - 100.00	350.00 - 440.00	160.00 - 250.00	500.00 - 580.00	180.00 - 250.00	200.00 - 300.00		
Polonnaruwa	280.00 - 360.00	480.00 - 560.00	600.00 - 750.00	240.00 - 280.00	160.00 - 200.00	480.00 - 580.00	260.00 - 320.00	400.00 - 480.00	300.00 - 340.00	280.00 - 360.00		
Kaluthara	240.00 - 300.00	480.00 - 600.00	640.00 - 700.00	240.00 - 320.00	180.00 - 240.00	480.00 - 600.00	400.00 - 480.00	400.00 - 480.00	300.00 - 400.00	300.00 - 400.00		
Badulla	320.00 - 400.00	480.00 - 600.00	700.00 - 800.00	240.00 - 320.00	160.00 - 240.00	580.00 - 600.00	320.00 - 480.00	320.00 - 400.00	320.00 - 480.00	320.00 - 320.00		
Keppetipola	200.00 - 230.00	380.00 - 430.00	600.00 - 650.00	220.00 - 240.00	140.00 - 160.00	450.00 - 460.00	260.00 - 280.00	320.00 - 350.00	280.00 - 320.00	280.00 - 300.00		
Moneragala	240.00 - 300.00	440.00 - 480.00	640.00 - 720.00	240.00 - 260.00	160.00 - 200.00	600.00 - 660.00	340.00 - 380.00	240.00 - 300.00	380.00 - 400.00	200.00 - 240.00		
Kegalle	320.00 - 360.00	440.00 - 480.00	680.00 - 720.00	280.00 - 320.00	200.00 - 240.00	480.00 - 520.00	320.00 - 360.00	360.00 - 400.00	360.00 - 400.00	360.00 - 400.00		
Ampara	260.00 - 320.00	320.00 - 360.00	660.00 - 720.00	240.00 - 280.00	120.00 - 240.00	500.00 - 600.00	240.00 - 300.00	-	240.00 - 320.00	280.00 - 300.00		
Dehiattakandiya	200.00 - 200.00	300.00 - 400.00	600.00 - 800.00	200.00 - 240.00	150.00 - 200.00	370.00 - 450.00	240.00 - 260.00	300.00 - 400.00	300.00 - 400.00	200.00 - 260.00		
Nuwaraeliya	240.00 - 260.00	450.00 - 480.00	700.00 - 750.00	260.00 - 280.00	160.00 - 180.00	460.00 - 480.00	280.00 - 300.00	360.00 - 380.00	320.00 - 340.00	330.00 - 340.00		
Kandy	200.00 - 240.00	450.00 - 480.00	750.00 - 800.00	280.00 - 300.00	140.00 - 160.00	400.00 - 450.00	260.00 - 300.00	400.00 - 600.00	300.00 - 320.00	260.00 - 300.00		
Puttalam	200.00 - 260.00	480.00 - 550.00	720.00 - 800.00	240.00 - 280.00	180.00 - 240.00	600.00 - 720.00	360.00 - 400.00	520.00 - 600.00	400.00 - 480.00	280.00 - 320.00		
Rathnapura	220.00 - 270.00	550.00 - 620.00	800.00 - 860.00	210.00 - 240.00	140.00 - 180.00	400.00 - 500.00	320.00 - 380.00	400.00 - 480.00	360.00 - 430.00	350.00 - 380.00		
Hambantota	-	-	-	-	-	-	-	-	-	-		
Matara	200.00 - 240.00	400.00 - 520.00	640.00 - 660.00	240.00 - 260.00	160.00 - 240.00	520.00 - 600.00	400.00 - 480.00	320.00 - 480.00	380.00 - 460.00	320.00 - 360.00		
Galle	280.00 - 320.00	540.00 - 600.00	720.00 - 800.00	220.00 - 260.00	180.00 - 200.00	560.00 - 600.00	-	400.00 - 500.00	400.00 - 480.00	320.00 - 400.00		
Tissamaharama	160.00 - 180.00	400.00 - 420.00	580.00 - 600.00	200.00 - 230.00	120.00 - 140.00	420.00 - 440.00	280.00 - 300.00	-	250.00 - 260.00	200.00 - 220.00		
Meegoda (DEC)	280.00 - 280.00	560.00 - 680.00	720.00 - 760.00	240.00 - 280.00	160.00 - 200.00	560.00 - 680.00	400.00 - 480.00	-	360.00 - 440.00	360.00 - 400.00		
Embilipitiya	160.00 - 200.00	450.00 - 480.00	720.00 - 800.00	280.00 - 320.00	100.00 - 120.00	560.00 - 600.00	360.00 - 400.00	280.00 - 320.00	280.00 - 320.00	280.00 - 320.00		
Jaffna	180.00 - 200.00	450.00 - 500.00	-	190.00 - 200.00	-	450.00 - 500.00	250.00 - 260.00	420.00 - 450.00	-	300.00 - 320.00		
Vavuniya	200.00 - 250.00	400.00 - 450.00	580.00 - 620.00	300.00 - 340.00	200.00 - 240.00	-	200.00 - 250.00	400.00 - 450.00	300.00 - 350.00	200.00 - 240.00		
Mannar	250.00 - 260.00	550.00 - 600.00	650.00 - 700.00	180.00 - 200.00	200.00 - 220.00	550.00 - 600.00	300.00 - 350.00	-	-	250.00 - 280.00		
Killinochchi	-	-	-	-	-	-	-	-	-	-		
Mullaittivu	280.00 - 320.00	250.00 - 300.00	550.00 - 600.00	-	200.00 - 250.00	550.00 - 600.00	240.00 - 260.00	380.00 - 420.00	-	280.00 - 320.00		
Batticaloa	200.00 - 200.00	250.00 - 280.00	500.00 - 550.00	200.00 - 200.00	250.00 - 280.00	600.00 - 650.00	250.00 - 250.00	400.00 - 400.00	300.00 - 300.00	250.00 - 250.00		
Trincomalee	-	-	-	-	-	-	-	-	-	-		
Hanguranketha	150.00 200.00	350.00 380.00	580.00 600.00	200.00 220.00	120.00 140.00	380.00 - 400.00	210.00 240.00	350.00 370.00	280.00 310.00	260.00 280.00		
Veyangoda	230.00 - 240.00	480.00 - 540.00	680.00 - 720.00	220.00 - 260.00	120.00 - 160.00	480.00 - 520.00	320.00 - 360.00	460.00 - 520.00	320.00 - 360.00	320.00 - 350.00		
Galenbindunuwewa	-	-	-	-	-	-	-	-	-	-		
Bandarawela	180.00 - 220.00	440.00 - 460.00	580.00 - 640.00	200.00 - 240.00	180.00 - 200.00	440.00 - 460.00	240.00 - 280.00	360.00 - 400.00	260.00 - 280.00	280.00 - 320.00		
Matale	-	-	-	-	-	-	-	-	-	-		

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

Week 29: 17 - 23 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	550.00 - 600.00	-	140.00 - 280.00	450.00 - 900.00	600.00 - 1200.00	400.00 - 800.00	500.00 - 800.00	300.00 - 800.00	1800.00 - 3000.00	180.00 - 250.00
Gampaha	-	-	180.00 - 220.00	-	700.00 - 760.00	400.00 - 460.00	500.00 - 540.00	-	2900.00 - 3000.00	220.00 - 230.00
Kurunegala	-	-	-	-	-	-	-	-	-	-
Nikaweratiya	-	-	180.00 - 200.00	250.00 - 300.00	-	350.00 - 400.00	400.00 - 500.00	-	2500.00 - 2600.00	180.00 - 200.00
Dambulla	250.00 - 300.00	150.00 - 180.00	160.00 - 180.00	500.00 - 600.00	580.00 - 600.00	300.00 - 400.00	350.00 - 450.00	300.00 - 350.00	2700.00 - 2800.00	200.00 - 230.00
Anuradhapura	-	-	-	-	-	-	-	-	-	-
Thambuththegama	-	-	80.00 - 120.00	400.00 - 450.00	-	-	300.00 - 400.00	-	-	180.00 - 200.00
Polonnaruwa	-	-	150.00 - 250.00	-	-	-	600.00 - 600.00	-	2500.00 - 3000.00	250.00 - 250.00
Kaluthara	-	-	180.00 - 250.00	-	700.00 - 800.00	-	400.00 - 400.00	400.00 - 450.00	2400.00 - 2500.00	180.00 - 200.00
Badulla	300.00 - 350.00	-	120.00 - 200.00	200.00 - 350.00	600.00 - 700.00	-	300.00 - 350.00	250.00 - 300.00	2500.00 - 3000.00	200.00 - 250.00
Keppetipola	-	180.00 - 200.00	180.00 - 200.00	350.00 - 400.00	660.00 - 720.00	300.00 - 360.00	290.00 - 300.00	300.00 - 360.00	2400.00 - 3000.00	220.00 - 250.00
Moneragala	-	-	230.00 - 250.00	600.00 - 640.00	650.00 - 700.00	-	300.00 - 400.00	250.00 - 280.00	2900.00 - 3000.00	150.00 - 200.00
Kegalle	-	-	240.00 - 260.00	660.00 - 700.00	550.00 - 600.00	400.00 - 450.00	380.00 - 420.00	360.00 - 400.00	2600.00 - 2700.00	140.00 - 150.00
Ampara	250.00 - 280.00	-	200.00 - 230.00	-	-	-	400.00 - 500.00	-	2300.00 - 2500.00	180.00 - 200.00
Dehiattakandiya	-	-	160.00 - 280.00	550.00 - 550.00	-	-	450.00 - 500.00	300.00 - 300.00	2800.00 - 3000.00	200.00 - 230.00
Nuwaraeliya	-	200.00 - 220.00	180.00 - 200.00	500.00 - 550.00	720.00 - 750.00	650.00 - 680.00	260.00 - 280.00	340.00 - 360.00	2400.00 - 3000.00	250.00 - 260.00
Kandy	350.00 - 400.00	200.00 - 220.00	140.00 - 150.00	600.00 - 650.00	550.00 - 600.00	350.00 - 400.00	400.00 - 450.00	400.00 - 450.00	2500.00 - 2700.00	180.00 - 200.00
Puttalam	-	-	250.00 - 280.00	600.00 - 650.00	-	250.00 - 280.00	450.00 - 500.00	-	2800.00 - 3200.00	150.00 - 150.00
Hambantota	-	-	-	-	-	-	-	-	-	-
Rathnapura	400.00 - 500.00	200.00 - 250.00	160.00 - 240.00	-	600.00 - 700.00	400.00 - 450.00	350.00 - 400.00	300.00 - 500.00	2500.00 - 2800.00	130.00 - 160.00
Matara	-	-	150.00 - 175.00	650.00 - 800.00	700.00 - 750.00	400.00 - 500.00	600.00 - 700.00	400.00 - 450.00	2400.00 - 2500.00	180.00 - 200.00
Galle	480.00 - 500.00	280.00 - 300.00	180.00 - 220.00	680.00 - 700.00	800.00 - 900.00	600.00 - 600.00	680.00 - 760.00	360.00 - 400.00	2500.00 - 2600.00	180.00 - 200.00
Tissamaharama	-	-	180.00 - 190.00	-	640.00 - 660.00	-	-	250.00 - 280.00	2600.00 - 2700.00	200.00 - 210.00
Meegoda (DEC)	-	-	140.00 - 150.00	-	-	-	380.00 - 400.00	280.00 - 350.00	2000.00 - 2800.00	150.00 - 150.00
Embilipitiya	-	-	170.00 - 200.00	500.00 - 600.00	600.00 - 700.00	450.00 - 500.00	350.00 - 500.00	180.00 - 200.00	2600.00 - 3200.00	200.00 - 220.00
Jaffna	-	-	200.00 - 210.00	-	-	-	-	-	2500.00 - 2600.00	180.00 - 200.00
Vavuniya	-	-	120.00 - 150.00	-	-	-	-	-	2500.00 - 2600.00	240.00 - 280.00
Mannar	-	-	250.00 - 260.00	400.00 - 450.00	480.00 - 600.00	300.00 - 360.00	650.00 - 700.00	-	2750.00 - 2800.00	180.00 - 200.00
Killinochchi	-	-	-	-	-	-	-	-	-	-
Mullaittivu	-	-	120.00 - 140.00	-	-	-	-	-	2500.00 - 2600.00	240.00 - 260.00
Batticaloa	400.00 - 400.00	-	200.00 - 200.00	500.00 - 550.00	-	-	600.00 - 600.00	-	2300.00 - 2400.00	200.00 - 200.00
Trincomalee	-	-	-	-	-	-	-	-	-	-
Veyangoda	-	-	130.00 - 150.00	440.00 - 460.00	-	-	400.00 - 450.00	-	2500.00 - 2600.00	200.00 - 220.00
Galenbindunuwewa	-	-	-	-	-	-	-	-	-	-
Bandarawela	-	180.00 - 200.00	180.00 - 200.00	450.00 - 500.00	550.00 - 600.00	-	450.00 - 550.00	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 29: 17 - 23 July 2026

