

RETAIL MARKET AT A GLANCE

Summary

Rice

The retail prices of all rice varieties have increased. The highest price increase of Rs.29.00/kg was recorded for local keeri samba. Compared to the same period of last year, the highest price increase of 8% was recorded for local keeri samba while the highest price decrease of 6% was recorded for local raw red.

(Page No.01)

Other Field Crops

The retail prices of Nuwara Eliya potato, imported big onion, imported dry chilli, green gram, white cowpea, red cowpea and red dhal have increased. However, compared to the same period of the last year, highest price increase of 67% was recorded for both imported dry chili and big onions.

(Page No.02-03)

Vegetables

Retail prices of most of the vegetable varieties have decreased. Considering the up country vegetable, the highest price decrease was reported for beetroot by Rs.59.00/kg while considering the low country vegetable varieties, the highest price decrease was reported for drumstick by Rs.50.00/kg. However, compared to the same period of last year, prices of most of the vegetable varieties have increased with a highest price increase of 111% reported for tomato.

(Page No.04-05)

Fruits

In line with the increased wholesale prices, retail prices of most of the fruits have also decreased. The highest price decrease of Rs.185.00/kg was reported for wood apple. However, the price of avocado has increased by Rs.15.00/kg. Further, compared to the same period of last year, current prices of some of the fruits have increased and the highest price increase of 179% was reported for anamalu banana.

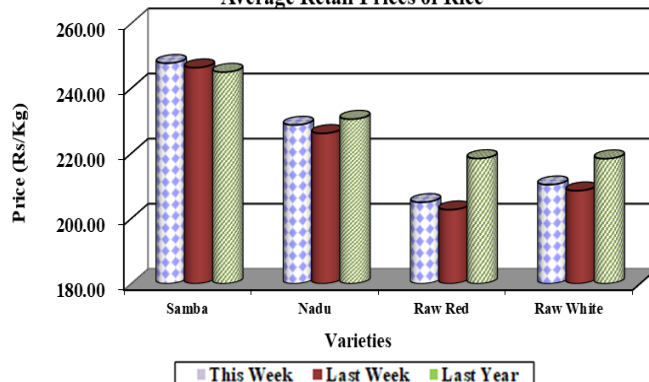
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Fish

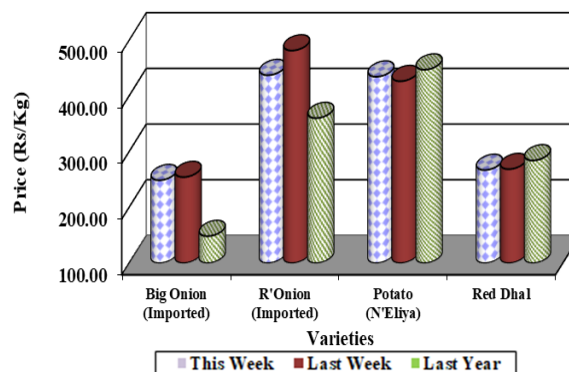
The retail prices of most of the fish varieties have increased. The highest price increase of Rs.209.00/kg was recorded for balaya. However, price decrease were recorded for prawns, hurulla, paraw and salaya. Further, compared to the same period of last year, retail prices of most of the fish varieties have increased and the highest price increase was recorded for balaya, at 46%.

(Page No.06)

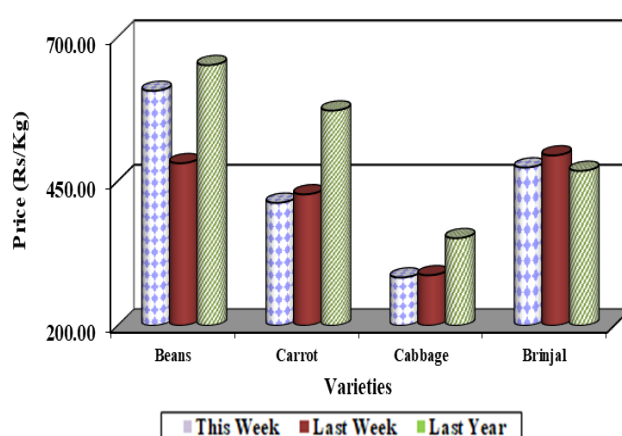
Average Retail Prices of Rice



Average Retail Prices of Other Field Crops



Average Retail Prices of Vegetables



Rice

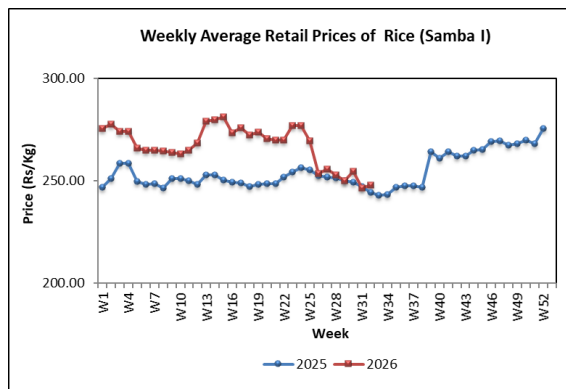
Wholesale

Price of keeri samba has decreased by 2% due to availability of sufficient stocks and price ranged Rs.250.00-320.00/kg. Price of all other local rice varieties have not changed significantly and price ranged of Rs.220.00-225.00/kg for ponni samba

Compared to the same period of the last year, highest price decrease of 15% was reported for raw-red.

Retail

All rice prices have increased. The highest price increase of Rs.29.00/kg was recorded for local keeri samba.



Compared to the same period of the last year the highest price increase of 8% was recorded for local keeri samba while the highest price decrease of 6% was recorded for local raw red.

Paddy

The average farmgate prices of major paddy varieties have showed mixed movements across the main producing areas. Accordingly, the average farmgate price of short-grain (samba) paddy increased by Rs.10.00/kg in Anuradhapura and by Rs.6.000/kg in Nikaweratiya areas whereas prices declined by Rs.3.00/kg in Ampara and Rs.2.00/kg in Dehiattakandiya areas. The average farmgate prices of short-grain paddy ranged from Rs.105.00 to Rs.130.00/kg across the reported producing areas. Meanwhile, the average farmgate price of keeri samba paddy increased in Anuradhapura and Kalawewa, while decline slightly in Polonnaruwa and Dehiattakandiya areas. The largest increase was recorded in Anuradhapura, where the price rose by Rs.11.00/kg, followed by an increase of Rs.3.000/kg in Kalawewa. The farmgate prices of keeri samba paddy ranged from Rs.120.00 to Rs.140.00/kg across the reported producing areas.

The average farmgate price of long-grain white paddy also increased by Rs.9.00/kg in Anuradhapura and Rs.6.000/kg in Ampara, while declining by Rs.2.00/kg in Kalawewa. The prices of long-grain white paddy ranged from Rs.95.00 to

Rs.120.00/kg across the reported producing areas. For long-grain red paddy, the average farmgate price in Embilipitiya remained unchanged at Rs.99.00/kg.

Compared with the same period of last year, short-grain paddy prices declined by around 2%-8%. Keeri samba paddy prices also declined in Anuradhapura and Polonnaruwa by around 1%-5%, while the price in Dehiattakandiya increased by 2%. Meanwhile, long-grain white paddy prices declined by 4%-13% across the reported producing areas. The price of long-grain red paddy in Embilipitiya declined by 11% compared with the same period of the previous year.

Dried Chilies

Wholesale

Price of imported dried chilies has not changed significantly and price ranged Rs.1050.00-1200.00/kg.

Compared to same period of last year price of imported dried chilies has increased by 95%.

Retail

Price of imported dried chilies has increased by Rs. 26.00/kg and price ranged Rs.1300.00-1500.00/kg.

Compared to the same period of the last year, current retail price of imported dried chilies has increased by 67%.

Onion

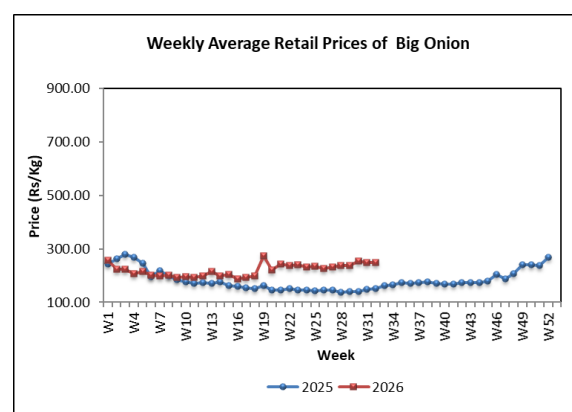
Wholesale

Price of vedalan and imported red onion have decreased by 4% and 15% due to availability of sufficient stocks and price ranged Rs.250.00-320.00/kg and Rs.200.00-220.00/kg. Price of imported big onion has increased by 12% due to unavailability of sufficient stocks and price ranged Rs.190.00-220.00/kg.

Compared to same period of last year price of big onion has increased by 77%.

Retail

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 67% was recorded for imported big onions and the

second highest price increase of 28% was recorded for vedalan red onions.

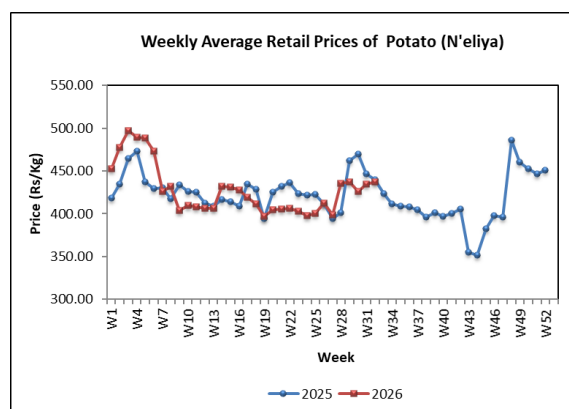
Potato Wholesale

Price of Nuwara Eliya potato has increased by 2% and price ranged Rs.330.00-350.00/kg. Price of imported potato has decreased by 4% and price ranged Rs.140.00-185.00/kg.

Compared to the same period of the last year, Nuwara Eliya potato has increased by 19% while imported potato has decreased by 14%.

Retail

The price of Nuwara Eliya potatoes have increased by Rs.3.00/kg and the price of imported potatoes have decreased by Rs.3.00/kg. The highest price increase of Rs.3.00/kg was recorded for Nuwara Eliya potato.



Compared to the same period of the last year, highest price increase of 1% was recorded for imported potato.

Pulses

Wholesale

Price of white cowpea and red cowpea have increased by 4% and price ranged Rs.650.00-700.00/kg, Rs.600.00-700.00/kg. Price of green gram and red dhal have also increased by 2% and 3% respectively.

Compared to the same period of the last year highest price decrease of 34 % recorded for red cowpea.

Retail

Prices of green gram, white cowpea, red cowpea and red dhal have increase by Rs.21.00/kg, Rs.34.00/kg, Rs.8.00/kg and Rs.1.00/kg. The highest price increased of Rs.34.00/kg was recorded for white cowpea.

Compared to the same period of the last year, highest price increase of 5% was recorded for green gram and highest price decrease of 17% was recorded for red cowpea.

Vegetables

Wholesale

Price of most of the up country and low country vegetable has decreased, with increased supply from most of producing areas.

Among the upcountry vegetable varieties, the highest price decrease of 30% reported for beetroot, with increased supply from Puttalam, and good quality stock of Beetroot (Nuwara Eliya) was not available. Similarly, the prices of carrot have also decreased by 22%, due to increased supply from Nuwara Eliya. While the prices of knolkhol have decreased further by 20%, with increased supply from Melsiripura and Nuwara Eliya. However, the price of beans has increased by 39%, with decreased supply from Balangoda and Welimada.

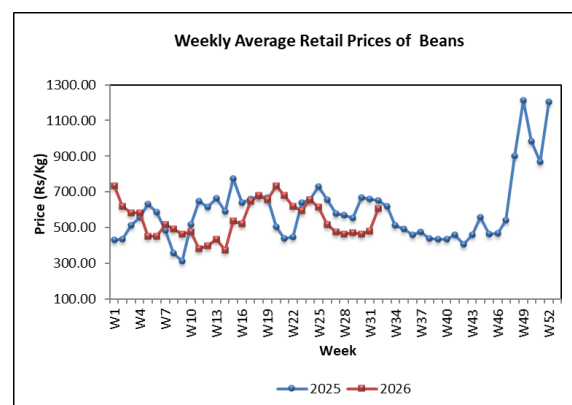
Considering the low-country vegetables, the highest price decrease was reported for drumstick as 24%, due to increased supply from Embilipitiya Puttalam, Dambulla, Jaffna and Wellawaya. In addition, prices of capsicum have also decreased by 15%, with increased supply from Puttalam and Wellawaya while the price of cucumber has decreased by 8%, with increased supply from Puttalam, Hettipola and Balangoda. However, the prices of long beans have increased by 16%, with

decrease supply from Puttalam and Balangoda. Prices of green chili and lime have decreased by 12% and 13% respectively, due to increase supply from 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 215% reported for tomato.