Locations	Sea Fish					
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw
Colombo	700.00 – 900.00	1200.00 – 1400.00	850.00 – 1100.00	1800.00 – 2200.00	2900.00 – 3200.00	1400.00 – 1800.00
Kandy	950.00 – 1000.00	1250.00 – 1300.00	900.00 – 1200.00	1700.00 – 1900.00	3000.00 – 3200.00	1500.00 – 1600.00
Kaluthara	900.00 – 950.00	–	1000.00 – 1200.00	1600.00 – 1650.00	–	–
Puttalam	700.00 – 800.00	1000.00 – 1100.00	800.00 – 900.00	1600.00 – 1750.00	–	1450.00 – 1550.00
Matara	980.00 – 1000.00	–	1200.00 – 1300.00	1600.00 – 1700.00	–	–
Hambantota	–	–	–	–	–	–
Galle	800.00 – 900.00	1300.00 – 1400.00	1300.00 – 1400.00	1600.00 – 1700.00	–	1700.00 – 1800.00
Batticaloa	–	–	1200.00 – 1200.00	1600.00 – 1600.00	–	1400.00 – 1400.00
Trincomalee	–	–	–	–	–	–
Mannar	850.00 – 900.00	1300.00 – 1350.00	1000.00 – 1100.00	1650.00 – 1700.00	–	1600.00 – 1700.00

Locations	Sea Fish				Eggs	
	Mora	Shrimps	Thalapath	Teppeli	Brown	White
Colombo	1300.00 – 1600.00	1450.00 – 1600.00	2600.00 – 3000.00	–	40.00 – 42.00	38.00 – 40.00
Kandy	1500.00 – 1600.00	1700.00 – 1800.00	2400.00 – 2500.00	–	41.00 – 42.00	39.00 – 40.00
Kaluthara	1500.00 – 1500.00	1750.00 – 1750.00	2200.00 – 2500.00	–	–	–
Puttalam	–	1400.00 – 1550.00	–	–	42.00 – 43.00	40.00 – 41.00
Matara	1400.00 – 1500.00	1700.00 – 1800.00	–	–	40.00 – 41.00	38.00 – 39.00
Hambantota	–	–	–	–	–	–
Galle	–	–	2300.00 – 2400.00	–	–	–
Batticaloa	–	1500.00 – 1600.00	2000.00 – 2000.00	–	44.00 – 44.00	42.00 – 42.00
Trincomalee	–	–	–	–	–	–
Mannar	–	–	–	–	42.00 – 43.00	40.00 – 41.00

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

Week 29: 17 - 23 July 2026

Locations	Local Dried Fish					
	Sprats	Kattawa	Thora	Mora	Balaya	Anguluwa
Colombo	2300.00 – 2650.00	2700.00 – 3400.00	2800.00 – 2800.00	2400.00 – 2700.00	1450.00 – 1800.00	2200.00 – 2800.00
Kandy	2000.00 – 2100.00	–	–	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 – 1150.00	950.00 – 1000.00

Locations	Local Dried Fish			Imported Dried Fish		
	Maduwa	Koduwa	Salaya	Sprats	Kattawa	Thora
Colombo	1550.00 – 1750.00	–	900.00 – 1150.00	1500.00 – 1600.00	2000.00 – 2200.00	2600.00 – 2600.00
Kandy	–	–	–	1600.00 – 1650.00	2400.00 – 2500.00	–
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	2400.00 – 2400.00	1800 – 1800	1800.00 – 2200.00	1650 – 1750	–	–
Kandy	–	–	–	–	–	–
Batticaloa	–	–	–	–	–	–
Trincomalee	–	–	–	–	–	–
Mannar	–	–	–	–	–	–

Table 11: Selected Markets: Retail Price of Fresh Fish & Eggs (Rs/kg & Rs/eggs)**Week 29: 17 - 23 July 2026**

	LOCATIONS	Sea Fish									Eggs								
		Salaya		Hurulla		Balaya		Kelawalla		Thora		Paraw		Mora		Thalapath		Brown	
21	Colombo	900.00 - 1200.00	1400.00 - 1620.00	1200.00 - 2600.00	2000.00 - 3400.00	3200.00 - 4560.00	1650.00 - 3200.00	1500.00 - 2200.00	3000.00 - 3600.00	42.00 - 46.00	40.00 - 45.00								
	Gampaha	800.00 - 900.00	-	-	2300.00 - 2400.00	-	-	-	2900.00 - 3000.00	41.00 - 44.00	39.00 - 42.00								
	Kurunegala	-	-	-	-	-	-	-	-	-	-								
	Nikaweratiya	800.00 - 1000.00	1300.00 - 1400.00	1800.00 - 2000.00	2500.00 - 2600.00	-	1600.00 - 1700.00	-	2800.00 - 3000.00	42.00 - 45.00	42.00 - 45.00								
	Dambulla	1000.00 - 1200.00	1400.00 - 1500.00	1500.00 - 1600.00	2800.00 - 3000.00	3000.00 - 3200.00	1800.00 - 2000.00	2500.00 - 2600.00	2800.00 - 2900.00	45.00 - 46.00	43.00 - 44.00								
	Anuradhapura	-	-	-	-	-	-	-	-	-	-								
	Thambuththegama	-	-	-	-	-	-	-	-	42.00 - 45.00	42.00 - 45.00								
	Polonnaruwa	1000.00 - 1000.00	1200.00 - 1200.00	1800.00 - 1800.00	2600.00 - 2600.00	3000.00 - 3000.00	1800.00 - 1800.00	2000.00 - 2000.00	2800.00 - 2800.00	42.00 - 42.00	40.00 - 41.00								
	Kaluthara	1100.00 - 1200.00	-	1800.00 - 2000.00	2800.00 - 3000.00	-	-	2000.00 - 2200.00	3000.00 - 3200.00	42.00 - 44.00	40.00 - 42.00								
	Badulla	900.00 - 1000.00	1400.00 - 1400.00	1800.00 - 2400.00	2400.00 - 2800.00	3000.00 - 3000.00	2000.00 - 2000.00	2000.00 - 2200.00	2800.00 - 3000.00	40.00 - 44.00	40.00 - 42.00								
	Keppetipola	960.00 - 980.00	1450.00 - 1500.00	1300.00 - 1350.00	2800.00 - 2900.00	3500.00 - 3600.00	1800.00 - 1850.00	1900.00 - 2000.00	2900.00 - 3000.00	44.00 - 46.00	42.00 - 44.00								
	Moneragala	900.00 - 1000.00	1400.00 - 1500.00	1300.00 - 1400.00	2800.00 - 3000.00	-	1600.00 - 1700.00	-	3200.00 - 3400.00	42.00 - 44.00	40.00 - 42.00								
	Kegalle	1250.00 - 1300.00	1500.00 - 1550.00	2550.00 - 2600.00	2550.00 - 3000.00	4000.00 - 4150.00	2880.00 - 3000.00	2450.00 - 2550.00	3550.00 - 3600.00	44.00 - 45.00	42.00 - 43.00								
	Ampara	900.00 - 1000.00	1350.00 - 1500.00	2200.00 - 2400.00	-	-	-	-	3000.00 - 3200.00	-	40.00 - 43.00								
	Dehiattakandiya	-	-	2000.00 - 2000.00	2600.00 - 2600.00	-	-	2200.00 - 2200.00	2800.00 - 2800.00	40.00 - 42.00	40.00 - 41.00								
	Nuwaraeliya	980.00 - 1000.00	1600.00 - 1700.00	1500.00 - 1600.00	2900.00 - 3000.00	3500.00 - 3600.00	2000.00 - 2100.00	2100.00 - 2200.00	3000.00 - 3100.00	45.00 - 46.00	42.00 - 44.00								
	Kandy	1150.00 - 1200.00	1500.00 - 1600.00	1400.00 - 1600.00	2800.00 - 2900.00	3800.00 - 3900.00	1900.00 - 2000.00	1800.00 - 1900.00	2800.00 - 2900.00	43.00 - 44.00	41.00 - 42.00								
	Puttalam	900.00 - 1000.00	1200.00 - 1250.00	1100.00 - 1200.00	2250.00 - 2400.00	-	1600.00 - 1650.00	-	-	45.00 - 45.00	45.00 - 45.00								
	Hambantota	-	-	-	-	-	-	-	-	-	-								
	Rathnapura	1000.00 - 1100.00	-	1700.00 - 1800.00	2840.00 - 3000.00	4200.00 - 4400.00	3000.00 - 3000.00	1800.00 - 2000.00	3000.00 - 3200.00	42.00 - 43.00	40.00 - 41.00								
	Matara	1150.00 - 1200.00	-	2000.00 - 2100.00	2600.00 - 2700.00	-	-	2000.00 - 2100.00	2800.00 - 2850.00	42.00 - 43.00	-								
	Galle	1000.00 - 1300.00	1600.00 - 1750.00	1500.00 - 1600.00	2300.00 - 2600.00	3000.00 - 3400.00	2700.00 - 2900.00	2400.00 - 2800.00	2700.00 - 3000.00	40.00 - 42.00	-								
	Tissamaharama	1000.00 - 1050.00	-	1350.00 - 1400.00	-	-	-	-	-	-	41.00 - 44.00								
	Meegoda	1200.00 - 1200.00	-	1240.00 - 1300.00	3200.00 - 3200.00	-	-	-	3800.00 - 4000.00	39.00 - 40.00	42.00 - 42.00								
	Embilipitiya	950.00 - 1000.00	-	1800.00 - 2000.00	2400.00 - 2600.00	-	1800.00 - 2000.00	-	2900.00 - 3000.00	42.00 - 43.00	41.00 - 43.00								
	Jaffna	550.00 - 600.00	800.00 - 850.00	1500.00 - 1600.00	2200.00 - 2300.00	2900.00 - 3000.00	1900.00 - 2000.00	-	-	-	-								
	Vavuniya	1200.00 - 1300.00	1400.00 - 1500.00	1600.00 - 1700.00	3200.00 - 3300.00	3400.00 - 3500.00	1800.00 - 1900.00	-	2800.00 - 2900.00	44.00 - 46.00	43.00 - 45.00								
	Mannar	1000.00 - 1080.00	1550.00 - 1600.00	1350.00 - 1400.00	1900.00 - 2300.00	-	2000.00 - 2200.00	2300.00 - 2400.00	-	45.00 - 46.00	43.00 - 44.00								
Killinochchi	-	-	-	-	-	-	-	-	-	-									
Mullaittivu	550.00 - 600.00	1000.00 - 1200.00	1200.00 - 1300.00	1900.00 - 2000.00	2850.00 - 3000.00	1450.00 - 1600.00	2500.00 - 2600.00	-	44.00 - 46.00	42.00 - 43.00									
Batticaloa	-	-	2400.00 - 2400.00	3200.00 - 3200.00	-	3200.00 - 3200.00	-	3600.00 - 3600.00	45.00 - 46.00	44.00 - 44.00									
Trincomalee	-	-	-	-	-	-	-	-	-	-									
Veyangoda	800.00 - 900.00	1100.00 - 1200.00	1400.00 - 1600.00	2400.00 - 2600.00	-	-	-	3200.00 - 3300.00	45.00 - 46.00	40.00 - 43.00									
Galenbindunuwewa	-	-	-	-	-	-	-	-	-	-									
Bandarawela	-	-	1700.00 - 1800.00	2900.00 - 3000.00	-	-	-	3100.00 - 3200.00	43.00 - 45.00	40.00 - 42.00									
Matale	-	-	-	-	-	-	-	-	-	-									