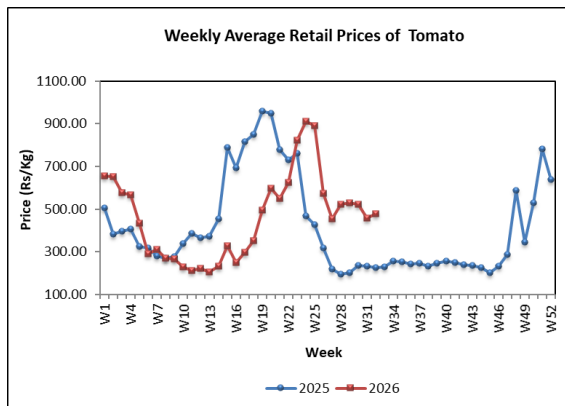
Retail

Prices of most of the vegetable varieties have decreased. Considering the up-country vegetables, the highest price decrease was reported for beetroot by Rs.59.00/kg. While prices of knolkhol and leeks have also decreased by Rs.31.00/kg and Rs.24.00/ kg respectively. However, the prices of beans and tomato have increased by Rs.125.00/kg and Rs.22.00/kg respectively, mainly due to the increase of wholesale prices.



Considering the low country vegetable varieties, the highest price decrease was

reported for drumstick by Rs.50.00/kg and price of brinjal has also decreased by Rs.21.00/kg. However, the price of long beans has increased by Rs.48.00/kg. Also, the price of green chilies has decreased by Rs.190.00/kg.



Compared to the same period of last year, prices of most of the vegetable varieties have increased with a highest price increase of 111% reported for tomato.

Coconut Wholesale

Prices of both large and small coconut have not changed significantly. Price ranges were Rs.160.00-170.00 for a large nut and Rs.140.00-150.00 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 6% and 5% respectively.

Retail

There has been no significant change in the prices of large and small nuts. Prices ranged Rs.170.00-190.00 for a large nut and Rs.150.00-160.00 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 10% and 14% respectively.

Fruits Wholesale

Prices of some of the fruit varieties have decreased due to high supply to the market. The highest price decrease of 28% was reported for wood apple. Further, price of passion fruit has decreased by 12% due to high supply to the market. However, prices of karthakolomban mango, vilad mango and slime apple have increased by 27%, 20% and 15% respectively due to low supply from harvesting areas.

Compared to the same period of last year, prices of most of the fruit varieties have increased and the highest price increase of 115% was noted for karthakolomban mango.

Retail

In line with the increased wholesale prices, retail prices of most of the fruits have also decreased. The highest price decrease of Rs.185.00/kg was reported for wood apple. Price of imported grapes, passion fruit and ambul banana have decreased by Rs.70.00/kg, Rs.63.00/kg and Rs.30.00/kg respectively. Also, prices of orange, king coconut and pineapple(large) decreased by Rs.14.00/kg, Rs.14.00/nut and Rs.13.00/kg. However, the price of avocado has increased by Rs.15.00/kg. Compared to the same period of last year, current prices of some of the fruits have increased and the highest price increase of 179% was reported for anamalu banana.

Fresh Fish

Wholesale

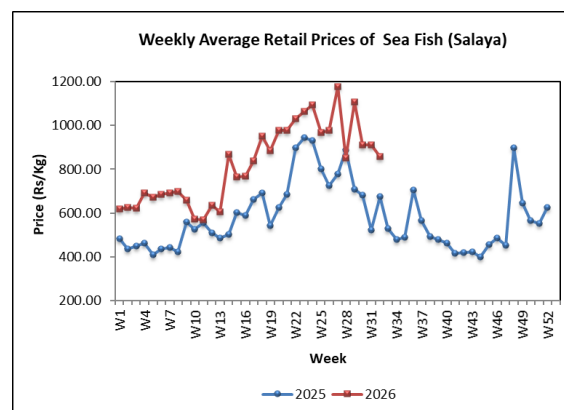
The prices for most fresh fish types have increased in the range of 2% to 11%. The highest price increase was noted for thalapath and the prices ranged between as 11% and the prices ranged between Rs.2600.00-3600.00. The second highest price increase was noted for mora as 8%. Price of shrimps has decreased by 14%. Price of hurulla has decreased by 12%.

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

fish types have increased in the range of 10%-60% and the highest price increase was noted for thalapath.

Retail

Retail prices for many fish species have risen compared to the previous week. The highest price increase of Rs.209.00/kg was recorded for balaya. Prices for mora, thalapath and thora increased by Rs.133.00, Rs.40.00 and Rs.30.00/kg respectively. Price decreases were recorded for prawns, hurulla, paraw and salaya, with prices dropping by Rs.171.00, Rs.153.00, Rs.62.00, and Rs.54.00/kg respectively.



Compared to the same period of last year, retail prices of many fish species have increased by rang of 2% to 46%. The highest price increase was recorded for balaya, at 46%.

Dried Fish

Wholesale

Prices of most of the local and imported dried fish types have increased in the range of 0.38%-91%. The highest price increase of 91% was noted for local koduwa and its price range between Rs.1800.00-2000.00/kg. The second highest price increase of 60% was noted for imported balaya and its price ranged between Rs.1750.00-2000.00/kg. Price of local salaya has decreased by 5% and its price ranged between Rs. 900.00-1050.00/kg.

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

Retail

Prices for many varieties of dried fish have increased. The highest price was recorded for mora, at Rs.159.00/kg. Prices for katta and salaya dried fish also rose by Rs.71.00 and Rs.40.00/kg respectively. Conversely, price drops of Rs.133.00 and Rs.51.00/kg were recorded for anguluwa and local sprats.

Compared to the same period last year, prices for most dried fish varieties have increased within the range of 7% to 93%.

The sharpest price increase of 93% was recorded for local sprats.

Eggs

Wholesale

The prices of brown and white eggs have decreased in the range of 2%-3%. Price range of a brown egg was Rs.42.00-44.00 and the price range of a white egg was Rs.40.00-42.00.

Compared to the same period of last year, current wholesale prices of brown and white eggs have increased by 27% and 33% respectively.

Retail

Egg prices have decreased compared to the previous week, a drop of Rs.2.00 for brown eggs and Rs.1.00 for white eggs has been recorded. The price range was Rs.43.00-48.00 for brown eggs and Rs.42.00-46.00 for white eggs.

Compared to the same period last year, the price of brown eggs has increased by 26%, and the retail price of white eggs has risen by 32%.

Meat

Retail

Prices for most meat varieties fluctuated while the lowest price decrease was recorded for mutton at Rs.57.00/kg. There was no change in the price of pork compared to the previous week. An increase of Rs.36.00/kg was recorded for curry chicken, while the price of beef dropped by Rs.3.00/kg.

Compared to the same period last year, the prices of all types of meat have increased. The highest price increase was recorded for beef at 17%.

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 32: 07 - 13 Aug 2026**

	LOCATIONS	Rice Varieties													
		Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White	
09	Colombo	225.00 –	230.00	220.00 –	222.00	250.00 –	320.00	195.00 –	200.00	190.00 –	192.00	160.00 –	170.00	175.00 –	190.00
	Divulapitiya	282.00 –	285.00	220.00 –	240.00	266.00 –	330.00	227.00 –	228.00	180.00 –	200.00	160.00 –	180.00	172.00 –	190.00
	Kurunegala	–		–		–		–		–		–		–	
	Nikaweratiya	–		235.00 –	240.00	375.00 –	380.00	223.00 –	230.00	175.00 –	180.00	–		165.00 –	170.00
	Badulla	–		230.00 –	235.00	365.00 –	370.00	220.00 –	228.00	–		160.00 –	175.00	180.00 –	185.00
	Puttalam	278.00 –	282.00	238.00 –	245.00	370.00 –	378.00	225.00 –	228.00	198.00 –	205.00	205.00 –	210.00	192.00 –	198.00
	Dambulla	275.00 –	280.00	230.00 –	235.00	–		224.00 –	226.00	190.00 –	195.00	190.00 –	200.00	185.00 –	190.00
	Anuradhapura	280.00 –	285.00	230.00 –	235.00	350.00 –	355.00	225.00 –	228.00	180.00 –	200.00	215.00 –	220.00	175.00 –	188.00
	Tambuttegama	285.00 –	290.00	238.00 –	242.00	375.00 –	375.00	228.00 –	230.00	198.00 –	208.00	210.00 –	218.00	185.00 –	200.00
	Polonnaruwa	–		–		–		218.00 –	222.00	210.00 –	212.00	190.00 –	190.50	199.50 –	200.00
	Kalutara	–		230.00 –	235.00	–		–		195.00 –	200.00	165.00 –	190.00	180.00 –	200.00
	Ampara	–		240.00 –	240.00	260.00 –	260.00	230.00 –	230.00	197.00 –	200.00	170.00 –	180.00	170.00 –	185.00
	Kandy	265.00 –	270.00	235.00 –	240.00	320.00 –	330.00	216.00 –	220.00	192.00 –	195.00	175.00 –	180.00	188.00 –	200.00
	Moneragala	–		230.00 –	235.00	370.00 –	375.00	226.00 –	227.00	210.00 –	215.00	160.00 –	170.00	170.00 –	180.00
	Kegalle	–		–		–		–		–		–		–	
	Dehiattakandiya	280.00 –	280.00	–		320.00 –	370.00	220.00 –	225.00	200.00 –	200.00	210.00 –	215.00	165.00 –	190.00
	Hambantota	–		–		–		–		–		–		–	
	Matara	–		–		–		–		–		–		–	
	Galle	–		235.00 –	250.00	360.00 –	390.00	–		190.00 –	200.00	160.00 –	170.00	185.00 –	200.00
	Meegoda	–		230.00 –	235.00	255.00 –	270.00	–		198.00 –	200.00	163.00 –	168.00	168.00 –	178.00
	Tissamaharama	–		–		–		229.00 –	229.00	–		156.00 –	157.00	195.00 –	197.00
	Embilipitiya	–		238.00 –	240.00	370.00 –	375.00	224.00 –	225.00	204.00 –	208.00	160.00 –	163.00	172.00 –	174.00
	Jaffna	–		–		–		–		–		–		–	
	Vavuniya	–		–		–		220.00 –	225.00	210.00 –	214.00	170.00 –	175.00	200.00 –	205.00
	Mannar	–		242.00 –	245.00	330.00 –	335.00	–		195.00 –	200.00	175.00 –	180.00	190.00 –	195.00
	Killinochchi	–		–		–		–		–		–		–	
	Mullattivu	–		–		–		225.00 –	230.00	205.00 –	210.00	170.00 –	175.00	200.00 –	205.00
	Batticaloa	–		225.00 –	230.00	290.00 –	320.00	–		190.00 –	200.00	180.00 –	180.00	180.00 –	180.00
	Trincomalee	–		–		–		–		–		–		–	
	Galenbindunuwew	–		–		–		–		–		–		–	
Matale	275.00 –	280.00	230.00 –	238.00	258.00 –	375.00	224.00 –	226.00	195.00 –	205.00	180.00 –	200.00	180.00 –	200.00	

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

Week 32: 07 - 13 Aug 2026

	LOCATIONS	Rice Varieties													
		Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White	
10	Colombo	240.00 –	270.00	–		260.00 –	380.00	220.00 –	240.00	–		180.00 –	220.00	200.00 –	220.00
	Gampaha	–		238.00 –	240.00	–		230.00 –	230.00	198.00 –	220.00	185.00 –	205.00	190.00 –	210.00
	Kurunegala	–		–		–		–		–		–		–	
	Nikaweratiya	285.00 –	290.00	235.00 –	240.00	380.00 –	385.00	228.00 –	235.00	180.00 –	185.00	–		170.00 –	175.00
	Dambulla	280.00 –	285.00	240.00 –	250.00	350.00 –	370.00	227.00 –	230.00	200.00 –	210.00	200.00 –	210.00	200.00 –	210.00
	Anuradhapura	290.00 –	298.00	235.00 –	245.00	370.00 –	375.00	225.00 –	235.00	200.00 –	210.00	220.00 –	225.00	215.00 –	220.00
	Thambuththegama	295.00 –	300.00	245.00 –	255.00	385.00 –	400.00	230.00 –	235.00	205.00 –	218.00	215.00 –	225.00	205.00 –	212.00
	Polonnaruwa	–		235.00 –	240.00	–		230.00 –	230.00	198.00 –	205.00	218.00 –	220.00	220.00 –	220.00
	Kaluthara	–		240.00 –	245.00	360.00 –	380.00	230.00 –	230.00	200.00 –	210.00	170.00 –	195.00	185.00 –	220.00
	Badulla	–		230.00 –	240.00	370.00 –	380.00	–		–		180.00 –	190.00	195.00 –	200.00
	Keppetipola	–		240.00 –	245.00	350.00 –	360.00	226.00 –	228.00	213.00 –	215.00	175.00 –	177.00	190.00 –	200.00
	Moneragala	–		240.00 –	250.00	380.00 –	390.00	230.00 –	230.00	220.00 –	220.00	170.00 –	180.00	180.00 –	190.00
	Kegalle	–		240.00 –	250.00	–		225.00 –	230.00	215.00 –	220.00	210.00 –	220.00	200.00 –	210.00
	Ampara	–		240.00 –	250.00	300.00 –	300.00	230.00 –	230.00	197.00 –	202.00	175.00 –	190.00	170.00 –	220.00
	Dehiattakandiya	290.00 –	290.00	–		330.00 –	380.00	225.00 –	230.00	210.00 –	210.00	220.00 –	220.00	170.00 –	220.00
	Nuwaraeliya	–		240.00 –	250.00	360.00 –	365.00	228.00 –	230.00	208.00 –	215.00	175.00 –	178.00	186.00 –	200.00
	Kandy	275.00 –	280.00	245.00 –	250.00	365.00 –	370.00	225.00 –	230.00	215.00 –	220.00	200.00 –	210.00	200.00 –	220.00
	Puttalam	285.00 –	300.00	240.00 –	260.00	380.00 –	390.00	230.00 –	230.00	210.00 –	220.00	220.00 –	225.00	210.00 –	220.00
	Hambantota	–		–		–		–		–		–		–	
	Rathnapura	290.00 –	300.00	–		370.00 –	380.00	230.00 –	240.00	206.00 –	215.00	178.00 –	185.00	186.00 –	194.00
	Matara	–		–		–		–		–		–		–	
	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	–		–		–		230.00 –	230.00	–		160.00 –	165.00	200.00 –	205.00
	Meegoda (DEC)	–		240.00 –	240.00	–		–		–		180.00 –	190.00	190.00 –	210.00
	Embilipitiya	–		240.00 –	250.00	375.00 –	380.00	229.00 –	230.00	205.00 –	210.00	165.00 –	170.00	195.00 –	208.00
	Jaffna	–		–		–		–		–		–		–	
	Vavuniya	–		240.00 –	245.00	–		230.00 –	235.00	220.00 –	225.00	180.00 –	185.00	210.00 –	215.00
	Mannar	–		250.00 –	255.00	355.00 –	360.00	230.00 –	235.00	–		190.00 –	197.00	200.00 –	220.00
	Killinochchi	–		–		–		–		–		–		–	
	Mullaittivu	–		–		–		230.00 –	238.00	210.00 –	215.00	175.00 –	180.00	205.00 –	210.00
	Batticaloa	–		240.00 –	245.00	325.00 –	350.00	–		205.00 –	210.00	190.00 –	190.00	190.00 –	190.00
	Trincomalee	–		–		–		–		–		–		–	
Hanguranketha	–		235.00 –	235.00	–		225.00 –	230.00	215.00 –	220.00	185.00 –	190.00	185.00 –	210.00	
Veyangoda	–		240.00 –	240.00	–		230.00 –	230.00	195.00 –	210.00	180.00 –	190.00	200.00 –	210.00	
Galenbindunuwewa	–		–		–		–		–		–		–		
Bandarawela	–		–		365.00 –	370.00	230.00 –	230.00	215.00 –	218.00	170.00 –	185.00	185.00 –	190.00	
Matale	285.00 –	290.00	240.00 –	245.00	380.00 –	385.00	228.00 –	230.00	205.00 –	220.00	210.00 –	220.00	205.00 –	210.00	

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

Week 32: 07 - 13 Aug 2026

11

LOCATION	Dried Chillies	Red Onion		Big Onion	Potato			Pulses		
	Imported	Imported	Local		Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal
Colombo	1050.00 - 1200.00	200.00 - 220.00	250.00 - 320.00	190.00 - 220.00	140.00 - 185.00	-	330.00 - 350.00	650.00 - 750.00	650.00 - 700.00	225.00 - 235.00
Kurunegala	-	-	-	-	-	-	-	-	-	-
Nikaweratiya	1090.00 - 1120.00	360.00 - 390.00	-	190.00 - 210.00	165.00 - 175.00	-	-	750.00 - 780.00	-	234.00 - 240.00
Dehiattakandiya	1050.00 - 1100.00	-	300.00 - 350.00	190.00 - 230.00	140.00 - 200.00	-	360.00 - 380.00	700.00 - 800.00	550.00 - 650.00	235.00 - 240.00
Dambulla (DEC)	1050.00 - 1080.00	-	220.00 - 230.00	140.00 - 210.00	-	-	280.00 - 320.00	550.00 - 600.00	450.00 - 500.00	225.00 - 235.00
Anuradhapura	1050.00 - 1100.00	255.00 - 310.00	-	200.00 - 230.00	160.00 - 185.00	-	-	850.00 - 890.00	650.00 - 760.00	230.00 - 240.00
Thambuththegama	1080.00 - 1140.00	220.00 - 290.00	-	150.00 - 210.00	135.00 - 200.00	-	-	680.00 - 700.00	500.00 - 550.00	228.00 - 230.00
Polonnaruwa	1100.00 - 1250.00	320.00 - 400.00	-	200.00 - 230.00	170.00 - 215.00	-	340.00 - 365.00	787.00 - 845.00	735.00 - 820.00	240.00 - 247.00
Kaluthara	1080.00 - 1150.00	270.00 - 300.00	-	200.00 - 210.00	180.00 - 200.00	-	-	750.00 - 780.00	680.00 - 750.00	235.00 - 245.00
Puttalam	1150.00 - 1180.00	320.00 - 340.00	200.00 - 260.00	205.00 - 215.00	175.00 - 185.00	-	-	770.00 - 800.00	830.00 - 880.00	230.00 - 240.00
Kandy	1080.00 - 1200.00	240.00 - 250.00	270.00 - 280.00	170.00 - 215.00	140.00 - 160.00	-	320.00 - 340.00	700.00 - 800.00	640.00 - 700.00	225.00 - 230.00
Matara	-	-	-	-	-	-	-	-	-	-
Hambantota	-	-	-	-	-	-	-	-	-	-
Kegalle	1000.00 - 1100.00	280.00 - 300.00	-	200.00 - 210.00	190.00 - 200.00	-	320.00 - 330.00	830.00 - 840.00	700.00 - 710.00	200.00 - 210.00
Galle	1100.00 - 1150.00	350.00 - 380.00	-	200.00 - 220.00	180.00 - 200.00	-	340.00 - 360.00	820.00 - 850.00	850.00 - 860.00	235.00 - 240.00
Tissamaharama	1050.00 - 1075.00	330.00 - 340.00	-	210.00 - 220.00	185.00 - 190.00	-	340.00 - 350.00	700.00 - 750.00	-	235.00 - 240.00
Meegoda (DEC)	1050.00 - 1100.00	240.00 - 260.00	240.00 - 260.00	195.00 - 220.00	145.00 - 195.00	-	325.00 - 340.00	720.00 - 780.00	680.00 - 750.00	222.00 - 234.00
Jaffna	-	-	-	-	-	-	-	-	-	-
Vavuniya	-	-	270.00 - 290.00	200.00 - 220.00	200.00 - 220.00	-	-	680.00 - 700.00	-	240.00 - 245.00
Mannar	1060.00 - 1075.00	-	-	185.00 - 190.00	160.00 - 165.00	-	-	650.00 - 750.00	-	230.00 - 235.00
Killinochchi	-	-	-	-	-	-	-	-	-	-
Mullattivu	1240.00 - 1280.00	-	-	180.00 - 190.00	180.00 - 210.00	-	-	800.00 - 830.00	-	240.00 - 245.00
Batticaloa	1200.00 - 1200.00	-	290.00 - 300.00	170.00 - 170.00	180.00 - 180.00	-	340.00 - 350.00	700.00 - 700.00	-	220.00 - 225.00
Trincomalee	-	-	-	-	-	-	-	-	-	-
Galenbindunuwewa	-	-	-	-	-	-	-	-	-	-
Matale	1100.00 - 1150.00	240.00 - 260.00	300.00 - 320.00	220.00 - 230.00	160.00 - 180.00	-	-	680.00 - 780.00	650.00 - 720.00	235.00 - 238.00

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

Week 32: 07 - 13 Aug 2026

12

LOCATIONS	Dried Chillies	Red Onion		Big Onion	Potato			Pulses		
	Imported	Imported	Local		Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal
Colombo	1300.00 - 1500.00	-	380.00 - 480.00	220.00 - 280.00	190.00 - 250.00	-	400.00 - 480.00	800.00 - 1200.00	820.00 - 1200.00	240.00 - 300.00
Gampaha	1200.00 - 1300.00	400.00 - 480.00	-	250.00 - 280.00	240.00 - 280.00	-	460.00 - 480.00	830.00 - 1000.00	800.00 - 1000.00	260.00 - 280.00
Kurunegala	-	-	-	-	-	-	-	-	-	-
Nikaweratiya	1120.00 - 1200.00	400.00 - 450.00	-	220.00 - 250.00	-	-	-	780.00 - 830.00	-	240.00 - 255.00
Dambulla	1180.00 - 1300.00	-	360.00 - 400.00	220.00 - 240.00	200.00 - 240.00	-	380.00 - 400.00	800.00 - 850.00	780.00 - 840.00	240.00 - 260.00
Anuradhapura	1200.00 - 1275.00	350.00 - 400.00	-	230.00 - 245.00	190.00 - 210.00	-	-	880.00 - 950.00	800.00 - 850.00	260.00 - 280.00
Thambuththegama	1300.00 - 1500.00	280.00 - 350.00	-	200.00 - 250.00	180.00 - 210.00	-	-	750.00 - 900.00	650.00 - 800.00	240.00 - 250.00
Polonnaruwa	1200.00 - 1300.00	350.00 - 420.00	-	240.00 - 260.00	200.00 - 240.00	-	380.00 - 400.00	800.00 - 850.00	740.00 - 840.00	250.00 - 270.00
Kaluthara	1200.00 - 1280.00	360.00 - 400.00	400.00 - 440.00	240.00 - 250.00	200.00 - 260.00	-	380.00 - 460.00	780.00 - 850.00	760.00 - 840.00	240.00 - 254.00
Badulla	1200.00 - 1250.00	345.00 - 350.00	-	-	200.00 - 250.00	350.00 - 400.00	-	780.00 - 850.00	600.00 - 800.00	260.00 - 300.00
Keppetipola	1250.00 - 1300.00	330.00 - 350.00	360.00 - 380.00	220.00 - 240.00	200.00 - 220.00	350.00 - 360.00	-	850.00 - 900.00	850.00 - 900.00	235.00 - 240.00
Moneragala	1200.00 - 1300.00	-	360.00 - 400.00	220.00 - 260.00	200.00 - 240.00	-	380.00 - 400.00	800.00 - 900.00	600.00 - 700.00	260.00 - 280.00
Kegalle	1160.00 - 1200.00	340.00 - 360.00	-	250.00 - 280.00	240.00 - 260.00	-	380.00 - 400.00	880.00 - 900.00	760.00 - 780.00	260.00 - 280.00
Ampara	1200.00 - 1230.00	300.00 - 400.00	-	230.00 - 260.00	200.00 - 250.00	-	380.00 - 415.00	800.00 - 850.00	700.00 - 820.00	240.00 - 245.00
Dehiattakandiya	1100.00 - 1200.00	-	340.00 - 400.00	210.00 - 250.00	190.00 - 220.00	-	400.00 - 400.00	750.00 - 850.00	650.00 - 750.00	245.00 - 260.00
Nuwaraeliya	1300.00 - 1400.00	320.00 - 350.00	350.00 - 380.00	240.00 - 280.00	220.00 - 250.00	-	350.00 - 360.00	860.00 - 900.00	850.00 - 880.00	235.00 - 245.00
Kandy	1280.00 - 1300.00	-	-	-	-	-	-	-	-	260.00 - 270.00
Puttalam	1250.00 - 1300.00	360.00 - 400.00	400.00 - 450.00	250.00 - 280.00	230.00 - 250.00	-	380.00 - 400.00	840.00 - 880.00	920.00 - 980.00	260.00 - 280.00
Rathnapura	1240.00 - 1300.00	300.00 - 380.00	330.00 - 400.00	230.00 - 260.00	200.00 - 260.00	-	375.00 - 430.00	800.00 - 940.00	735.00 - 780.00	270.00 - 290.00
Hambantota	-	-	-	-	-	-	-	-	-	-
Matara	-	-	-	-	-	-	-	-	-	-
Galle	1300.00 - 1300.00	-	-	240.00 - 260.00	240.00 - 260.00	-	400.00 - 480.00	900.00 - 950.00	1000.00 - 1000.00	260.00 - 300.00
Tissamaharama	1150.00 - 1200.00	360.00 - 380.00	-	230.00 - 240.00	230.00 - 240.00	-	370.00 - 380.00	800.00 - 850.00	-	250.00 - 260.00
Meegoda (DEC)	1150.00 - 1250.00	360.00 - 440.00	400.00 - 400.00	200.00 - 250.00	200.00 - 250.00	-	380.00 - 440.00	800.00 - 960.00	800.00 - 960.00	250.00 - 300.00
Embilipitiya	1000.00 - 1150.00	-	380.00 - 400.00	215.00 - 240.00	215.00 - 240.00	-	370.00 - 400.00	740.00 - 800.00	730.00 - 760.00	250.00 - 260.00
Jaffna	-	-	-	-	-	-	-	-	-	-
Vavuniya	1500.00 - 1520.00	-	350.00 - 380.00	250.00 - 280.00	250.00 - 270.00	-	-	820.00 - 850.00	-	260.00 - 265.00
Mannar	1200.00 - 1250.00	-	-	200.00 - 220.00	180.00 - 200.00	-	-	800.00 - 850.00	-	255.00 - 260.00
Killinochchi	-	-	-	-	-	-	-	-	-	-
Mullaittivu	1260.00 - 1300.00	-	-	-	190.00 - 220.00	-	-	820.00 - 850.00	-	250.00 - 260.00
Batticaloa	1300.00 - 1400.00	-	320.00 - 350.00	200.00 - 220.00	200.00 - 220.00	-	400.00 - 420.00	800.00 - 800.00	-	240.00 - 240.00
Trincomalee	-	-	-	-	-	-	-	-	-	-
Hanguranketha	1200.00 - 1200.00	-	350.00 - 350.00	240.00 - 250.00	198.00 - 200.00	-	-	845.00 - 850.00	730.00 - 980.00	235.00 - 235.00
Veyangoda	1200.00 - 1300.00	460.00 - 480.00	-	220.00 - 240.00	200.00 - 220.00	-	380.00 - 380.00	900.00 - 950.00	880.00 - 960.00	250.00 - 280.00
Galenbindunuwewa	-	-	-	-	-	-	-	-	-	-
Bandarawela	1200.00 - 1250.00	400.00 - 420.00	420.00 - 440.00	220.00 - 230.00	180.00 - 220.00	320.00 - 340.00	-	800.00 - 850.00	700.00 - 750.00	250.00 - 260.00
Matale	1180.00 - 1250.00	280.00 - 300.00	360.00 - 400.00	240.00 - 260.00	200.00 - 240.00	-	-	800.00 - 900.00	750.00 - 820.00	243.00 - 250.00