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

Week 29: 17 - 23 July 2026

LOCATIONS		Dried Fish											
		Sprats-Imported		Kattawa		Thora		Mora		Balaya		Anguluwa	
Colombo	-		2400.00 - 3600.00		3500.00 - 4400.00		3000.00 - 3500.00		1600.00 - 3000.00		3000.00 - 3400.00		1100.00 - 1600.00
Gampaha	-		2000.00 - 2200.00		-		-		2000.00 - 2200.00		2800.00 - 3000.00		1200.00 - 1400.00
Kurunegala	-		-		-		-		-		-		-
Nikaweratiya	1400.00 - 1600.00		2800.00 - 3000.00		-		2800.00 - 3000.00		-		2600.00 - 2800.00		1000.00 - 1000.00
Dambulla	-		3200.00 - 3400.00		-		3400.00 - 3500.00		1800.00 - 2000.00		2800.00 - 3000.00		-
Anuradhapura	-		-		-		-		-		-		-
Thambuththegama	-		2800.00 - 2800.00		-		2500.00 - 3300.00		1750.00 - 2000.00		2750.00 - 2800.00		1100.00 - 1250.00
Polonnaruwa	-		-		-		-		-		-		-
Kaluthara	-		-		-		3200.00 - 3300.00		1800.00 - 2200.00		2800.00 - 3000.00		1200.00 - 1200.00
Badulla	1600.00 - 2000.00		3200.00 - 3200.00		-		-		-		-		-
Keppetipola	-		-		-		-		-		-		-
Moneragala	-		-		-		-		-		-		-
Kegalle	-		3350.00 - 3400.00		3580.00 - 3600.00		3150.00 - 3200.00		-		-		1360.00 - 1400.00
Ampara	1700.00 - 2000.00		3000.00 - 3200.00		2800.00 - 3000.00		3000.00 - 3000.00		2000.00 - 2300.00		-		-
Dehiattakandiya	-		2200.00 - 2800.00		-		2800.00 - 2800.00		2200.00 - 2600.00		2000.00 - 2200.00		1000.00 - 1000.00
Nuwaraeliya	-		-		-		-		-		-		-
Kandy	-		-		-		3300.00 - 3400.00		2300.00 - 2400.00		2700.00 - 2800.00		1400.00 - 1500.00
Puttalam	2550.00 - 2600.00		3200.00 - 3300.00		-		-		1600.00 - 1700.00		1600.00 - 1700.00		1120.00 - 1200.00
Hambantota	-		-		-		-		-		-		-
Rathnapura	2300.00 - 2400.00		3080.00 - 3200.00		-		3100.00 - 3200.00		2000.00 - 2400.00		2900.00 - 3000.00		1400.00 - 1500.00
Matara	-		-		-		-		1900.00 - 2200.00		-		-
Galle	-		2700.00 - 3000.00		2300.00 - 2500.00		2500.00 - 2800.00		1800.00 - 2200.00		2800.00 - 2800.00		1300.00 - 1450.00
Tissamaharama	-		-		-		-		-		-		-
Meegoda	-		-		-		-		2000.00 - 2200.00		-		1200.00 - 1500.00
Embilipitiya	2000.00 - 2400.00		2700.00 - 2800.00		-		-		2000.00 - 2400.00		-		1350.00 - 1450.00
Jaffna	-		-		-		-		-		-		-
Vavuniya	2000.00 - 2150.00		2600.00 - 2700.00		2800.00 - 2900.00		2800.00 - 2900.00		1600.00 - 1700.00		1600.00 - 1700.00		-
Mannar	1250.00 - 1300.00		2750.00 - 2800.00		-		2500.00 - 2600.00		1350.00 - 1400.00		-		-
Killinochchi	-		-		-		-		-		-		-
Mullaittivu	1450.00 - 1500.00		2600.00 - 2750.00		2700.00 - 2800.00		2700.00 - 2800.00		-		-		1200.00 - 1300.00
Batticaloa	1500.00 - 1500.00		2700.00 - 2800.00		-		-		2000.00 - 2000.00		-		1200.00 - 1200.00
Trincomalee	-		-		-		-		-		-		-
Veyangoda	-		-		-		-		1800.00 - 2100.00		-		1000.00 - 1200.00
Galenbindunuwewa	-		-		-		-		-		-		-
Bandarawela	-		-		-		-		-		-		-
Matale	-		-		-		-		-		-		-

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

Week 29: 17 - 23 July 2026

LOCATIONS	Meat	Meat (Chicken)		Meat	
	Beef	Broiler	Curry	Mutton	Pork
Colombo	3000.00 - 3400.00	1380.00 - 1480.00	1200.00 - 1390.00	4400.00 - 4600.00	2700.00 - 2900.00
Gampaha	-	1350.00 - 1400.00	1400.00 - 1400.00	4500.00 - 4500.00	2600.00 - 2600.00
Kurunegala	-	-	-	-	-
Nikaweratiya	2500.00 - 2600.00	1350.00 - 1400.00	-	-	-
Dambulla	-	1350.00 - 1400.00	1450.00 - 1500.00	-	2800.00 - 2900.00
Anuradhapura	-	-	-	-	-
Thambuththegama	-	1250.00 - 1350.00	-	-	2600.00 - 3000.00
Polonnaruwa	2800.00 - 2850.00	1450.00 - 1480.00	1600.00 - 1650.00	-	2700.00 - 2700.00
Kaluthara	2800.00 - 3000.00	1350.00 - 1400.00	1300.00 - 1350.00	-	2500.00 - 2500.00
Badulla	2600.00 - 2700.00	1400.00 - 1550.00	-	3700.00 - 3700.00	-
Keppetipola	2400.00 - 2400.00	1350.00 - 1400.00	1450.00 - 1500.00	3600.00 - 3600.00	-
Moneragala	2800.00 - 2800.00	1350.00 - 1450.00	1600.00 - 1650.00	-	3000.00 - 3200.00
Kegalle	2750.00 - 2800.00	1380.00 - 1430.00	1300.00 - 1350.00	3950.00 - 4000.00	2900.00 - 3000.00
Ampara	2400.00 - 2600.00	1380.00 - 1450.00	-	-	2800.00 - 3000.00
Dehiattakandiya	-	-	-	-	2400.00 - 2500.00
Nuwaraeliya	2500.00 - 2600.00	1280.00 - 1350.00	1380.00 - 1400.00	3800.00 - 3900.00	2900.00 - 3000.00
Kandy	2700.00 - 2700.00	1250.00 - 1280.00	1200.00 - 1250.00	4000.00 - 4200.00	2900.00 - 3000.00
Puttalam	2600.00 - 2800.00	1450.00 - 1500.00	1700.00 - 1800.00	4500.00 - 4500.00	-
Hambantota	-	-	-	-	-
Rathnapura	2900.00 - 2900.00	1400.00 - 1460.00	1300.00 - 1360.00	4000.00 - 4000.00	2700.00 - 2700.00
Matara	-	1350.00 - 1400.00	1300.00 - 1350.00	-	-
Galle	2800.00 - 3000.00	1300.00 - 1350.00	1400.00 - 1400.00	4900.00 - 5100.00	-
Tissamaharama	-	1400.00 - 1450.00	-	-	-
Meegoda	-	1400.00 - 1460.00	1400.00 - 1400.00	-	3000.00 - 3000.00
Embilipitiya	2550.00 - 2600.00	1220.00 - 1300.00	1300.00 - 1350.00	4500.00 - 4700.00	2900.00 - 2950.00
Jaffna	-	-	-	-	-
Vavuniya	2300.00 - 2400.00	1400.00 - 1450.00	1600.00 - 1700.00	3800.00 - 4000.00	-
Mannar	2250.00 - 2300.00	1500.00 - 1550.00	1600.00 - 1650.00	-	-
Killinochchi	-	-	-	-	-
Mullaittivu	2300.00 - 2300.00	1500.00 - 1550.00	1600.00 - 1650.00	-	-
Batticaloa	2400.00 - 2500.00	1400.00 - 1450.00	1600.00 - 1650.00	4000.00 - 4000.00	-
Trincomalee	-	-	-	-	-
Veyangoda	2800.00 - 2900.00	-	1250.00 - 1300.00	4200.00 - 4400.00	2600.00 - 2600.00
Galenbindunuwewa	-	-	-	-	-
Bandarawela	2500.00 - 2500.00	-	-	3800.00 - 3900.00	-
Matale	-	-	-	-	-