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

Week 32: 07 - 13 Aug 2026

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	450.00 - 550.00	160.00 - 260.00	180.00 - 200.00	160.00 - 220.00	70.00 - 120.00
Meegoda (DEC)	-	460.00 - 610.00	230.00 - 300.00	170.00 - 220.00	-	120.00 - 150.00
Dambulla (DEC)	-	350.00 - 550.00	200.00 - 280.00	150.00 - 260.00	180.00 - 280.00	80.00 - 120.00
Keppetipola (DEC)	-	420.00 - 600.00	150.00 - 200.00	140.00 - 180.00	180.00 - 200.00	100.00 - 150.00
Norochchole (DEC)	-	-	-	-	-	-
Nuwara Eliya	-	430.00 - 600.00	260.00 - 280.00	160.00 - 200.00	160.00 - 210.00	120.00 - 140.00
Kandy	-	400.00 - 550.00	250.00 - 280.00	170.00 - 200.00	220.00 - 240.00	100.00 - 130.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	-	380.00 - 650.00	280.00 - 330.00	180.00 - 250.00	-	-
Jaffna	-	-	-	-	-	-
Bandarawela	-	420.00 - 530.00	180.00 - 270.00	150.00 - 180.00	180.00 - 230.00	100.00 - 120.00
Veyangoda	-	450.00 - 650.00	250.00 - 300.00	180.00 - 220.00	-	120.00 - 150.00

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	60.00 - 100.00	90.00 - 130.00	250.00 - 400.00	70.00 - 150.00	250.00 - 400.00	400.00 - 600.00
Meegoda (DEC)	100.00 - 130.00	120.00 - 150.00	240.00 - 380.00	90.00 - 140.00	300.00 - 370.00	500.00 - 600.00
Moneragala	100.00 - 130.00	180.00 - 200.00	300.00 - 350.00	120.00 - 160.00	150.00 - 200.00	-
Dambulla (DEC)	60.00 - 80.00	90.00 - 120.00	180.00 - 360.00	60.00 - 90.00	230.00 - 300.00	330.00 - 550.00
Keppetipola (DEC)	50.00 - 80.00	70.00 - 100.00	250.00 - 320.00	-	240.00 - 300.00	550.00 - 650.00
Norochchole (DEC)	40.00 - 60.00	-	200.00 - 230.00	60.00 - 90.00	120.00 - 170.00	350.00 - 460.00
Nuwara Eliya	60.00 - 80.00	110.00 - 130.00	260.00 - 320.00	-	-	650.00 - 680.00
Kandy	70.00 - 80.00	140.00 - 160.00	200.00 - 330.00	90.00 - 110.00	250.00 - 330.00	500.00 - 550.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	90.00 - 130.00	100.00 - 160.00	150.00 - 320.00	40.00 - 70.00	250.00 - 300.00	400.00 - 480.00
Tissamaharama	80.00 - 100.00	140.00 - 160.00	300.00 - 320.00	100.00 - 120.00	250.00 - 260.00	570.00 - 600.00
Jaffna	-	-	-	-	-	-
Bandarawela	60.00 - 80.00	100.00 - 120.00	230.00 - 330.00	100.00 - 110.00	230.00 - 280.00	600.00 - 650.00
Veyangoda	80.00 - 100.00	130.00 - 160.00	200.00 - 360.00	90.00 - 130.00	290.00 - 330.00	500.00 - 600.00

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	150.00 - 160.00	60.00 - 100.00	250.00 - 350.00	180.00 - 300.00	80.00 - 180.00	100.00 - 150.00
Meegoda (DEC)	140.00 - 160.00	70.00 - 100.00	270.00 - 330.00	240.00 - 310.00	-	150.00 - 220.00
Moneragala	150.00 - 160.00	80.00 - 100.00	350.00 - 400.00	230.00 - 270.00	160.00 - 200.00	240.00 - 300.00
Dambulla (DEC)	130.00 - 150.00	40.00 - 80.00	180.00 - 300.00	90.00 - 160.00	100.00 - 180.00	120.00 - 200.00
Keppetipola (DEC)	155.00 - 170.00	70.00 - 90.00	-	-	180.00 - 260.00	-
Norochchole (DEC)	130.00 - 150.00	30.00 - 60.00	200.00 - 300.00	70.00 - 110.00	120.00 - 150.00	100.00 - 150.00
Nuwara Eliya	-	-	-	-	-	-
Kandy	150.00 - 170.00	80.00 - 90.00	260.00 - 300.00	130.00 - 170.00	150.00 - 200.00	180.00 - 200.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	120.00 - 140.00	30.00 - 50.00	180.00 - 240.00	100.00 - 140.00	-	100.00 - 150.00
Tissamaharama	140.00 - 150.00	60.00 - 80.00	280.00 - 300.00	200.00 - 220.00	-	200.00 - 220.00
Jaffna	-	-	-	-	-	-
Bandarawela	150.00 - 170.00	80.00 - 90.00	280.00 - 340.00	180.00 - 290.00	180.00 - 230.00	140.00 - 180.00
Veyangoda	140.00 - 170.00	80.00 - 100.00	320.00 - 380.00	200.00 - 250.00	180.00 - 210.00	180.00 - 240.00

Table 06 (Contd.)

	Long Beans	Ash Plantain	Green Chillies	Lime	Sweet Potatoe	Manioc
Colombo	180.00 - 300.00	120.00 - 150.00	600.00 - 850.00	180.00 - 300.00	130.00 - 160.00	80.00 - 130.00
Meegoda (DEC)	200.00 - 300.00	120.00 - 150.00	700.00 - 880.00	280.00 - 350.00	110.00 - 130.00	100.00 - 120.00
Moneragala	150.00 - 170.00	70.00 - 100.00	900.00 - 1000.00	200.00 - 250.00	140.00 - 160.00	140.00 - 150.00
Dambulla (DEC)	130.00 - 250.00	90.00 - 140.00	700.00 - 850.00	230.00 - 260.00	100.00 - 130.00	110.00 - 130.00
Keppetipola (DEC)	-	-	700.00 - 1000.00	-	160.00 - 180.00	130.00 - 150.00
Norochhole (DEC)	180.00 - 270.00	70.00 - 100.00	650.00 - 850.00	-	-	120.00 - 150.00
Nuwara Eliya	-	-	-	-	-	-
Kandy	200.00 - 300.00	100.00 - 140.00	700.00 - 850.00	250.00 - 280.00	130.00 - 160.00	90.00 - 120.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	120.00 - 200.00	80.00 - 100.00	650.00 - 750.00	160.00 - 250.00	130.00 - 150.00	80.00 - 120.00
Tissamaharama	150.00 - 160.00	120.00 - 130.00	850.00 - 900.00	260.00 - 280.00	130.00 - 150.00	120.00 - 140.00
Jaffna	-	-	-	-	-	-
Bandarawela	220.00 - 250.00	100.00 - 120.00	500.00 - 750.00	300.00 - 350.00	140.00 - 160.00	120.00 - 130.00
Veyangoda	200.00 - 300.00	130.00 - 150.00	700.00 - 950.00	260.00 - 330.00	130.00 - 160.00	120.00 - 140.00

Locations	Leafy Vegetables (Rs/kg)			Coconut (Rs/nut)	
	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	120.00 - 130.00	120.00 - 130.00	250.00 - 300.00	160.00 - 170.00	140.00 - 150.00
Meegoda (DEC)	-	-	-	130.00 - 135.00	110.00 - 120.00
Norochhole (DEC)	-	-	-	-	-
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	150.00 - 175.00	150.00 - 175.00	150.00 - 175.00	100.00 - 119.00	80.00 - 90.00
Kandy	180.00 - 200.00	180.00 - 200.00	240.00 - 280.00	130.00 - 140.00	100.00 - 110.00
Hambantota	-	-	-	-	-
Thambuththegama (DEC)	170.00 - 170.00	170.00 - 170.00	170.00 - 170.00	100.00 - 105.00	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	210.00 - 240.00	-	-
Veyangoda	-	-	-	-	-

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

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

Week 32: 07 - 13 Aug 2026

LOCATIONS	Up Country Varieties															
	Butter Beans	Green Beans		Carrot		Leeks		Beetroot		Knol Khol		Raddish		Cabbage		Tomato
Colombo	-	480.00	750.00	290.00	600.00	250.00	480.00	250.00	600.00	200.00	400.00	100.00	320.00	140.00	400.00	300.00
Gampaha	-	600.00	680.00	380.00	420.00	280.00	320.00	380.00	440.00	240.00	280.00	180.00	240.00	240.00	320.00	460.00
Kurunegala	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Nikaweratiya	-	480.00	600.00	400.00	480.00	400.00	480.00	-	-	240.00	320.00	200.00	240.00	320.00	400.00	320.00
Dambulla	-	640.00	700.00	360.00	400.00	300.00	380.00	440.00	460.00	260.00	280.00	180.00	200.00	240.00	260.00	440.00
Anuradhapura	-	780.00	820.00	560.00	600.00	400.00	480.00	400.00	480.00	300.00	340.00	200.00	280.00	280.00	320.00	560.00
Thambuththegama	-	700.00	800.00	400.00	500.00	320.00	400.00	-	-	-	-	180.00	220.00	200.00	280.00	380.00
Polonnaruwa	-	500.00	560.00	420.00	480.00	320.00	360.00	400.00	480.00	200.00	280.00	140.00	200.00	240.00	280.00	400.00
Kaluthara	-	600.00	640.00	300.00	400.00	300.00	360.00	300.00	480.00	240.00	320.00	160.00	200.00	300.00	320.00	380.00
Badulla	-	400.00	520.00	400.00	480.00	320.00	400.00	320.00	480.00	320.00	400.00	240.00	320.00	240.00	320.00	400.00
Keppetipola	-	620.00	680.00	240.00	270.00	220.00	250.00	250.00	270.00	180.00	220.00	100.00	130.00	160.00	180.00	360.00
Moneragala	-	600.00	660.00	400.00	460.00	340.00	400.00	420.00	480.00	240.00	260.00	160.00	200.00	260.00	320.00	440.00
Kegalle	-	600.00	640.00	440.00	480.00	440.00	480.00	280.00	320.00	240.00	280.00	240.00	280.00	280.00	320.00	480.00
Ampara	-	660.00	720.00	360.00	420.00	320.00	360.00	280.00	400.00	240.00	250.00	200.00	230.00	280.00	300.00	400.00
Dehiattakandiya	-	720.00	800.00	400.00	400.00	300.00	400.00	400.00	400.00	200.00	200.00	200.00	200.00	300.00	300.00	600.00
Nuwaraeliya	-	660.00	700.00	360.00	380.00	260.00	300.00	250.00	280.00	220.00	240.00	150.00	180.00	220.00	240.00	430.00
Kandy	-	600.00	650.00	450.00	480.00	260.00	300.00	320.00	360.00	200.00	240.00	180.00	200.00	300.00	320.00	400.00
Puttalam	-	600.00	700.00	450.00	520.00	400.00	480.00	560.00	600.00	360.00	400.00	160.00	200.00	380.00	400.00	400.00
Hambantota	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Rathnapura	-	600.00	650.00	300.00	360.00	320.00	360.00	-	-	240.00	280.00	200.00	240.00	250.00	300.00	450.00
Matara	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Galle	-	660.00	700.00	400.00	480.00	360.00	400.00	400.00	450.00	220.00	260.00	200.00	240.00	280.00	320.00	360.00
Tissamaharama	-	540.00	560.00	320.00	340.00	240.00	260.00	340.00	360.00	180.00	200.00	160.00	180.00	220.00	240.00	360.00
Meegoda (DEC)	-	640.00	720.00	440.00	480.00	320.00	400.00	-	-	240.00	300.00	240.00	300.00	320.00	320.00	480.00
Embilipitiya	-	700.00	800.00	350.00	400.00	300.00	320.00	-	-	180.00	220.00	160.00	200.00	300.00	320.00	360.00
Jaffna	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Vavuniya	-	600.00	650.00	400.00	450.00	400.00	450.00	400.00	450.00	300.00	350.00	200.00	250.00	300.00	350.00	500.00
Mannar	-	650.00	700.00	400.00	450.00	380.00	400.00	350.00	380.00	-	-	200.00	250.00	300.00	320.00	380.00
Killinochchi	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mullaittivu	-	580.00	620.00	380.00	440.00	340.00	360.00	340.00	380.00	-	-	180.00	220.00	280.00	340.00	400.00
Batticaloa	-	600.00	600.00	450.00	450.00	400.00	400.00	420.00	450.00	300.00	300.00	200.00	200.00	320.00	350.00	450.00
Trincomalee	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Hanguranketha	-	460.00	520.00	320.00	375.00	250.00	275.00	-	-	160.00	200.00	100.00	120.00	160.00	180.00	350.00
Veyangoda	-	660.00	700.00	380.00	440.00	320.00	360.00	-	-	240.00	260.00	180.00	240.00	280.00	360.00	400.00
Galenbindunuwewa	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bandarawela	-	580.00	600.00	320.00	360.00	240.00	260.00	260.00	320.00	200.00	220.00	120.00	140.00	200.00	240.00	340.00
Matale	-	620.00	680.00	400.00	520.00	320.00	400.00	320.00	400.00	280.00	320.00	200.00	260.00	200.00	260.00	480.00

Table 07 (Contd.)

LOCATIONS	Low Country Varieties													
	Ladies Fingers	Brinjal	Capsicum	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa	Long Beans				
Colombo	180.00 - 400.00	350.00 - 650.00	600.00 - 1000.00	200.00 - 320.00	100.00 - 320.00	300.00 - 600.00	300.00 - 480.00	150.00 - 600.00	240.00 - 500.00	300.00 - 600.00				
Gampaha	240.00 - 300.00	460.00 - 540.00	600.00 - 800.00	240.00 - 300.00	140.00 - 180.00	400.00 - 480.00	280.00 - 360.00	340.00 - 400.00	360.00 - 400.00	320.00 - 360.00				
Kurunegala	-	-	-	-	-	-	-	-	-	-				
Nikaweratiya	240.00 - 320.00	320.00 - 400.00	660.00 - 720.00	200.00 - 260.00	160.00 - 200.00	350.00 - 450.00	320.00 - 360.00	300.00 - 340.00	320.00 - 400.00	280.00 - 320.00				
Dambulla	160.00 - 200.00	400.00 - 480.00	760.00 - 800.00	200.00 - 240.00	160.00 - 200.00	380.00 - 440.00	280.00 - 320.00	200.00 - 240.00	300.00 - 360.00	240.00 - 300.00				
Anuradhapura	180.00 - 240.00	380.00 - 460.00	600.00 - 640.00	240.00 - 300.00	160.00 - 200.00	560.00 - 600.00	240.00 - 300.00	400.00 - 460.00	240.00 - 280.00	320.00 - 360.00				
Thambuththegama	120.00 - 160.00	400.00 - 480.00	550.00 - 700.00	200.00 - 250.00	80.00 - 120.00	320.00 - 400.00	180.00 - 250.00	-	180.00 - 240.00	280.00 - 350.00				
Polonnaruwa	200.00 - 280.00	400.00 - 480.00	680.00 - 800.00	200.00 - 250.00	140.00 - 200.00	400.00 - 480.00	300.00 - 360.00	240.00 - 320.00	320.00 - 360.00	280.00 - 320.00				
Kaluthara	240.00 - 280.00	380.00 - 440.00	700.00 - 800.00	200.00 - 280.00	150.00 - 240.00	400.00 - 520.00	300.00 - 400.00	300.00 - 360.00	280.00 - 320.00	300.00 - 360.00				
Badulla	240.00 - 320.00	400.00 - 480.00	600.00 - 800.00	240.00 - 320.00	240.00 - 260.00	580.00 - 600.00	320.00 - 420.00	320.00 - 400.00	320.00 - 480.00	240.00 - 320.00				
Keppetipola	170.00 - 200.00	320.00 - 360.00	700.00 - 760.00	220.00 - 250.00	140.00 - 160.00	400.00 - 450.00	280.00 - 300.00	280.00 - 300.00	280.00 - 300.00	340.00 - 360.00				
Moneragala	200.00 - 240.00	260.00 - 320.00	800.00 - 840.00	240.00 - 280.00	160.00 - 200.00	480.00 - 520.00	320.00 - 360.00	200.00 - 260.00	340.00 - 400.00	260.00 - 300.00				
Kegalle	240.00 - 280.00	360.00 - 400.00	640.00 - 680.00	240.00 - 280.00	200.00 - 240.00	450.00 - 480.00	280.00 - 320.00	280.00 - 320.00	280.00 - 320.00	360.00 - 400.00				
Ampara	240.00 - 300.00	320.00 - 360.00	680.00 - 700.00	240.00 - 250.00	180.00 - 240.00	380.00 - 440.00	320.00 - 340.00	320.00 - 460.00	320.00 - 360.00	280.00 - 330.00				
Dehiattakandiya	200.00 - 200.00	400.00 - 400.00	600.00 - 600.00	240.00 - 260.00	100.00 - 200.00	400.00 - 480.00	200.00 - 220.00	300.00 - 300.00	380.00 - 480.00	300.00 - 350.00				
Nuwaraeliya	180.00 - 220.00	380.00 - 400.00	760.00 - 780.00	260.00 - 280.00	200.00 - 220.00	400.00 - 420.00	300.00 - 320.00	340.00 - 360.00	300.00 - 320.00	380.00 - 400.00				
Kandy	200.00 - 240.00	400.00 - 450.00	650.00 - 700.00	240.00 - 260.00	140.00 - 160.00	400.00 - 450.00	240.00 - 260.00	240.00 - 300.00	300.00 - 320.00	360.00 - 400.00				
Puttalam	200.00 - 250.00	480.00 - 520.00	700.00 - 800.00	300.00 - 320.00	180.00 - 240.00	520.00 - 600.00	350.00 - 400.00	400.00 - 480.00	400.00 - 480.00	520.00 - 560.00				
Rathnapura	180.00 - 240.00	400.00 - 450.00	720.00 - 800.00	210.00 - 240.00	150.00 - 180.00	560.00 - 600.00	320.00 - 360.00	320.00 - 400.00	360.00 - 430.00	400.00 - 480.00				
Hambantota	-	-	-	-	-	-	-	-	-	-				
Matara	-	-	-	-	-	-	-	-	-	-				
Galle	280.00 - 320.00	460.00 - 560.00	700.00 - 740.00	200.00 - 240.00	160.00 - 200.00	460.00 - 500.00	360.00 - 400.00	360.00 - 480.00	320.00 - 400.00	340.00 - 360.00				
Tissamaharama	160.00 - 180.00	300.00 - 330.00	650.00 - 680.00	200.00 - 230.00	120.00 - 140.00	360.00 - 380.00	260.00 - 280.00	-	260.00 - 280.00	200.00 - 220.00				
Meegoda (DEC)	240.00 - 280.00	520.00 - 600.00	720.00 - 800.00	240.00 - 280.00	200.00 - 240.00	520.00 - 600.00	400.00 - 480.00	-	360.00 - 440.00	400.00 - 480.00				
Embilipitiya	160.00 - 200.00	350.00 - 400.00	720.00 - 800.00	200.00 - 250.00	100.00 - 140.00	480.00 - 520.00	300.00 - 320.00	250.00 - 320.00	280.00 - 320.00	350.00 - 400.00				
Jaffna	-	-	-	-	-	-	-	-	-	-				
Vavuniya	200.00 - 250.00	250.00 - 280.00	600.00 - 650.00	250.00 - 280.00	100.00 - 140.00	400.00 - 450.00	200.00 - 250.00	220.00 - 250.00	250.00 - 270.00	400.00 - 450.00				
Mannar	300.00 - 350.00	550.00 - 560.00	600.00 - 650.00	180.00 - 200.00	220.00 - 225.00	550.00 - 600.00	350.00 - 380.00	-	-	350.00 - 400.00				
Killinochchi	-	-	-	-	-	-	-	-	-	-				
Mullaittivu	240.00 - 300.00	300.00 - 350.00	600.00 - 650.00	-	190.00 - 240.00	550.00 - 600.00	250.00 - 300.00	250.00 - 300.00	-	350.00 - 400.00				
Batticaloa	200.00 - 200.00	250.00 - 250.00	640.00 - 650.00	200.00 - 200.00	280.00 - 300.00	600.00 - 600.00	300.00 - 300.00	400.00 - 400.00	280.00 - 300.00	300.00 - 300.00				
Trincomalee	-	-	-	-	-	-	-	-	-	-				
Hanguranketha	150.00 180.00	310.00 340.00	660.00 700.00	190.00 220.00	150.00 160.00	350.00 - 380.00	220.00 240.00	220.00 250.00	240.00 260.00	220.00 240.00				
Veyangoda	240.00 - 320.00	480.00 - 560.00	720.00 - 800.00	240.00 - 280.00	140.00 - 200.00	400.00 - 480.00	320.00 - 360.00	320.00 - 360.00	320.00 - 360.00	320.00 - 400.00				
Galenbindunuwewa	-	-	-	-	-	-	-	-	-	-				
Bandarawela	180.00 - 200.00	340.00 - 360.00	700.00 - 750.00	200.00 - 220.00	140.00 - 180.00	400.00 - 420.00	260.00 - 280.00	300.00 - 400.00	260.00 - 280.00	300.00 - 360.00				
Matale	200.00 - 240.00	480.00 - 560.00	780.00 - 840.00	200.00 - 260.00	200.00 - 240.00	520.00 - 600.00	280.00 - 360.00	240.00 - 300.00	320.00 - 400.00	320.00 - 400.00				

Table 07 (Contd.)