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

Week 29: 17 - 23 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	145.00	146.25	162.14	-0.85	-10.57
Samba 1	230.00 · 235.00	231.88	232.86	236.88	-0.42	-2.11	Small	120.00 · 130.00	125.00	126.25	142.86	-0.99	-12.50
Samba 2	225.00 · 228.00	226.50	227.00	231.00	-0.22	-1.95							
Keeri Samba	250.00 · 330.00	286.67	296.00	280.00	-3.15	2.38	<u>Fruits (Rs/kg)</u>						
Nadu 1	195.00 · 200.00	197.50	197.86	210.00	-0.18	-5.95	Plantain						
Nadu 2	190.00 · 192.00	190.67	190.80	203.00	-0.07	-6.08	Ambul	150.00 · 200.00	177.50	170.91	88.00	3.86	101.70
Raw (Red)	160.00 · 170.00	165.63	165.71	196.11	-0.05	-15.55	Kolikuttu	400.00 · 420.00	407.50	379.55	206.00	7.37	97.82
Raw (White)	170.00 · 190.00	180.00	183.57	195.50	-1.95	-7.93	Seeni	120.00 · 160.00	140.00	119.09	92.00	17.56	52.17
Imported							Anamalu	200.00 · 250.00	223.33	200.83	223.20	11.20	0.06
Samba	220.00 · 230.00	225.00	227.00		-0.88		Ambun	200.00 · 250.00	231.67	210.83	222.00	9.88	4.35
Nadu	-						Papaw	100.00 · 160.00	130.00	140.00	185.00	-7.14	-29.73
Raw (Red)	-						Passion Fruit	400.00 · 500.00	427.78	456.25	555.00	-6.24	-22.92
Raw (White)	-						Pineapple	220.00 · 270.00	255.00	248.75	296.25	2.51	-13.92
<u>Dried Chillies</u>							Pineapple Medium						
Imported	1050.00 · 1300.00	1157.14	1153.13	536.67	0.35	115.62	Pineapple Small						
<u>Onion</u>							Mango						
Sinnan	-						Betti			266.67			
Vedalan	300.00 · 320.00	310.00	357.50	353.33	-13.29	-12.26	Karthakolomban	400.00 · 600.00	543.75	515.00	897.00	5.58	-39.38
Imported	250.00 · 300.00	275.00	310.00	300.00	-11.29	-8.33	Vilad	350.00 · 450.00	400.00	366.67		9.09	
<u>Biq Onion</u>							Kohu						
Imported	170.00 · 190.00	178.75	176.88	84.38	1.06	111.85	<u>Other</u>						
Local	-						Wood Apple	450.00 · 600.00	524.00	488.33	550.00	7.30	-4.73
<u>Potato</u>							Orange	350.00 · 450.00	388.89	315.00	420.00	23.46	-7.41
Welimada	-						Avocado	400.00 · 600.00	483.33	495.83	309.00	-2.52	56.42
N'Eliya	310.00 · 340.00	324.00	300.00	342.50	8.00	-5.40	Slime Apple	200.00 · 300.00	244.44	182.00	275.00	34.31	-11.11
Imported	150.00 · 190.00	168.57	182.86	162.14	-7.81	3.96	Grapes Imp.,	1450.00 · 1550.00	1500.00	1487.50	1611.11	0.84	-6.90
<u>Pulses</u>							King Coconut	160.00 · 220.00	190.00	173.33	136.00	9.62	39.71
Green Gram	680.00 · 750.00	716.67	725.00	750.00	-1.15	-4.44							
Cowpea (White)	650.00 · 700.00	675.00	675.00	850.00	0.00	-20.59	<u>Sea Fish</u>						
Cowpea (Red)	620.00 · 700.00	667.50	662.50	858.00	0.75	-22.20	Salaya	700.00 · 900.00	806.25	585.71	460.00	37.65	75.27
Red Dhal	220.00 · 230.00	225.56	225.63	245.00	-0.03	-7.94	Hurulla	1200.00 · 1400.00	1300.00	1016.67	790.00	27.87	64.56
<u>Vegetable</u>							Balaya	850.00 · 1100.00	1000.00	1143.75	950.00	-12.57	5.26
Beans (Butter)	-						Kelawalla	1800.00 · 2200.00	1950.00	1650.00	1445.00	18.18	34.95
Beans (Green)	300.00 · 360.00	325.00	254.55	390.91	27.68	-16.86	Thora	2900.00 · 3200.00	3112.50	3085.71	1830.00	0.87	70.08
Carrot	220.00 · 300.00	263.00	235.00	253.33	11.91	3.82	Paraw	1400.00 · 1800.00	1641.67	1314.29	1270.00	24.91	29.27
Leeks	180.00 · 230.00	204.00	240.00	115.00	-15.00	77.39	Mora	1300.00 · 1600.00	1460.00	1585.71	1110.00	-7.93	31.53
Beetroot	320.00 · 380.00	351.00	289.29	85.83	21.33	308.93	Shrimps	1450.00 · 1600.00	1541.67	1625.00	1250.00	-5.13	23.33
Knolkhol	100.00 · 130.00	119.00	121.82	94.00	-2.31	26.60	Thalapath	2600.00 · 3000.00	2816.67	2733.33	1890.00	3.05	49.03
Raddish	60.00 · 100.00	81.00	92.00	60.00	-11.96	35.00	<u>Eggs</u>						
Cabbage	90.00 · 150.00	121.00	82.31	171.54	47.01	-29.46	Brown	40.00 · 42.00	41.20	41.00	29.90	0.49	37.79
Tomato	300.00 · 400.00	355.00	326.00	87.50	8.90	305.71	White	38.00 · 40.00	39.20	39.00	27.90	0.51	40.50
Ladies Fingers	80.00 · 150.00	108.00	120.91	65.83	-10.68	64.05	<u>Dried Fish</u>						
Brinjal	300.00 · 400.00	350.00	400.00	225.00	-12.50	55.56	Sprats	2300.00 · 2650.00	2450.00	2528.57	1580.00	-3.11	55.06
Capsicum	400.00 · 500.00	465.00	423.00	405.56	9.93	14.66	Sprats (Imported)	1500.00 · 1600.00	1550.00	1530.00	855.00	1.31	81.29
Pumpkin	150.00 · 170.00	158.00	185.00	81.67	-14.59	93.47	Kattawa	2700.00 · 3400.00	3062.50	2960.00		3.46	
Cucumber	50.00 · 70.00	61.00	58.33	55.56	4.57	9.80	Kattawa (Imported)	2000.00 · 2200.00	2121.43	2156.25	1525.00	-1.61	39.11
Bitter Gourd	300.00 · 400.00	350.00	376.00	206.36	-6.91	69.60	Thora	2800.00 · 2800.00	2800.00	2608.33	2365.00		
Snake Gourd	200.00 · 250.00	224.00	221.67	130.00	1.05	72.31	Thora (Imported)	2600.00 · 2600.00	2600.00				
Drumstick	100.00 · 300.00	190.91	286.36	315.38	-33.33	-39.47	Mora	2400.00 · 2700.00	2540.00	2608.33	2365.00	-2.62	7.40
Luffa	120.00 · 180.00	149.00	154.00	100.00	-3.25	49.00	Mora (Imported)	2400.00 · 2400.00	2400.00				
Long Beans	180.00 · 300.00	231.00	252.73	197.78	-8.60	16.80	Balaya	1450.00 · 1800.00	1616.67	1662.50	1490.00	-2.76	8.50
Ash Plantain	120.00 · 150.00	134.00	123.00	62.50	8.94	114.40	Balaya (Imported)	1800.00 · 1800.00	1800.00	1220.00		47.54	
Green Chillies	900.00 · 1100.00	1030.00	868.00	255.56	18.66	303.04	Anguluwa	2200.00 · 2800.00	2480.00	1710.00	1240.00	45.03	100.00
Lime	200.00 · 400.00	303.00	255.00	203.33	18.82	49.02	Anguluwa (Imported)	1800.00 · 2200.00	2075.00	2090.00	1680.00	-0.72	23.51
<u>Root Crops</u>							Maduwa	1550.00 · 1750.00	1650.00	1710.00	1240.00	-3.51	33.06
Sweet Potato	100.00 · 150.00	127.00	140.00	140.00	-9.29	-9.29	Maduwa (Imported)	1650.00 · 1750.00	1700.00	1220.00		39.34	
Manioc	120.00 · 140.00	128.00	116.00	88.00	10.34	45.45	Koduwa						
<u>Leafy Vegetable</u>							Koduwa (Imported)						
Mukunuwenna	120.00 · 130.00	125.00	135.00	116.25	-7.41	7.53	Salaya	900.00 · 1150.00	1050.00	1040.00	745.00	0.96	40.94
Kankun	120.00 · 130.00	125.00	135.00	116.25	-7.41	7.53	Salaya (Imported)						
Gotukola	260.00 · 300.00	286.00	283.75	292.00	0.79	-2.05							

This Week: Week 29: 17 - 23 July 2026

Last Week: Week 28: 10 - 16 July 2026

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

Week 29: 17 - 23 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 - 190.00	174.29	175.00	176.50	-0.71	-1.25
Samba 1	240.00 - 270.00	250.00	253.00	250.00	-3.00	0.00	Small	130.00 - 160.00	141.76	142.63	154.75	-0.87	-8.39
Samba 2													
Keeri Samba	260.00 - 380.00	328.00	373.57	290.56	-45.57	12.89	<u>Fruits (Rs/fruit)</u>						
Nadu 1	220.00 - 230.00	227.89	227.69	230.00	0.20	-0.92	Plantain						
Nadu 2							Ambul (Rs/kg)	180.00 - 280.00	245.00	242.80	168.40	2.20	45.49
Raw (Red)	180.00 - 220.00	204.09	204.74	218.75	-0.65	-6.70	Kolikuttu (Rs/kg)	450.00 - 550.00	494.00	475.45	301.60	18.55	63.79
Raw (White)	200.00 - 220.00	208.64	209.47	218.57	-0.84	-4.55	Seeni (Rs/kg)	150.00 - 260.00	219.20	209.20	165.00	10.00	32.85
Imported							Anamalu	250.00 - 380.00	336.19	334.58	325.23	1.61	3.37
Samba				252.67			Ambun	250.00 - 380.00	342.08	338.64	333.25	3.45	2.65
Nadu							Papaw(Rs/kg)	140.00 - 280.00	216.30	242.40	277.73	-26.10	-22.12
Raw (Red)							Passion Fruit	450.00 - 900.00	670.50	697.78	850.00	-27.28	-21.12
Raw (White)							Pineapple Large	280.00 - 500.00	435.83	426.67	371.58	9.17	17.29
<u>Dried Chillies</u>							Pineapple Medium						
Imported	1000.00 - 1500.00	1363.16	1350.00	761.36	13.16	79.04	Pineapple Small						
<u>Onion</u>							Mango						
Sinnan							Betti				339.17		
Vedalan							Karthakolomban	450.00 - 750.00	610.53	596.88	1218.00	13.65	-49.87
Imported	400.00 - 520.00	446.36	430.67	420.00	15.70	6.28	Vilad	550.00 - 600.00	575.00		716.67		-19.77
<u>Big Onion</u>							Kohu						
Imported	200.00 - 260.00	237.73	237.22	139.62	0.51	70.27	<u>Other</u>						
Local							Wood Apple	600.00 - 1200.00	852.00	722.14	1050.00	129.86	-18.86
<u>Potato</u>							Orange	400.00 - 800.00	654.44	591.25	630.00	63.19	3.88
Welimada							Avocado	500.00 - 800.00	642.50	657.14	499.67	-14.64	28.59
N'Eliya	400.00 - 480.00	436.82	435.00	462.31	1.82	-5.51	Slime Apple	300.00 - 800.00	547.78	509.00	513.00	38.78	6.78
Imported	190.00 - 260.00	224.00	226.11	212.86	-2.11	5.23	Grapes (Imp., Rs/kg)	1800.00 - 3000.00	2440.00	2376.32	2152.63	63.68	13.35
<u>Pulses</u>							King Coconut	180.00 - 250.00	213.89	211.11	175.00	2.78	22.22
Green Gram	850.00 - 1000.00	945.29	947.50	926.09	-2.21	2.07	<u>Sea Fish</u>						
Cowpea (White)	800.00 - 1100.00	970.00	969.41	1043.33	0.59	-7.03	Salaya	900.00 - 1200.00	1106.32	851.43	707.14	254.89	56.45
Cowpea (Red)	800.00 - 1000.00	953.75	947.78	1050.00	5.97	-9.17	Hurulla	1400.00 - 1620.00	1470.00	1290.91	975.00	179.09	50.77
Red Dhal	240.00 - 280.00	269.41	273.82	286.40	-4.41	-5.93	Balaya	1200.00 - 2600.00	1892.94	1540.00	1350.00	352.94	40.22
<u>Vegetable</u>							Kelawalla	2000.00 - 3400.00	2855.00	2750.00	2450.00	105.00	16.53
Beans (Butter)							Thora	3200.00 - 4560.00	3985.00	3933.33	3307.69	51.67	20.48
Beans(Green)	350.00 - 600.00	470.38	465.36	552.33	5.03	-14.84	Paraw	1650.00 - 3200.00	2571.88	2557.14	2175.00	14.73	18.25
Carrot	300.00 - 600.00	449.63	419.35	387.93	30.27	15.90	Mora	1500.00 - 2200.00	1875.00	2318.18	2128.57	-443.18	-11.91
Leeks	250.00 - 480.00	389.26	398.06	301.33	-8.81	29.18	Shrimps	1600.00 - 2260.00	1954.74	2046.43	1992.31	-91.69	-1.89
Beetroot	350.00 - 600.00	496.54	492.33	267.67	4.21	85.51	Thalapath	3000.00 - 3600.00	3352.50	3461.54	2807.69	-109.04	19.40
Knolkhol	200.00 - 500.00	360.42	362.00	272.07	-1.58	32.47	<u>Eggs</u>						
Raddish	100.00 - 320.00	231.60	258.71	229.66	-27.11	0.85	Brown	42.00 - 46.00	44.00	42.89	33.62	1.11	30.89
Cabbage	180.00 - 350.00	281.54	274.00	353.67	7.54	-20.39	White	40.00 - 45.00	42.74	40.89	30.77	1.85	38.91
Tomato	350.00 - 700.00	528.46	521.38	202.96	7.08	160.37	<u>Dried Fish</u>						
Ladies Fingers	150.00 - 420.00	303.57	307.00	241.72	-3.43	25.59	Sprats	2400.00 - 3000.00	2638.10	2584.62	1366.67	53.48	93.03
Brinjal	400.00 - 700.00	562.14	539.06	372.86	23.08	50.77	Sprats (Imported)				1875.00		
Capsicum	500.00 - 800.00	664.64	622.07	676.00	42.57	-1.68	Kattawa	2400.00 - 3600.00	3341.67	3333.33	2464.29	8.33	35.60
Pumpkin	200.00 - 320.00	279.63	283.57	212.07	-3.94	31.86	Thora	3500.00 - 4400.00	3950.00	4166.67		-216.67	
Cucumber	100.00 - 280.00	208.75	204.19	179.66	4.56	16.19	Mora	3000.00 - 3500.00	3244.44	3308.33	2725.00	-63.89	19.06
Bitter Gourd	400.00 - 700.00	567.86	576.33	339.33	-8.48	67.34	Balaya	1600.00 - 3000.00	2306.67	2309.09	2164.29	-2.42	6.58
Snake Gourd	250.00 - 560.00	411.54	396.92	266.55	14.62	54.39	Anguluwa	3000.00 - 3400.00	3122.22	3180.00	2355.56	-57.78	32.55
Drumstick	300.00 - 600.00	480.80	548.75	511.07	-67.95	-5.92	Maduwa				1760.00		
Luffa	200.00 - 500.00	383.91	391.54	285.93	-7.63	34.27	Koduwa						
Long Beans	250.00 - 500.00	371.54	374.29	365.71	-2.75	1.59	Salaya	1100.00 - 1600.00	1358.33	1253.85	1230.77	104.49	10.36
Ash Plantain	160.00 - 360.00	277.78	277.69	196.90	0.09	41.08	<u>Meat</u>						
Green Chillies	1200.00 - 1700.00	1498.08	1333.33	615.48	164.74	143.40	Beef (without Bones)	3000.00 - 3400.00	3200.00	3166.67	2700.00	33.33	18.52
Lime	350.00 - 800.00	600.00	592.19	439.60	7.81	36.49	Chicken (Broiler)	1380.00 - 1480.00	1409.38	1430.00	1379.09	-20.63	2.20
<u>Root Crops</u>							Chicken (Curry)	1200.00 - 1390.00	1273.13	1340.00	1296.36	-66.88	-1.79
Sweet Potato	150.00 - 320.00	279.20	281.79	293.87	-2.59	-4.99	Mutton	4400.00 - 4600.00	4500.00	4483.33	3822.22	16.67	17.73
Manioc	150.00 - 240.00	202.08	208.00	202.41	-5.92	-0.16	Pork	2700.00 - 2900.00	2800.00	2725.00	2360.00	75.00	18.64
<u>Leafy Vegetable</u>													
Mukunuwenna	150.00 - 250.00	196.54	207.50	217.50	-10.96	-9.64							
Kankun	150.00 - 250.00	200.36	207.50	217.50	-7.14	-7.88							
Gotukola	300.00 - 450.00	382.86	409.64	581.00	-26.79	-34.10							

This Week: Week 29: 17 - 23 July 2026
Last Week: Week 28: 10 - 16 July 2026

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

Week 29: 17 - 23 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	135.00 – 152.50	143.50
A'pura	-		Dambulla	240.00 – 280.00	262.00	Hambantota	-	
P'naruwa	101.00 – 102.00	101.60	Welimada	300.00 – 330.00	319.00	Embilipitiya	250.00 – 260.00	255.00
Kalawewa	125.00 – 127.00	125.80	Badulla	-		Matara	-	
Kurunegala	-		Carrot			A'pura	-	
Dehiattakandiya	118.00 – 120.00	119.33	N'Eliya	235.00 – 245.00	241.00	Luffa		
Nikaweratiya	120.00 – 125.00	122.50	Welimada	185.00 – 210.00	197.00	Dambulla	152.50 – 177.50	163.75
Ampara	123.00 – 127.00	125.25	Hanguranketha	-		Hambantota	-	
Long Grain (White)			Leeks			Embilipitiya	150.00 – 160.00	155.00
A'pura	-		N'Eliya	170.00 – 185.00	177.00	Matara	-	
P'naruwa	90.00 – 91.00	90.60	Welimada	180.00 – 200.00	191.00	A'pura	-	
Kalawewa	105.00 – 107.00	105.80	Beetroot			Green Chillies		
Kurunegala	-		N'Eliya	200.00 – 210.00	206.00	Dambulla	1000.00 – 1100.00	1030.00
Dehiattakandiya	98.00 – 100.00	99.33	Dambulla	245.00 – 260.00	251.67	Hambantota	-	
Embilipitiya	-		Kurunegala	-		Embilipitiya	1250.00 – 1280.00	1265.00
Nikaweratiya	103.00 – 107.00	105.25	Welimada	245.00 – 270.00	258.00	Puttalam	950.00 – 1000.00	986.75
Hambantota	-		Hanguranketha	-		A'pura	-	
Ampara	84.00 – 103.00	95.00	Knol Khol			Pumpkin		
Long Grain (Red)			N'Eliya	85.00 – 95.00	90.00	Dambulla	125.00 – 145.00	136.00
Matara	95.00 – 105.00	100.00	Welimada	110.00 – 130.00	121.00	Hambantota	-	
Hambantota	-		Hanguranketha	-		Embilipitiya	170.00 – 180.00	175.00
Embilipitiya	98.00 – 100.00	99.00	Raddish			Matara	90.00 – 110.00	100.00
Keeri Samba			N'Eliya	35.00 – 45.00	41.00	A'pura	-	
A'pura	-		Welimada	30.00 – 45.00	37.00	Moneragala	100.00 – 120.00	108.00
P'naruwa	120.00 – 121.00	120.40	Hambantota	-		Cucumber		
Kalawewa	145.00 – 147.00	145.80	Hanguranketha	-		A'pura	-	
Kurunegala	-		Cabbage			Dambulla	35.00 – 45.00	40.40
Dehiattakandiya	140.00 – 142.00	140.67	N'Eliya	100.00 – 105.00	103.00	Hambantota	-	
Red Onion			Welimada	80.00 – 100.00	89.00	Matara	35.00 – 40.00	37.50
Puttalam	190.00 – 266.00	230.50	Badulla	-		Long Beans		
Jaffna	-		Hanguranketha	-		Dambulla	115.00 – 152.50	130.50
Big Onion			Tomato			Hambantota	-	
Dambulla	-		Welimada	300.00 – 325.00	315.00	Embilipitiya	200.00 – 220.00	210.00
Kalawewa	-		Hambantota	-		Matara	130.00 – 140.00	135.00
A'pura	-		Dambulla	270.00 – 330.00	308.00	A'pura	-	
Potato			Hanguranketha	-		Ash Plantain		
N'Eliya	270.00 – 280.00	275.00	<u>Vegetable (Low Country)</u>			Hambantota	-	
Badulla	-		Ladies Fingers			Embilipitiya	80.00 – 100.00	90.00
Welimada	250.00 – 270.00	262.00	A'pura	-		Matara	70.00 – 80.00	73.75
<u>Pulses</u>			Dambulla	76.00 – 100.00	88.60	Lime		
Green Gram			Hambantota	-		Hambantota	-	
Hambantota	-		Embilipitiya	80.00 – 100.00	90.00	Embilipitiya	200.00 – 220.00	210.00
Moneragala	500.00 – 550.00	520.00	Matara	70.00 – 80.00	76.25	Moneragala	200.00 – 220.00	208.00
Embilipitiya	670.00 – 680.00	675.00	Brinjal			<u>Fruits (Rs/kg)</u>		
Nikaweratiya	500.00 – 550.00	530.00	A'pura	-		Banana		
A'pura	-		Dambulla	300.00 – 360.00	336.00	Ambul		
Cowpea			Hambantota	-		Moneragala	60.00 – 70.00	64.00
Hambantota	-		Embilipitiya	330.00 – 350.00	340.00	Embilipitiya	80.00 – 120.00	100.00
Nikaweratiya	-		Matara	270.00 – 300.00	285.00	Hambantota	-	
Moneragala	-		Welimada	300.00 – 330.00	319.00	Kolikuttu		
Embilipitiya	600.00 – 610.00	605.00	Capsicum			Moneragala	200.00 – 220.00	208.00
Maize			Badulla	-		Embilipitiya	280.00 – 320.00	300.00
A'pura	-		Welimada	470.00 – 500.00	486.00	Hambantota	-	
Kalawewa	-		Bitter Gourd			Papaw		
Gingelly			A'pura	-		Moneragala	100.00 – 110.00	104.00
A'pura	-		Dambulla	280.00 – 310.00	295.00	Embilipitiya	90.00 – 100.00	95.00
Kalawewa	-		Hambantota	-		Hambantota	-	
Black Gram			Embilipitiya	450.00 – 460.00	455.00	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 29: 17 - 23 July 2026