LOCATIONS	Low Country Varieties					Leafy Vegetable			Coconut (Rs/nut)	
	Ash Plantain	Green Chillies	Lime	Sweet Potato	Manioc	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	200.00 - 320.00	800.00 - 1600.00	300.00 - 800.00	180.00 - 400.00	160.00 - 260.00	150.00 - 250.00	150.00 - 250.00	300.00 - 450.00	170.00 - 190.00	150.00 - 160.00
Gampaha	200.00 - 240.00	1300.00 - 1400.00	480.00 - 600.00	240.00 - 280.00	200.00 - 220.00	180.00 - 210.00	180.00 - 210.00	150.00 - 210.00	140.00 - 150.00	100.00 - 130.00
Kurunegala	-	-	-	-	-	-	-	-	-	-
Nikaweratiya	180.00 - 220.00	1200.00 - 1300.00	400.00 - 500.00	240.00 - 320.00	180.00 - 220.00	360.00 - 400.00	360.00 - 400.00	240.00 - 320.00	130.00 - 140.00	100.00 - 120.00
Dambulla	200.00 - 240.00	1000.00 - 1200.00	450.00 - 550.00	220.00 - 260.00	200.00 - 230.00	300.00 - 350.00	300.00 - 350.00	300.00 - 350.00	130.00 - 140.00	110.00 - 120.00
Anuradhapura	-	1300.00 - 1400.00	600.00 - 650.00	240.00 - 280.00	240.00 - 280.00	200.00 - 200.00	240.00 - 240.00	200.00 - 200.00	160.00 - 200.00	100.00 - 150.00
Thambuththegama	150.00 - 200.00	850.00 - 1100.00	320.00 - 400.00	200.00 - 250.00	160.00 - 220.00	-	-	-	-	100.00 - 120.00
Polonnaruwa	240.00 - 300.00	1000.00 - 1200.00	500.00 - 600.00	200.00 - 250.00	220.00 - 280.00	240.00 - 240.00	240.00 - 240.00	240.00 - 240.00	140.00 - 150.00	100.00 - 120.00
Kaluthara	200.00 - 240.00	1000.00 - 1300.00	400.00 - 600.00	240.00 - 320.00	180.00 - 200.00	210.00 - 240.00	240.00 - 300.00	300.00 - 360.00	150.00 - 160.00	120.00 - 130.00
Badulla	240.00 - 320.00	1500.00 - 1600.00	580.00 - 600.00	240.00 - 320.00	240.00 - 320.00	270.00 - 300.00	320.00 - 400.00	360.00 - 400.00	150.00 - 170.00	120.00 - 130.00
Keppetipola	160.00 - 200.00	1100.00 - 1200.00	450.00 - 480.00	240.00 - 250.00	170.00 - 200.00	210.00 - 240.00	210.00 - 240.00	240.00 - 300.00	150.00 - 160.00	130.00 - 145.00
Moneragala	120.00 - 160.00	1200.00 - 1400.00	300.00 - 340.00	200.00 - 260.00	160.00 - 180.00	150.00 - 180.00	150.00 - 180.00	150.00 - 180.00	140.00 - 160.00	100.00 - 120.00
Kegalle	240.00 - 280.00	1150.00 - 1200.00	460.00 - 500.00	280.00 - 320.00	180.00 - 220.00	240.00 - 240.00	240.00 - 240.00	250.00 - 250.00	160.00 - 170.00	130.00 - 140.00
Ampara	200.00 - 250.00	1200.00 - 1400.00	-	280.00 - 300.00	-	240.00 - 280.00	240.00 - 280.00	300.00 - 350.00	150.00 - 180.00	120.00 - 140.00
Dehiattakandiya	200.00 - 260.00	1500.00 - 1600.00	400.00 - 600.00	200.00 - 300.00	300.00 - 300.00	150.00 - 180.00	100.00 - 120.00	380.00 - 410.00	130.00 - 150.00	100.00 - 120.00
Nuwaraeliya	220.00 - 240.00	1300.00 - 1400.00	460.00 - 500.00	280.00 - 300.00	240.00 - 260.00	250.00 - 260.00	-	260.00 - 280.00	155.00 - 160.00	120.00 - 130.00
Kandy	200.00 - 240.00	1400.00 - 1500.00	500.00 - 600.00	260.00 - 280.00	260.00 - 280.00	240.00 - 280.00	240.00 - 280.00	400.00 - 480.00	160.00 - 170.00	120.00 - 130.00
Puttalam	180.00 - 240.00	1200.00 - 1400.00	350.00 - 400.00	280.00 - 350.00	240.00 - 260.00	350.00 - 400.00	-	350.00 - 400.00	150.00 - 160.00	120.00 - 130.00
Rathnapura	160.00 - 230.00	1200.00 - 1300.00	300.00 - 400.00	240.00 - 280.00	150.00 - 200.00	240.00 - 240.00	240.00 - 240.00	300.00 - 300.00	140.00 - 160.00	100.00 - 130.00
Hambanthota	-	-	-	-	-	-	-	-	-	-
Matara	-	-	-	-	-	-	-	-	-	-
Galle	200.00 - 240.00	1000.00 - 1400.00	460.00 - 500.00	240.00 - 300.00	240.00 - 260.00	300.00 - 300.00	360.00 - 360.00	400.00 - 400.00	-	100.00 - 130.00
Tissamaharama	160.00 - 180.00	950.00 - 1000.00	320.00 - 350.00	200.00 - 220.00	180.00 - 200.00	160.00 - 180.00	160.00 - 180.00	350.00 - 400.00	150.00 - 170.00	120.00 - 130.00
Meegoda (DEC)	240.00 - 300.00	1200.00 - 1400.00	560.00 - 600.00	280.00 - 320.00	200.00 - 240.00	200.00 - 200.00	200.00 - 200.00	240.00 - 240.00	150.00 - 160.00	120.00 - 130.00
Embilipitiya	120.00 - 160.00	1400.00 - 1500.00	400.00 - 450.00	240.00 - 280.00	130.00 - 160.00	350.00 - 400.00	300.00 - 350.00	-	150.00 - 170.00	120.00 - 140.00
Jaffna	-	-	-	-	-	-	-	-	-	-
Vavuniya	300.00 - 340.00	1200.00 - 1300.00	400.00 - 450.00	250.00 - 280.00	200.00 - 250.00	300.00 - 350.00	250.00 - 300.00	300.00 - 350.00	150.00 - 170.00	-
Mannar	180.00 - 200.00	1000.00 - 1200.00	550.00 - 600.00	280.00 - 300.00	180.00 - 200.00	280.00 - 300.00	250.00 - 280.00	300.00 - 320.00	150.00 - 155.00	-
Killinochchi	-	-	-	-	-	-	-	-	-	-
Mullaittivu	140.00 - 160.00	950.00 - 1050.00	400.00 - 450.00	280.00 - 340.00	190.00 - 220.00	280.00 - 280.00	240.00 - 240.00	200.00 - 200.00	140.00 - 150.00	-
Batticaloa	240.00 - 250.00	1000.00 - 1200.00	400.00 - 400.00	250.00 - 250.00	200.00 - 200.00	320.00 - 320.00	300.00 - 310.00	300.00 - 310.00	150.00 - 160.00	-
Trincomalee										
Hanguranketha	220.00 - 230.00	1150.00 - 1250.00	420.00 - 480.00	200.00 - 250.00	200.00 - 220.00	250.00 - 250.00	200.00 - 200.00	250.00 - 270.00	140.00 - 145.00	110.00 - 110.00
Veyangoda	220.00 - 240.00	1100.00 - 1200.00	400.00 - 560.00	240.00 - 280.00	180.00 - 220.00	140.00 - 160.00	120.00 - 150.00	240.00 - 300.00	140.00 - 150.00	-
Galenbindunuwewa	-	-	-	-	-	-	-	-	-	-
Bandarawela	180.00 - 200.00	700.00 - 800.00	400.00 - 450.00	200.00 - 220.00	170.00 - 180.00	210.00 - 240.00	210.00 - 240.00	380.00 - 400.00	160.00 - 175.00	130.00 - 150.00
Matale	200.00 - 240.00	1000.00 - 1200.00	500.00 - 600.00	200.00 - 240.00	180.00 - 200.00	360.00 - 400.00	300.00 - 400.00	360.00 - 480.00	140.00 - 160.00	100.00 - 130.00

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

Week 32: 07 - 13 Aug 2026

18

LOCATIONS	Banana					Pineapple			Mango	
	Ambul (Rs/kg)	Kolikuttu (Rs/kg)	Seeni (Rs/kg)	Anamalu	Ambun	Pineapple	Medium	Small	Betti	Karthakolomban
Colombo	160.00 - 280.00	450.00 - 550.00	200.00 - 280.00	280.00 - 400.00	300.00 - 400.00	350.00 - 500.00	-	-	-	-
Gampaha	200.00 - 250.00	470.00 - 490.00	200.00 - 240.00	-	440.00 - 460.00	380.00 - 420.00	-	-	-	-
Kurunegala	-	-	-	-	-	-	-	-	-	-
Nikaweratiya	220.00 - 250.00	350.00 - 400.00	200.00 - 240.00	-	350.00 - 380.00	400.00 - 500.00	-	-	-	-
Dambulla	200.00 - 220.00	450.00 - 480.00	180.00 - 200.00	-	300.00 - 340.00	450.00 - 480.00	-	-	350.00 - 380.00	900.00 - 1000.00
Anuradhapura	235.00 - 245.00	480.00 - 550.00	180.00 - 220.00	280.00 - 300.00	380.00 - 400.00	450.00 - 500.00	-	-	-	-
Thambuththegama	200.00 - 280.00	450.00 - 550.00	180.00 - 250.00	-	-	450.00 - 500.00	-	-	-	-
Polonnaruwa	250.00 - 250.00	550.00 - 550.00	150.00 - 200.00	400.00 - 450.00	400.00 - 450.00	550.00 - 600.00	-	-	-	-
Kaluthara	200.00 - 220.00	450.00 - 480.00	160.00 - 200.00	240.00 - 250.00	260.00 - 280.00	450.00 - 480.00	-	-	-	-
Badulla	350.00 - 400.00	500.00 - 600.00	180.00 - 200.00	250.00 - 380.00	300.00 - 400.00	400.00 - 450.00	-	-	-	-
Keppetipola	230.00 - 250.00	430.00 - 450.00	200.00 - 230.00	215.00 - 225.00	300.00 - 320.00	300.00 - 330.00	-	-	-	-
Moneragala	180.00 - 240.00	450.00 - 480.00	120.00 - 150.00	280.00 - 320.00	300.00 - 360.00	350.00 - 450.00	-	-	-	-
Kegalle	200.00 - 220.00	480.00 - 500.00	200.00 - 220.00	280.00 - 300.00	280.00 - 300.00	500.00 - 550.00	-	-	-	-
Ampara	200.00 - 230.00	450.00 - 480.00	140.00 - 150.00	-	350.00 - 380.00	450.00 - 480.00	-	-	-	-
Dehiattakandiya	200.00 - 250.00	500.00 - 550.00	180.00 - 180.00	-	350.00 - 350.00	450.00 - 480.00	-	-	-	-
Nuwareliya	240.00 - 260.00	440.00 - 460.00	230.00 - 240.00	240.00 - 260.00	280.00 - 330.00	340.00 - 360.00	-	-	-	-
Kandy	240.00 - 250.00	500.00 - 550.00	230.00 - 240.00	270.00 - 280.00	360.00 - 380.00	400.00 - 450.00	-	-	-	750.00 - 800.00
Puttalam	130.00 - 160.00	350.00 - 400.00	120.00 - 150.00	-	-	500.00 - 550.00	-	-	-	600.00 - 650.00
Rathnapura	180.00 - 240.00	400.00 - 500.00	150.00 - 180.00	260.00 - 280.00	320.00 - 350.00	490.00 - 560.00	-	-	-	-
Hambantota	-	-	-	-	-	-	-	-	-	-
Matara	-	-	-	-	-	-	-	-	-	-
Galle	160.00 - 180.00	400.00 - 480.00	160.00 - 200.00	320.00 - 360.00	360.00 - 380.00	360.00 - 400.00	-	-	-	-
Tissamaharama	180.00 - 200.00	440.00 - 450.00	160.00 - 170.00	-	-	440.00 - 460.00	-	-	-	-
Meegoda (DEC)	200.00 - 200.00	430.00 - 450.00	180.00 - 200.00	280.00 - 300.00	300.00 - 300.00	340.00 - 360.00	-	-	-	-
Embilipitiya	140.00 - 160.00	350.00 - 450.00	150.00 - 170.00	320.00 - 350.00	340.00 - 360.00	380.00 - 450.00	-	-	-	-
Jaffna	-	-	-	-	-	-	-	-	-	-
Vavuniya	200.00 - 240.00	340.00 - 360.00	150.00 - 170.00	180.00 - 200.00	220.00 - 240.00	500.00 - 600.00	-	-	-	-
Mannar	180.00 - 200.00	350.00 - 380.00	150.00 - 180.00	260.00 - 280.00	240.00 - 250.00	580.00 - 600.00	-	-	-	600.00 - 650.00
Killinochchi	-	-	-	-	-	-	-	-	-	-
Mullaitivu	180.00 - 200.00	350.00 - 380.00	150.00 - 160.00	240.00 - 260.00	270.00 - 300.00	580.00 - 620.00	-	-	-	640.00 - 700.00
Batticaloa	-	400.00 - 400.00	150.00 - 200.00	250.00 - 250.00	-	450.00 - 450.00	-	-	-	500.00 - 500.00
Trincomalee	-	-	-	-	-	-	-	-	-	-
Veyangoda	260.00 - 280.00	580.00 - 600.00	250.00 - 280.00	-	480.00 - 500.00	350.00 - 380.00	-	-	-	-
Galenbindunuwewa	-	-	-	-	-	-	-	-	-	-
Bandarawela	180.00 - 200.00	400.00 - 420.00	160.00 - 180.00	220.00 - 240.00	280.00 - 300.00	400.00 - 500.00	-	-	-	-
Matale	180.00 - 200.00	420.00 - 500.00	160.00 - 200.00	340.00 - 380.00	260.00 - 300.00	520.00 - 600.00	-	-	-	-

Table 08 (Contd.)