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Rice</u>									
Local									
Samba 1	240.00 - 240.00	-	240.00 - 260.00	240.00 - 260.00	240.00 - 240.00	-	260.00 - 270.00	260.00 - 260.00	270.00 - 270.00
Samba 2	-	-	-	-	-	-	-	-	-
Keeri Samba	-	-	260.00 - 260.00	-	-	-	360.00 - 380.00	-	380.00 - 380.00
Nadu 1	220.00 - 230.00	230.00 - 230.00	230.00 - 230.00	230.00 - 230.00	220.00 - 230.00	230.00 - 230.00	230.00 - 230.00	220.00 - 230.00	230.00 - 230.00
Nadu 2	-	-	-	-	-	-	-	-	-
Raw (Red)	190.00 - 220.00	180.00 - 200.00	200.00 - 220.00	200.00 - 200.00	180.00 - 200.00	220.00 - 220.00	200.00 - 220.00	200.00 - 200.00	200.00 - 220.00
Raw (White)	200.00 - 220.00	200.00 - 220.00	200.00 - 220.00	200.00 - 210.00	200.00 - 220.00	200.00 - 220.00	220.00 - 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	-	1000.00 - 1500.00	1200.00 - 1500.00	1400.00 - 1500.00	1300.00 - 1400.00	1400.00 - 1500.00	1300.00 - 1400.00	1500.00 - 1500.00
<u>Red Onion</u>									
Sinnan	-	-	-	-	-	-	-	-	-
Vedalan	-	-	-	-	-	-	-	-	-
Imported	400.00 - 500.00	480.00 - 520.00	480.00 - 520.00	400.00 - 420.00	400.00 - 480.00	480.00 - 500.00	420.00 - 440.00	420.00 - 420.00	520.00 - 520.00
<u>Big Onion</u>									
Imported	200.00 - 220.00	230.00 - 260.00	220.00 - 240.00	240.00 - 260.00	220.00 - 260.00	220.00 - 240.00	240.00 - 240.00	200.00 - 200.00	240.00 - 240.00
Local	-	-	-	-	-	-	-	-	-
<u>Potato</u>									
Welimada	-	-	-	-	-	-	-	-	-
N'Eliya	400.00 - 420.00	400.00 - 480.00	400.00 - 400.00	400.00 - 480.00	440.00 - 480.00	460.00 - 480.00	400.00 - 420.00	440.00 - 480.00	450.00 - 480.00
Imported	190.00 - 220.00	240.00 - 260.00	200.00 - 240.00	240.00 - 260.00	200.00 - 260.00	220.00 - 240.00	200.00 - 220.00	240.00 - 260.00	220.00 - 240.00
<u>Pulses</u>									
Green Gram	850.00 - 950.00	-	1000.00 - 1000.00	960.00 - 1000.00	880.00 - 1000.00	1000.00 - 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 - 1100.00	800.00 - 900.00	950.00 - 1000.00	1000.00 - 1100.00	900.00 - 900.00	1100.00 - 1100.00
Cowpea (Red)	800.00 - 850.00	-	900.00 - 1000.00	1000.00 - 1000.00	900.00 - 960.00	950.00 - 1000.00	1000.00 - 1000.00	900.00 - 900.00	1000.00 - 1000.00
Red Dhal	240.00 - 260.00	280.00 - 280.00	280.00 - 280.00	250.00 - 260.00	260.00 - 280.00	260.00 - 280.00	280.00 - 280.00	280.00 - 280.00	280.00 - 280.00

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

Week 29: 17 - 23 July 2026

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Vegetable</u>									
Beans	350.00 - 400.00	600.00 - 600.00	480.00 - 600.00	500.00 - 600.00	450.00 - 480.00	600.00 - 600.00	350.00 - 400.00	400.00 - 450.00	400.00 - 480.00
Carrot	300.00 - 350.00	560.00 - 600.00	400.00 - 480.00	480.00 - 600.00	450.00 - 480.00	400.00 - 480.00	350.00 - 480.00	400.00 - 480.00	400.00 - 480.00
Leeks	250.00 - 300.00	460.00 - 480.00	400.00 - 480.00	400.00 - 480.00	360.00 - 480.00	400.00 - 480.00	300.00 - 400.00	400.00 - 450.00	400.00 - 480.00
Beetroot	350.00 - 400.00	500.00 - 600.00	500.00 - 600.00	480.00 - 600.00	450.00 - 480.00	400.00 - 480.00	400.00 - 480.00	480.00 - 560.00	480.00 - 600.00
Knolkhol	200.00 - 250.00	400.00 - 480.00	350.00 - 400.00	480.00 - 500.00	320.00 - 350.00	350.00 - 360.00	300.00 - 320.00	320.00 - 480.00	320.00 - 480.00
Raddish	100.00 - 140.00	320.00 - 320.00	240.00 - 300.00	300.00 - 320.00	200.00 - 240.00	240.00 - 240.00	150.00 - 240.00	200.00 - 320.00	220.00 - 300.00
Cabbage	180.00 - 200.00	320.00 - 350.00	320.00 - 350.00	320.00 - 350.00	280.00 - 320.00	240.00 - 320.00	180.00 - 240.00	320.00 - 350.00	320.00 - 320.00
Tomato	350.00 - 480.00	500.00 - 600.00	550.00 - 600.00	600.00 - 700.00	500.00 - 600.00	600.00 - 700.00	400.00 - 480.00	650.00 - 700.00	400.00 - 480.00
Ladies Fingers	150.00 - 200.00	400.00 - 420.00	350.00 - 420.00	300.00 - 400.00	250.00 - 300.00	350.00 - 420.00	200.00 - 240.00	320.00 - 400.00	240.00 - 280.00
Brinjal	400.00 - 500.00	600.00 - 700.00	600.00 - 650.00	600.00 - 700.00	500.00 - 600.00	500.00 - 600.00	450.00 - 600.00	600.00 - 700.00	600.00 - 600.00
Capsicum	500.00 - 600.00	700.00 - 800.00	600.00 - 700.00	700.00 - 800.00	650.00 - 700.00	500.00 - 600.00	560.00 - 600.00	750.00 - 800.00	550.00 - 700.00
Pumpkin	200.00 - 230.00	320.00 - 320.00	280.00 - 320.00	300.00 - 320.00	240.00 - 300.00	240.00 - 320.00	220.00 - 240.00	300.00 - 320.00	320.00 - 320.00
Cucumber	100.00 - 120.00	280.00 - 280.00	180.00 - 240.00	200.00 - 280.00	160.00 - 200.00	160.00 - 200.00	150.00 - 160.00	200.00 - 240.00	240.00 - 240.00
Bitter Gourd	400.00 - 450.00	600.00 - 700.00	600.00 - 640.00	700.00 - 700.00	500.00 - 550.00	700.00 - 700.00	450.00 - 600.00	550.00 - 600.00	520.00 - 600.00
Snake Gourd	250.00 - 300.00	500.00 - 560.00	400.00 - 500.00	480.00 - 560.00	320.00 - 400.00	350.00 - 480.00	280.00 - 400.00	400.00 - 480.00	480.00 - 480.00
Drumstick	300.00 - 350.00	600.00 - 600.00	400.00 - 600.00	500.00 - 600.00	400.00 - 500.00	400.00 - 500.00	320.00 - 500.00	450.00 - 600.00	600.00 - 600.00
Luffa	200.00 - 250.00	480.00 - 500.00	450.00 - 480.00	500.00 - 500.00	350.00 - 400.00	320.00 - 320.00	300.00 - 400.00	400.00 - 480.00	320.00 - 400.00
Long Beans	250.00 - 260.00	500.00 - 500.00	400.00 - 480.00	480.00 - 500.00	400.00 - 480.00	-	250.00 - 320.00	400.00 - 480.00	320.00 - 480.00
Ash Plantain	160.00 - 200.00	360.00 - 360.00	280.00 - 360.00	320.00 - 360.00	280.00 - 300.00	280.00 - 320.00	180.00 - 240.00	240.00 - 280.00	240.00 - 240.00
Green Chillies	1200.00 - 1300.00	1600.00 - 1700.00	1400.00 - 1600.00	1600.00 - 1700.00	1500.00 - 1600.00	1600.00 - 1600.00	1200.00 - 1400.00	1600.00 - 1700.00	1600.00 - 1700.00
Lime	350.00 - 400.00	500.00 - 600.00	500.00 - 600.00	700.00 - 800.00	500.00 - 600.00	500.00 - 500.00	400.00 - 600.00	700.00 - 800.00	600.00 - 600.00
<u>Root Crops</u>									
Sweet Potato	150.00 - 200.00	320.00 - 320.00	300.00 - 320.00	320.00 - 320.00	300.00 - 320.00	300.00 - 300.00	200.00 - 240.00	300.00 - 320.00	320.00 - 320.00
Manioc	160.00 - 200.00	200.00 - 240.00	220.00 - 240.00	-	200.00 - 240.00	240.00 - 240.00	150.00 - 200.00	180.00 - 200.00	200.00 - 240.00
<u>Leafy Vegetable</u>									
Mukunuwenna	150.00 - 150.00	200.00 - 200.00	175.00 - 200.00	250.00 - 250.00	200.00 - 200.00	200.00 - 200.00	150.00 - 180.00	200.00 - 250.00	200.00 - 200.00
Kankun	150.00 - 150.00	200.00 - 200.00	175.00 - 200.00	250.00 - 250.00	200.00 - 200.00	200.00 - 200.00	150.00 - 180.00	200.00 - 250.00	200.00 - 200.00
Gotukola	300.00 - 300.00	400.00 - 450.00	350.00 - 350.00	400.00 - 450.00	400.00 - 400.00	400.00 - 400.00	300.00 - 300.00	400.00 - 400.00	360.00 - 450.00
<u>Coconut</u>									
Large	170.00 - 170.00	160.00 - 180.00	180.00 - 180.00	180.00 - 190.00	160.00 - 160.00	180.00 - 180.00	180.00 - 180.00	160.00 - 170.00	180.00 - 180.00
Small	150.00 - 150.00	130.00 - 130.00	150.00 - 150.00	140.00 - 150.00	140.00 - 150.00	130.00 - 140.00	130.00 - 150.00	140.00 - 150.00	160.00 - 160.00

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

Week 29: 17 - 23 July 2026

29

CROP	PELIYAGODA			MAHARAGAMA			KIRULAPONE			NUGEGODA			NARAHENPITA			DEMATAGODA			THOTALANGA			KADAWATHA			KIRIBATHGODA		
<u>Plantain</u>																											
Ambul	200.00	-	250.00	240.00	-	260.00	250.00	-	280.00	280.00	-	280.00	280.00	-	280.00	200.00	-	260.00	180.00	-	200.00	240.00	-	260.00	200.00	-	240.00
Kolikuttu	450.00	-	500.00	490.00	-	550.00	500.00	-	550.00	480.00	-	500.00	500.00	-	500.00	500.00	-	550.00	450.00	-	460.00	480.00	-	500.00	450.00	-	480.00
Seeni	180.00	-	200.00	230.00	-	260.00	250.00	-	260.00	260.00	-	260.00	220.00	-	250.00	200.00	-	240.00	150.00	-	160.00	200.00	-	240.00	220.00	-	240.00
Anamalu	250.00	-	300.00	380.00	-	380.00	350.00	-	380.00	350.00	-	380.00	350.00	-	380.00	300.00	-	350.00	260.00	-	350.00	350.00	-	360.00		-	
Ambun	250.00	-	300.00	380.00	-	380.00	350.00	-	380.00	350.00	-	380.00	350.00	-	380.00	300.00	-	350.00	260.00	-	350.00	350.00	-	360.00		-	
<u>Pineapple</u>																											
Large	450.00	-	500.00	500.00	-	500.00	450.00	-	500.00	450.00	-	500.00	450.00	-	480.00	280.00	-	300.00	280.00	-	300.00	400.00	-	460.00	350.00	-	400.00
Medium		-			-			-			-			-			-			-			-			-	
Small		-			-			-			-			-			-			-			-			-	
<u>Mango</u>																											
Betti		-			-			-			-			-			-			-			-			-	
Karthakolomban	500.00	-	700.00		-		700.00	-	700.00	700.00	-	750.00	600.00	-	700.00	450.00	-	500.00		-		450.00	-	500.00	480.00	-	520.00
Vilad	550.00	-	600.00		-			-			-			-			-			-			-			-	
Kohu		-			-			-			-			-			-			-			-			-	
<u>Other Fruits</u>																											
Wood Apple	600.00	-	700.00		-		1000.00	-	1200.00	1200.00	-	1200.00	700.00	-	800.00		-			-		780.00	-	800.00	1000.00	-	1000.00
Orange	400.00	-	450.00		-		780.00	-	800.00	800.00	-	800.00	700.00	-	800.00	500.00	-	500.00		-		600.00	-	650.00	700.00	-	800.00
Avocado	500.00	-	700.00		-		700.00	-	800.00	800.00	-	800.00	600.00	-	700.00	500.00	-	600.00	500.00	-	500.00	650.00	-	700.00	750.00	-	800.00
Slime Apple	400.00	-	500.00		-		700.00	-	800.00	700.00	-	800.00	500.00	-	600.00	400.00	-	400.00	300.00	-	300.00	460.00	-	500.00	550.00	-	600.00
Grapes	1800.00	-	2200.00	2800.00	-	2800.00	2600.00	-	2800.00	2400.00	-	2500.00	2800.00	-	3000.00	2500.00	-	2500.00	2000.00	-	2000.00	2400.00	-	2500.00	2500.00	-	2500.00
Papaw	140.00	-	250.00	250.00	-	250.00	280.00	-	280.00	200.00	-	250.00	180.00	-	220.00	200.00	-	250.00	200.00	-	200.00	180.00	-	250.00	200.00	-	200.00
Passion	500.00	-	600.00	700.00	-	700.00	800.00	-	900.00	800.00	-	800.00	650.00	-	800.00	900.00	-	900.00	450.00	-	460.00	650.00	-	700.00	800.00	-	800.00
King Coconut	180.00	-	250.00		-		200.00	-	250.00	220.00	-	250.00	180.00	-	220.00	200.00	-	200.00	180.00	-	200.00	200.00	-	220.00	230.00	-	250.00

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

Week 29: 17 - 23 July 2026

	CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
30	<u>Sea Fish</u>									
	Salaya	900.00 ~ 1000.00	1100.00 ~ 1200.00	1000.00 ~ 1200.00	1000.00 ~ 1200.00	1100.00 ~ 1200.00	1100.00 ~ 1200.00	1000.00 ~ 1000.00	1120.00 ~ 1200.00	1200.00 ~ 1200.00
	Hurulla	1500.00 ~ 1600.00	1400.00 ~ 1400.00	1400.00 ~ 1450.00	1400.00 ~ 1400.00	1600.00 ~ 1620.00	-	1400.00 ~ 1400.00	1400.00 ~ 1400.00	-
	Balaya	1200.00 ~ 1300.00	2300.00 ~ 2400.00	2400.00 ~ 2600.00	2400.00 ~ 2400.00	1800.00 ~ 1980.00	1600.00 ~ 1800.00	1700.00 ~ 1800.00	1600.00 ~ 1600.00	1400.00 ~ 1500.00
	Kelawalla	2000.00 ~ 2500.00	3000.00 ~ 3200.00	3000.00 ~ 3200.00	3200.00 ~ 3400.00	2200.00 ~ 2400.00	2400.00 ~ 2800.00	2800.00 ~ 3000.00	2600.00 ~ 2800.00	3000.00 ~ 3200.00
	Thora	3200.00 ~ 3500.00	4000.00 ~ 4100.00	4000.00 ~ 4200.00	4300.00 ~ 4400.00	4400.00 ~ 4560.00	3600.00 ~ 4400.00	4000.00 ~ 4000.00	3600.00 ~ 3600.00	3500.00 ~ 3500.00
	Paraw	1700.00 ~ 2000.00	2800.00 ~ 3000.00	2600.00 ~ 2800.00	2800.00 ~ 2800.00	2000.00 ~ 2200.00	2600.00 ~ 2800.00	1650.00 ~ 1650.00	-	3200.00 ~ 3200.00
	Mora	1500.00 ~ 1800.00	-	-	-	-	2000.00 ~ 2000.00	2200.00 ~ 2200.00	-	-
	Shrimps Small	1600.00 ~ 1800.00	2000.00 ~ 2200.00	2200.00 ~ 2200.00	1800.00 ~ 2000.00	2200.00 ~ 2260.00	1800.00 ~ 2000.00	1800.00 ~ 2000.00	1800.00 ~ 2000.00	1800.00 ~ 1960.00
	Talapath	3000.00 ~ 3200.00	3600.00 ~ 3600.00	3600.00 ~ 3600.00	3600.00 ~ 3600.00	3000.00 ~ 3040.00	3200.00 ~ 3600.00	3200.00 ~ 3600.00	3600.00 ~ 3600.00	3000.00 ~ 3200.00
	<u>Eggs (Rs/egg)</u>									
	Brown	42.00 ~ 44.00	43.00 ~ 45.00	43.00 ~ 45.00	45.00 ~ 46.00	42.00 ~ 43.00	42.00 ~ 44.00	43.00 ~ 45.00	44.00 ~ 45.00	44.00 ~ 45.00
	White	40.00 ~ 41.00	44.00 ~ 45.00	44.00 ~ 45.00	44.00 ~ 45.00	40.00 ~ 45.00	40.00 ~ 42.00	40.00 ~ 45.00	42.00 ~ 44.00	40.00 ~ 43.00
	<u>Dried Fish</u>									
	Sprats	2400.00 ~ 2800.00	2400.00 ~ 2500.00	3000.00 ~ 3000.00	2400.00 ~ 3000.00	2400.00 ~ 3000.00	2600.00 ~ 2700.00	2700.00 ~ 2800.00	-	2700.00 ~ 3000.00
	Kattawa	2400.00 ~ 2400.00	3600.00 ~ 3600.00	3400.00 ~ 3600.00	3500.00 ~ 3600.00	-	3400.00 ~ 3600.00	3000.00 ~ 3200.00	3200.00 ~ 3200.00	-
	Thora	-	-	-	4400.00 ~ 4400.00	-	-	-	3500.00 ~ 3500.00	-
	Mora	3000.00 ~ 3000.00	3200.00 ~ 3400.00	3200.00 ~ 3500.00	3200.00 ~ 3200.00	-	-	-	3200.00 ~ 3300.00	-
	Balaya	1600.00 ~ 1800.00	2400.00 ~ 2600.00	2600.00 ~ 2800.00	2800.00 ~ 3000.00	2600.00 ~ 2800.00	1600.00 ~ 1800.00	-	2000.00 ~ 2200.00	-
	Anguluwa	-	3000.00 ~ 3000.00	3000.00 ~ 3200.00	3000.00 ~ 3100.00	3200.00 ~ 3200.00	-	3200.00 ~ 3400.00	3000.00 ~ 3000.00	-
Salaya	1100.00 ~ 1400.00	1400.00 ~ 1500.00	1200.00 ~ 1400.00	1400.00 ~ 1600.00	-	-	1300.00 ~ 1500.00	1200.00 ~ 1300.00	-	
<u>Meat</u>										
Beef (without Bones)	-	3300.00 ~ 3300.00	3200.00 ~ 3200.00	3400.00 ~ 3400.00	3000.00 ~ 3000.00	-	3000.00 ~ 3000.00	3300.00 ~ 3300.00	-	
Chicken (Broiler)	1380.00 ~ 1400.00	1430.00 ~ 1430.00	1390.00 ~ 1390.00	1390.00 ~ 1390.00	1400.00 ~ 1400.00	1400.00 ~ 1430.00	1380.00 ~ 1400.00	1400.00 ~ 1400.00	1460.00 ~ 1480.00	
Chicken (Curry)	1200.00 ~ 1350.00	1280.00 ~ 1300.00	1300.00 ~ 1390.00	1300.00 ~ 1300.00	1200.00 ~ 1200.00	1200.00 ~ 1250.00	1200.00 ~ 1200.00	1350.00 ~ 1350.00	1250.00 ~ 1300.00	
Mutton	-	4400.00 ~ 4400.00	4500.00 ~ 4500.00	4500.00 ~ 4500.00	4600.00 ~ 4600.00	-	4400.00 ~ 4400.00	4600.00 ~ 4600.00	4600.00 ~ 4600.00	
Pork	-	2900.00 ~ 2900.00	-	-	-	-	-	-	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	233	12.68	6.41	437	0.84	0.42	46.83	NA	107	231	5.39	1.65
Onion												
Big onions	48	1.67	0.24	0.16	0.01	0.1	32.99	7.58	14.82	16.94	0.45	0.25
Red onions	55	2.13	0.15	0.18	0.02	0.13	30.15	14.26	20.37	19.32	0.31	0.28
Potatoes	71	1.67	0.25		0.01	0.09	14.31	20.5	9.83	23.84	0.46	0.29
Pulses												
Green gram	290	21.97	0.93	19.5	0.28	0.33	135	NA	98.96	146	4.15	2.86
White cowpea	320	21.25	1.14	1.36	0.09	0.26	249	NA	84.1	213	5.04	3.57
Red cowpea	320	20.24	1.08	0.96	0.11	0.27	273	NA	81.83	194	4.95	3.4
Red Dhal	319	23.09	0.77	1.06	1.6	0.22	55	NA	41.27	66.63	7.45	3.34
Vegetables												
Beans	46	3.95	0.15	6.64	0.1	0.3	45.2	7.02	35.68	45.56	0.7	0.59
Carrot	30	0.85	0.45	1240	0.03	0.1	24.71	5.93	27.65	11.7	0.59	0.25
Leeks	30	1.74	0.49	18.56	0.02	0.19	42.63	4.65	29.28	11.77	1.49	0.43
Beetroot	31	2.12	0.15	1.52	0.01	0.09	108	4.51	20.29	34.88	0.77	0.29
Knolkhol	16	1.69	0.34		0.05	0.19	12.7	77.64	40.09	19.35	0.23	0.18
Radish	29	0.75	0.11		0.02	0.09	18.09	12.13	35.64	13.56	0.38	0.16
Cabbage	21	1.35	0.14	3.35	0.05	0.14	52.66	29.62	56.85	18.47	0.33	0.16