LOCATIONS	Mango				Other Fruits													
	Vilad		Kohu		Papaw		Passion		Wood Apple		Orange		Avocado		Slime Apple		Grapes	
Colombo	-		-		230.00 - 350.00	600.00 - 1000.00	500.00 - 900.00	600.00 - 750.00	600.00 - 800.00	400.00 - 700.00	1500.00 - 2600.00	200.00 - 300.00						
Gampaha	-		-		220.00 - 260.00	-	600.00 - 720.00	-	-	-	200.00 - 220.00							
Kurunegala	-		-		-	-	-	-	-	-	-	-						
Nikaweratiya	-		-		-	-	-	460.00 - 480.00	500.00 - 580.00	-	2500.00 - 2600.00	180.00 - 200.00						
Dambulla	450.00 - 500.00		180.00 - 250.00		180.00 - 220.00	500.00 - 550.00	480.00 - 590.00	350.00 - 400.00	300.00 - 350.00	250.00 - 300.00	2800.00 - 2900.00	230.00 - 250.00						
Anuradhapura	-		-		180.00 - 240.00	600.00 - 680.00	450.00 - 500.00	-	400.00 - 480.00	480.00 - 500.00	2400.00 - 2600.00	250.00 - 300.00						
Thambuththegama	-		-		150.00 - 200.00	440.00 - 500.00	-	-	300.00 - 400.00	-	-	200.00 - 250.00						
Polonnaruwa	-		-		200.00 - 250.00	-	-	-	600.00 - 650.00	-	2500.00 - 3000.00	250.00 - 250.00						
Kaluthara	-		-		240.00 - 280.00	-	450.00 - 550.00	-	450.00 - 500.00	380.00 - 500.00	2500.00 - 2600.00	180.00 - 200.00						
Badulla	-		-		200.00 - 250.00	300.00 - 400.00	700.00 - 800.00	250.00 - 350.00	300.00 - 400.00	500.00 - 600.00	2800.00 - 3000.00	250.00 - 300.00						
Keppetipola	-		-		250.00 - 260.00	680.00 - 700.00	660.00 - 720.00	480.00 - 510.00	280.00 - 360.00	360.00 - 390.00	2600.00 - 3000.00	230.00 - 250.00						
Moneragala	-		-		250.00 - 270.00	-	500.00 - 560.00	400.00 - 480.00	350.00 - 400.00	250.00 - 300.00	2800.00 - 3000.00	180.00 - 200.00						
Kegalle	-		-		240.00 - 260.00	650.00 - 700.00	650.00 - 700.00	500.00 - 550.00	400.00 - 450.00	350.00 - 400.00	2600.00 - 2700.00	150.00 - 160.00						
Ampara	-		-		200.00 - 230.00	600.00 - 650.00	-	-	350.00 - 400.00	-	2300.00 - 2400.00	200.00 - 230.00						
Dehiattakandiya	-		-		180.00 - 250.00	-	600.00 - 650.00	-	350.00 - 420.00	250.00 - 250.00	2800.00 - 3000.00	150.00 - 180.00						
Nuwaraeliya	-		200.00 - 220.00		260.00 - 280.00	580.00 - 620.00	720.00 - 750.00	840.00 - 860.00	360.00 - 400.00	350.00 - 360.00	2250.00 - 3120.00	250.00 - 280.00						
Kandy	-		-		200.00 - 220.00	650.00 - 700.00	480.00 - 500.00	480.00 - 500.00	300.00 - 400.00	360.00 - 400.00	2500.00 - 2700.00	180.00 - 200.00						
Puttalam	-		-		280.00 - 320.00	500.00 - 600.00	-	280.00 - 320.00	500.00 - 600.00	-	2800.00 - 3200.00	150.00 - 160.00						
Hambantota	-		-		-	-	-	-	-	-	-	-						
Rathnapura	-		-		180.00 - 240.00	-	500.00 - 600.00	400.00 - 450.00	400.00 - 450.00	350.00 - 500.00	2500.00 - 2800.00	150.00 - 200.00						
Matara	-		-		-	-	-	-	-	-	-	-						
Galle	-		-		200.00 - 240.00	800.00 - 900.00	660.00 - 700.00	680.00 - 700.00	680.00 - 760.00	360.00 - 400.00	2500.00 - 2800.00	180.00 - 200.00						
Tissamaharama	-		-		180.00 - 200.00	-	580.00 - 600.00	-	-	220.00 - 240.00	2000.00 - 2100.00	210.00 - 230.00						
Meegoda (DEC)	-		-		160.00 - 200.00	450.00 - 500.00	500.00 - 600.00	-	300.00 - 400.00	300.00 - 400.00	1800.00 - 2600.00	170.00 - 180.00						
Embilipitiya	-		-		180.00 - 220.00	450.00 - 500.00	400.00 - 500.00	450.00 - 500.00	350.00 - 450.00	220.00 - 250.00	2500.00 - 3200.00	180.00 - 220.00						
Jaffna	-		-		-	-	-	-	-	-	-	-						
Vavuniya	-		-		150.00 - 170.00	-	-	-	-	-	-	240.00 - 270.00						
Mannar	-		-		250.00 - 280.00	450.00 - 500.00	500.00 - 550.00	250.00 - 280.00	750.00 - 850.00	-	2650.00 - 2750.00	180.00 - 200.00						
Killinochchi	-		-		-	-	-	-	-	-	-	-						
Mullaittivu	-		-		140.00 - 150.00	-	-	-	-	-	2350.00 - 2500.00	240.00 - 260.00						
Batticaloa	-		-		200.00 - 200.00	500.00 - 500.00	650.00 - 650.00	-	500.00 - 500.00	-	2500.00 - 2800.00	180.00 - 200.00						
Trincomalee	-		-		-	-	-	-	-	-	-	-						
Veyangoda	-		-		200.00 - 240.00	-	850.00 - 950.00	-	400.00 - 500.00	-	2600.00 - 3000.00	240.00 - 260.00						
Galenbindunuwewa	-		-		-	-	-	-	-	-	-	-						
Bandarawela	-		-		200.00 - 220.00	550.00 - 600.00	600.00 - 650.00	360.00 - 400.00	400.00 - 450.00	380.00 - 420.00	2800.00 - 3000.00	200.00 - 220.00						
Matale	-		-		220.00 - 240.00	300.00 - 400.00	600.00 - 700.00	400.00 - 500.00	300.00 - 400.00	-	2500.00 - 2600.00	180.00 - 200.00						

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

Week 32: 07 - 13 Aug 2026

Locations	Sea Fish					
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw
Colombo	500.00 – 800.00	800.00 – 1200.00	1100.00 – 1400.00	2000.00 – 2400.00	2800.00 – 3900.00	1400.00 – 1800.00
Kandy	700.00 – 750.00	1150.00 – 1200.00	1000.00 – 1300.00	1800.00 – 1900.00	2700.00 – 2800.00	1400.00 – 1500.00
Kaluthara	750.00 – 800.00	1100.00 – 1200.00	1400.00 – 1550.00	1850.00 – 1900.00	–	1500.00 – 1600.00
Puttalam	800.00 – 850.00	1100.00 – 1200.00	1150.00 – 1200.00	1650.00 – 1800.00	3200.00 – 3300.00	1450.00 – 1550.00
Matara	–	–	–	–	–	–
Hambantota	–	–	–	–	–	–
Galle	600.00 – 700.00	1300.00 – 1400.00	1300.00 – 1400.00	1600.00 – 1700.00	–	1700.00 – 1800.00
Batticaloa	600.00 – 600.00	1000.00 – 1000.00	1200.00 – 1200.00	1600.00 – 1600.00	2200.00 – 2200.00	1500.00 – 1500.00
Trincomalee	–	–	–	–	–	–
Mannar	650.00 – 700.00	1000.00 – 1200.00	1250.00 – 1300.00	1900.00 – 2000.00	–	1600.00 – 1800.00

Locations	Sea Fish				Eggs	
	Mora	Shrimps	Thalapath	Teppeli	Brown	White
Colombo	1300.00 – 1700.00	1600.00 – 1900.00	2600.00 – 3300.00	–	42.00 – 44.00	40.00 – 42.00
Kandy	1500.00 – 1600.00	1750.00 – 1900.00	2500.00 – 2600.00	–	43.00 – 44.00	41.00 – 42.00
Kaluthara	–	1800.00 – 1850.00	2000.00 – 2200.00	–	–	–
Puttalam	1600.00 – 1750.00	1500.00 – 1600.00	–	–	43.00 – 45.00	42.00 – 44.00
Matara	–	–	–	–	–	–
Hambantota	–	–	–	–	–	–
Galle	–	–	2300.00 – 2400.00	–	–	–
Batticaloa	1000.00 – 1000.00	1500.00 – 1500.00	2100.00 – 2100.00	–	46.00 – 46.00	44.00 – 44.00
Trincomalee	–	–	–	–	–	–
Mannar	–	1800.00 – 2000.00	–	–	44.00 – 45.00	42.00 – 43.00

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

Week 32: 07 - 13 Aug 2026

Locations	Local Dried Fish					
	Sprats	Kattawa	Thora	Mora	Balaya	Anguluwa
Colombo	1800.00 – 2400.00	2400.00 – 2700.00	–	2500.00 – 2800.00	1500.00 – 1850.00	1800.00 – 2400.00
Kandy	2000.00 – 2100.00	–	–	2700.00 – 2750.00	1600.00 – 1700.00	–
Batticaloa	–	2000.00 – 2000.00	–	–	1700.00 – 1700.00	–
Trincomalee	–	–	–	–	–	–
Mannar	1100.00 – 1200.00	2450.00 – 2500.00	–	2000.00 – 2200.00	1100.00 – 1150.00	950.00 – 1000.00

Locations	Local Dried Fish			Imported Dried Fish		
	Maduwa	Koduwa	Salaya	Sprats	Kattawa	Thora
Colombo	1600.00 – 1650.00	1800 – 2000	900.00 – 1050.00	1200.00 – 1600.00	1800.00 – 2200.00	–
Kandy	–	–	950.00 – 1000.00	1600.00 – 1650.00	2500.00 – 2600.00	–
Batticaloa	–	–	1000.00 – 1000.00	1300.00 – 1300.00	–	–
Trincomalee	–	–	–	–	–	–
Mannar	–	–	–	–	–	–

Locations	Imported Dried Fish					
	Mora	Balaya	Anguluwa	Maduwa	Koduwa	Salaya
Colombo	2000.00 – 2700.00	1750 – 2000	1900.00 – 2200.00	–	1850 – 2000	–
Kandy	–	–	–	–	–	–
Batticaloa	–	–	–	–	–	–
Trincomalee	–	–	–	–	–	–
Mannar	–	–	–	–	–	–

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

Week 32: 07 - 13 Aug 2026

21	LOCATIONS	Sea Fish								Eggs			
		Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw	Mora	Thalapath	Brown		White	
	Colombo	700.00 - 1000.00	900.00 - 1400.00	1300.00 - 2800.00	2200.00 - 3600.00	3500.00 - 5000.00	1680.00 - 3200.00	2400.00 - 2400.00	2800.00 - 3800.00	43.00 - 48.00		42.00 - 46.00	
	Gampaha	750.00 - 850.00	1100.00 - 1200.00	-	2600.00 - 2600.00	-	-	-	2500.00 - 2600.00	46.00 - 48.00		44.00 - 46.00	
	Kurunegala	-	-	-	-	-	-	-	-	-		-	
	Nikaweratiya	800.00 - 1000.00	1400.00 - 1500.00	-	-	3000.00 - 3200.00	-	-	3000.00 - 3200.00	43.00 - 45.00		43.00 - 45.00	
	Dambulla	900.00 - 1000.00	1400.00 - 1500.00	1400.00 - 1500.00	2900.00 - 3000.00	-	2200.00 - 2400.00	2400.00 - 2600.00	3400.00 - 3500.00	46.00 - 48.00		45.00 - 46.00	
	Anuradhapura	880.00 - 960.00	1380.00 - 1450.00	1200.00 - 1350.00	2580.00 - 2640.00	-	-	2500.00 - 2500.00	2880.00 - 3100.00	44.00 - 45.00		43.00 - 44.00	
	Thambuththegama	-	-	-	-	-	-	-	-	42.00 - 44.00		41.00 - 43.00	
	Polonnaruwa	1000.00 - 1000.00	1400.00 - 1400.00	2000.00 - 2000.00	2600.00 - 2600.00	3000.00 - 3000.00	1800.00 - 1800.00	2000.00 - 2000.00	2800.00 - 2800.00	43.00 - 45.00		41.00 - 42.00	
	Kaluthara	1000.00 - 1000.00	1500.00 - 1500.00	2400.00 - 2600.00	3200.00 - 3200.00	-	3000.00 - 3200.00	-	3000.00 - 3200.00	-		44.00 - 45.00	
	Badulla	800.00 - 950.00	1200.00 - 1300.00	1000.00 - 1200.00	2200.00 - 2800.00	-	1800.00 - 2000.00	1800.00 - 2000.00	2800.00 - 3000.00	45.00 - 48.00		40.00 - 44.00	
	Keppetipola	750.00 - 760.00	1400.00 - 1500.00	1450.00 - 1500.00	2800.00 - 2800.00	3400.00 - 3400.00	1700.00 - 1800.00	2000.00 - 2100.00	2900.00 - 3000.00	48.00 - 50.00		46.00 - 48.00	
	Moneragala	1000.00 - 1100.00	1300.00 - 1400.00	1400.00 - 1500.00	3000.00 - 3200.00	-	-	-	3200.00 - 3400.00	45.00 - 46.00		44.00 - 45.00	
	Kegalle	1000.00 - 1100.00	-	1980.00 - 2000.00	2980.00 - 3000.00	3980.00 - 4000.00	2350.00 - 2400.00	2400.00 - 2450.00	3550.00 - 3600.00	48.00 - 49.00		44.00 - 46.00	
	Ampara	1000.00 - 1000.00	1400.00 - 1500.00	2400.00 - 2500.00	3200.00 - 3800.00	-	-	-	3400.00 - 3800.00	-		41.00 - 45.00	
	Dehiattakandiya	800.00 - 800.00	1200.00 - 1300.00	-	2600.00 - 2600.00	-	-	-	-	41.00 - 45.00		40.00 - 45.00	
	Nuwaraeliya	760.00 - 780.00	1450.00 - 1500.00	1550.00 - 1600.00	2800.00 - 2900.00	3450.00 - 3500.00	1750.00 - 1800.00	1900.00 - 2000.00	3000.00 - 3100.00	48.00 - 50.00		46.00 - 48.00	
	Kandy	900.00 - 950.00	1350.00 - 1400.00	1500.00 - 1600.00	2800.00 - 3000.00	3500.00 - 3600.00	1700.00 - 1800.00	1800.00 - 1900.00	2800.00 - 2900.00	46.00 - 47.00		44.00 - 46.00	
	Puttalam	900.00 - 1000.00	1350.00 - 1400.00	1400.00 - 1600.00	2200.00 - 2400.00	-	1550.00 - 1650.00	2000.00 - 2400.00	-	45.00 - 50.00		45.00 - 50.00	
	Hambantota	-	-	-	-	-	-	-	-	-		-	
	Rathnapura	1000.00 - 1100.00	1300.00 - 1300.00	1700.00 - 1800.00	2900.00 - 3000.00	4720.00 - 4800.00	3100.00 - 3200.00	1800.00 - 2000.00	3000.00 - 3200.00	45.00 - 46.00		42.00 - 44.00	
	Matara	-	-	-	-	-	-	-	-	-		-	
	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	43.00 - 45.00		40.00 - 42.00	
	Tissamaharama	-	1200.00 - 1300.00	1400.00 - 1400.00	-	-	-	-	2800.00 - 2800.00	-		44.00 - 46.00	
	Meegoda	860.00 - 1000.00	1300.00 - 1300.00	1300.00 - 1300.00	-	-	-	-	4000.00 - 4000.00	46.00 - 47.00		43.00 - 46.00	
	Embilipitiya	900.00 - 950.00	1300.00 - 1350.00	1750.00 - 1800.00	2800.00 - 3000.00	2950.00 - 3000.00	-	1700.00 - 1800.00	2900.00 - 3000.00	45.00 - 46.00		43.00 - 46.00	
	Jaffna	-	-	-	-	-	-	-	-	-		-	
	Vavuniya	1200.00 - 1300.00	1500.00 - 1600.00	1600.00 - 1700.00	2800.00 - 2900.00	3200.00 - 3300.00	2400.00 - 2500.00	-	3200.00 - 3300.00	46.00 - 48.00		45.00 - 47.00	
	Mannar	850.00 - 900.00	1300.00 - 1350.00	1400.00 - 1450.00	2450.00 - 2550.00	-	2500.00 - 2600.00	-	-	47.00 - 48.00		45.00 - 46.00	
	Killinochchi	-	-	-	-	-	-	-	-	-		-	
	Mullaittivu	550.00 - 600.00	1200.00 - 1250.00	1250.00 - 1350.00	-	-	-	2500.00 - 2600.00	-	46.00 - 48.00		43.00 - 45.00	
	Batticaloa	800.00 - 800.00	1400.00 - 1400.00	2400.00 - 2400.00	3000.00 - 3000.00	3400.00 - 3400.00	2400.00 - 2400.00	1500.00 - 1500.00	3200.00 - 3200.00	48.00 - 48.00		46.00 - 46.00	
	Trincomalee	-	-	-	-	-	-	-	-	-		-	
	Veyangoda	700.00 - 800.00	-	-	2800.00 - 3000.00	-	-	-	2800.00 - 3500.00	49.00 - 50.00		44.00 - 46.00	
	Galenbindunuwewa	-	-	-	-	-	-	-	-	-		-	
	Bandarawela	-	-	-	3000.00 - 3000.00	-	2900.00 - 3000.00	-	3100.00 - 3200.00	44.00 - 46.00		42.00 - 43.00	
	Matale	1000.00 - 1100.00	1600.00 - 1700.00	1300.00 - 1500.00	3000.00 - 3200.00	3400.00 - 3500.00	2100.00 - 2200.00	2200.00 - 2300.00	3000.00 - 3200.00	47.00 - 48.00		45.00 - 46.00	