Tomatoes	20	0.88	0.56	165	0.03	0.09	20.16	25.58	9.69	14.93	0.31	0.12
Ladies fingers	26	2.06	0.19	12.41	0.08	0.28	70.62	24.48	92.26	55.23	0.96	0.44
Brinjal (Pandora Striped)	29	1.49	0.31	23	0.12	0.09	30.99	1.49	18.95	18	0.32	0.19
Brinjal (Chinese eggplant)	24	1.28	0.33	16.83	0.12	0.11	32.94	3.37	14.4	21.18	0.28	0.16
Capsicum	23	1.22	0.34	38.96	0.03	0.29	28.65	49.63	12.65	11.21	0.21	0.31
Pumpkin (Common)	31	0.86	0.3	30.41	0.02	0.09	17.72	8.73	18.75	9.93	0.49	0.25
Cucumber	19	0.98	0.24	0.58	0.01	0.08	19.66	4.08	22.1	18.22	0.67	0.21
Bitter gourd	19	1.47	0.23	55.08	0.05	0.06	53.1	46.89	25.19	35.81	1.75	0.26
Snake gourd (Dark green)	11	0.82	0.25	10.41	0.03	0.12	18.09	3.54	26.83	25.84	0.41	0.11
Snake gourd (Pale green)	11	0.89	0.25	5.14	0.03	0.07	16.52	2.85	27.11	21.77	0.47	0.2
Drumstick	30	2.48	0.12	3.13	0.06	0.12	60.48	92.33	22.27	28.51	0.5	0.26
Watakolu	12	0.86	0.15	59.33	0.01	0.07	25.48	6.41	14.67	14.01	4.42	0.45
Long beans	24	3.36	0.3	-	0.06	0.11	99.98	8.93	44.22	33.17	1.01	0.08
Ash Plantain	76	2.84	0.56	0.06	0.02	0.07	6.82	4.49	5.19	22.55	0.39	0.21
Green chillies	39	2.28	0.76	38.16	0.08	0.25	21.29	98.61	20.25	36.91	1.25	0.29
Limes	26	0.66	0.26	0.36	0.01	0.05	12.1	38.05	26	15.25	0.12	0.05
Kekiri	17	1.01	0.25	0.76	0.01	0.07	17.34	8.07	25.72	26.2	0.63	0.22
Ash pumpkin (Ash guord)	18	0.8	0.15		0.01	0.15	14.17	9.14	19.27	23.62	0.48	0.13
Cho-Cho	19	0.58	0.12	0.3	0.04	0.07	63.81	23.76	20.55	13.02	0.49	0.12
Thalana batu (Little prince)	21	1.28	0.39	24.33	0.12	0.09	38.63	2.4	12.38	19.62	0.31	0.22
Thalana batu (Thai eggplant)	21	1.45	0.26	18.33	0.11	0.09	31.18	2.71	17.24	37.22	0.37	0.24
Thibbatu	61	1.66	1.96	15.89	0.03	1.02	72.39	10.8	105	57.46	1.06	0.59
Kohila yams	27	0.64	0.16	1.72	0.01	0.14	4.64	1.67	52.33	33.95	0.61	1.62
Kehel muwa	19	1.36	0.63	4.27	0.02	0.12	40.51	8.16	35.09	31.43	0.38	0.39
Ambaralla	37	0.73	0.44	3.36	0.01	0.1	44.49	35.51	20.7	9.28	0.7	0.12
Mango	50	0.75	0.09	14.5	0.02	0.14	34.89	91.63	28.56	17.74	0.5	0.09
Mushroom	27	2.54	0.42	-	0.15	0.13	7.81	11.56	0.9	14.42	1.32	0.79
Dambala	21	1.84	0.2	38.74	0.08	0.4	33.69	19.82	68.24	31.38	1.2	0.44

Coconuts nuts	390	3.67	39.92	-	0.05	0.11	14.86	-				
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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

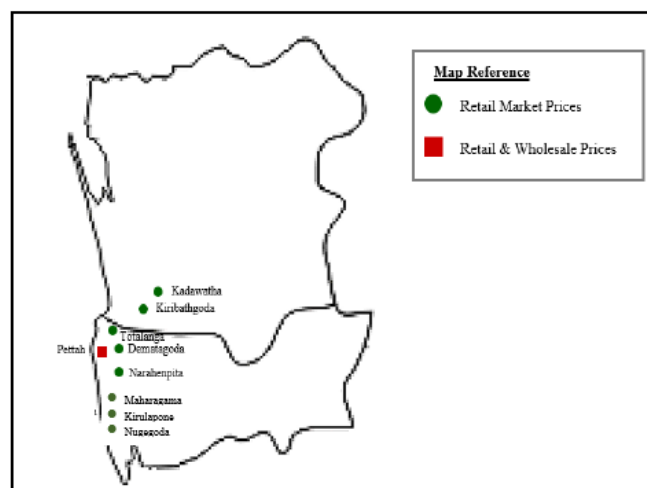
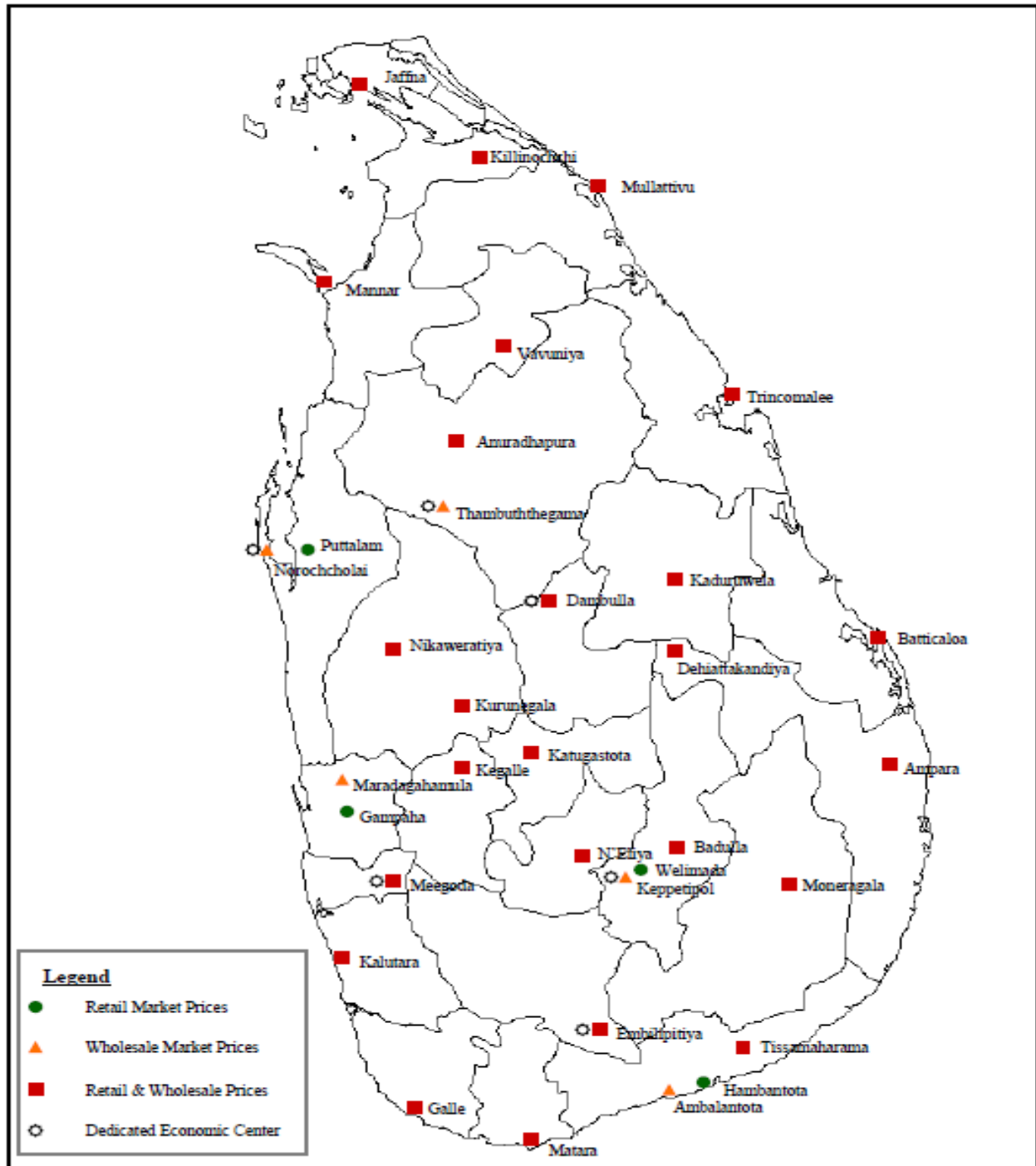
Fruits

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 චළච්චි තොග මිල, ජංගම දුරකථනයෙන්
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