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

Week 32: 07 - 13 Aug 2026

LOCATIONS		Dried Fish											
		Sprats-Imported		Kattawa		Thora		Mora		Balaya		Anguluwa	
Colombo	1800.00 – 2400.00	3000.00 – 4000.00	–		3400.00 – 3600.00	2400.00 – 2500.00	3000.00 – 3200.00	1200.00 – 1800.00					
Gampaha	2400.00 – 2500.00	2700.00 – 2900.00	3500.00 – 3600.00	3200.00 – 3400.00	2000.00 – 2200.00	2300.00 – 2400.00	1200.00 – 1500.00						
Kurunegala	–	–	–	–	–	–	–						
Nikaweratiya	1600.00 – 1700.00	2800.00 – 3000.00	–	–	2000.00 – 2200.00	2400.00 – 2600.00	1000.00 – 1200.00						
Dambulla	–	3000.00 – 3200.00	–	3200.00 – 3400.00	2000.00 – 2200.00	–	1800.00 – 1900.00						
Anuradhapura	–	–	–	–	–	–	1150.00 – 1250.00						
Thambuththegama	–	2800.00 – 2800.00	–	3000.00 – 3400.00	1900.00 – 2200.00	2750.00 – 2800.00	1200.00 – 1250.00						
Polonnaruwa	–	–	–	–	–	–	–						
Kaluthara	–	–	–	3200.00 – 3300.00	1800.00 – 2200.00	2800.00 – 3000.00	1200.00 – 1200.00						
Badulla	1600.00 – 1800.00	–	–	–	–	–	–						
Keppetipola	–	–	–	–	–	–	–						
Moneragala	–	–	–	–	–	–	–						
Kegalle	–	2600.00 – 2650.00	3750.00 – 3800.00	–	2650.00 – 2700.00	–	1350.00 – 1400.00						
Ampara	1800.00 – 2000.00	2800.00 – 3200.00	3000.00 – 3200.00	2900.00 – 3000.00	2200.00 – 2400.00	1600.00 – 1800.00	–						
Dehiattakandiya	–	–	–	3200.00 – 3200.00	2000.00 – 2400.00	1600.00 – 2000.00	1200.00 – 1400.00						
Nuwaraeliya	–	–	–	–	–	–	–						
Kandy	–	–	–	3200.00 – 3300.00	2300.00 – 2400.00	2700.00 – 2800.00	1400.00 – 1500.00						
Puttalam	–	2800.00 – 3200.00	–	3000.00 – 3200.00	1700.00 – 1850.00	1600.00 – 1800.00	1120.00 – 1400.00						
Hambantota	–	–	–	–	–	–	–						
Rathnapura	1840.00 – 2000.00	2800.00 – 3200.00	–	3100.00 – 3200.00	2100.00 – 2400.00	2900.00 – 3000.00	1000.00 – 1200.00						
Matara	–	–	–	–	–	–	–						
Galle	–	2700.00 – 3000.00	–	–	1800.00 – 2200.00	2800.00 – 3000.00	1300.00 – 1450.00						
Tissamaharama	–	–	–	–	–	–	–						
Meegoda	–	–	–	–	2000.00 – 2200.00	–	1000.00 – 1200.00						
Embilipitiya	–	2700.00 – 2800.00	–	–	2400.00 – 2500.00	–	1250.00 – 1300.00						
Jaffna	–	–	–	–	–	–	–						
Vavuniya	1600.00 – 1700.00	2700.00 – 2800.00	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	–	–	–	–	–						
Killinochchi	–	–	–	–	–	–	–						
Mullaittivu	1500.00 – 1600.00	2600.00 – 2750.00	2850.00 – 3000.00	–	–	–	1200.00 – 1300.00						
Batticaloa	1500.00 – 1500.00	–	–	–	2000.00 – 2000.00	–	1200.00 – 1200.00						
Trincomalee	–	–	–	–	–	–	–						
Veyangoda	–	–	–	–	–	–	1100.00 – 1200.00						
Galenbindunuwewa	–	–	–	–	–	–	–						
Bandarawela	–	–	–	–	–	–	–						
Matale	–	–	–	3000.00 – 3200.00	2000.00 – 2200.00	2700.00 – 2800.00	1100.00 – 1200.00						

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

Week 32: 07 - 13 Aug 2026

LOCATIONS	Meat	Meat (Chicken)		Meat	
	Beef	Broiler	Curry	Mutton	Pork
Colombo	3000.00 - 3300.00	1250.00 - 1490.00	1200.00 - 1490.00	4000.00 - 4600.00	2700.00 - 2800.00
Gampaha	-	1350.00 - 1400.00	1400.00 - 1400.00	4300.00 - 4300.00	2500.00 - 2600.00
Kurunegala	-	-	-	-	-
Nikaweratiya	2500.00 - 2600.00	1250.00 - 1350.00	-	-	-
Dambulla	-	1300.00 - 1350.00	1450.00 - 1450.00	-	2600.00 - 2600.00
Anuradhapura	2350.00 - 2500.00	1250.00 - 1380.00	-	-	2600.00 - 2750.00
Thambuththegama	-	1250.00 - 1350.00	-	-	2600.00 - 3000.00
Polonnaruwa	2600.00 - 2800.00	1300.00 - 1320.00	1400.00 - 1500.00	4000.00 - 4000.00	2500.00 - 2600.00
Kaluthara	3000.00 - 3000.00	1280.00 - 1350.00	1330.00 - 1400.00	-	2600.00 - 2600.00
Badulla	2600.00 - 2700.00	1450.00 - 1550.00	-	3700.00 - 3700.00	-
Keppetipola	2400.00 - 2400.00	1380.00 - 1420.00	1460.00 - 1500.00	3600.00 - 3600.00	-
Moneragala	2800.00 - 2800.00	1300.00 - 1400.00	1650.00 - 1700.00	-	2950.00 - 3300.00
Kegalle	2800.00 - 2850.00	1430.00 - 1450.00	1350.00 - 1380.00	3980.00 - 4000.00	2850.00 - 2950.00
Ampara	2400.00 - 2600.00	1350.00 - 1480.00	-	-	2900.00 - 3000.00
Dehiattakandiya	-	-	-	-	2550.00 - 3050.00
Nuwaraeliya	2600.00 - 2700.00	1400.00 - 1440.00	1480.00 - 1500.00	3800.00 - 3900.00	2800.00 - 2900.00
Kandy	2700.00 - 2700.00	1180.00 - 1220.00	1240.00 - 1250.00	4000.00 - 4200.00	2900.00 - 3000.00
Puttalam	2650.00 - 2800.00	1400.00 - 1450.00	1700.00 - 1800.00	4500.00 - 4500.00	-
Hambantota	-	-	-	-	-
Rathnapura	3000.00 - 3000.00	1360.00 - 1420.00	1320.00 - 1360.00	4200.00 - 4200.00	2700.00 - 2700.00
Matara	-	-	-	-	-
Galle	2800.00 - 2900.00	1400.00 - 1400.00	1300.00 - 1350.00	5000.00 - 5100.00	2800.00 - 2900.00
Tissamaharama	-	1400.00 - 1450.00	-	-	-
Meegoda	-	1340.00 - 1350.00	1350.00 - 1400.00	-	3000.00 - 3000.00
Embilipitiya	-	1220.00 - 1300.00	1280.00 - 1330.00	4500.00 - 4750.00	2650.00 - 3100.00
Jaffna	-	-	-	-	-
Vavuniya	2400.00 - 2500.00	1400.00 - 1500.00	1600.00 - 1700.00	4200.00 - 4300.00	-
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 - 1600.00	4000.00 - 4000.00	-
Trincomalee	-	-	-	-	-
Veyangoda	2800.00 - 3000.00	-	-	4400.00 - 4400.00	2500.00 - 2600.00
Galenbindunuwewa	-	-	-	-	-
Bandarawela	2500.00 - 2500.00	1300.00 - 1350.00	-	3800.00 - 3800.00	-
Matale	2700.00 - 2800.00	1240.00 - 1300.00	-	4400.00 - 4500.00	2800.00 - 2900.00

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

Week 32: 07 - 13 Aug 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 · 170.00	165.00	165.00	175.00	0.00	-5.71
Samba 1	225.00 · 230.00	227.50	227.14	232.00	0.16	-1.94	Small	140.00 · 150.00	147.00	147.00	155.00	0.00	-5.16
Samba 2	220.00 · 222.00	221.00	221.20	226.29	-0.09	-2.34							
Keeri Samba	250.00 · 320.00	280.00	285.00	277.50	-1.75	0.90	<u>Fruits (Rs/kg)</u>						
Nadu 1	195.00 · 200.00	197.86	196.88	206.67	0.50	-4.26	Plantain						
Nadu 2	190.00 · 192.00	190.80	190.67	198.43	0.07	-3.84	Ambul	160.00 · 200.00	182.50	191.67	97.00	-4.78	88.14
Raw (Red)	160.00 · 170.00	165.71	165.71	195.50	0.00	-15.24	Kolikuttu	350.00 · 420.00	382.50	404.17	225.00	-5.36	70.00
Raw (White)	175.00 · 190.00	182.50	182.50	195.00	0.00	-6.41	Seeni	120.00 · 180.00	152.86	143.33	91.00	6.64	67.97
Imported							Anamalu	200.00 · 250.00	223.64	240.83	225.60	-7.14	-0.87
Samba	220.00 · 225.00	222.50	222.50		0.00		Ambun	200.00 · 250.00	228.18	242.50	232.80	-5.90	-1.98
Nadu	-						Papaw	130.00 · 230.00	189.09	177.27	105.00	6.67	80.09
Raw (Red)	-						Passion Fruit	400.00 · 650.00	477.78	540.00	550.00	-11.52	-13.13
Raw (White)	-						Pineapple	270.00 · 300.00	285.00	286.25	264.29	-0.44	7.84
<u>Dried Chillies</u>							Pineapple Medium						
Imported	1050.00 · 1200.00	1116.67	1116.67	572.50	0.00	95.05	Pineapple Small						
<u>Onion</u>							Mango						
Sinnan	-			190.00			Betti			387.50	275.00		
Vedalan	250.00 · 320.00	277.50	290.00	230.00	-4.31	20.65	Karthakolomban	1300.00 · 1500.00	1400.00	1105.56	650.00	26.63	115.38
Imported	200.00 · 220.00	210.00	247.50	207.00	-15.15	1.45	Vilad	800.00 · 1000.00	866.67	725.00	470.00	19.54	84.40
<u>Biq Onion</u>							Kohu						
Imported	190.00 · 220.00	202.14	181.25	114.09	11.53	77.18	<u>Other</u>						
Local	-						Wood Apple	300.00 · 450.00	363.64	502.73	318.00	-27.67	14.35
<u>Potato</u>							Orange	300.00 · 500.00	386.36	385.00	256.67	0.35	50.53
Welimada	-						Avocado	400.00 · 500.00	454.55	450.00	277.50	1.01	63.80
N'Elia	330.00 · 350.00	340.00	333.00	285.00	2.10	19.30	Slime Apple	250.00 · 350.00	293.75	255.56	295.63	14.95	-0.63
Imported	140.00 · 185.00	155.56	162.14	180.00	-4.06	-13.58	Grapes Imp.,	1230.00 · 1320.00	1285.71	1378.75	1115.00	-6.75	15.31
<u>Pulses</u>							King Coconut	170.00 · 220.00	192.22	197.50	143.33	-2.67	34.11
Green Gram	650.00 · 750.00	694.00	683.33	705.00	1.56	-1.56	<u>Sea Fish</u>						
Cowpea (White)	650.00 · 700.00	675.00	650.00	987.14	3.85	-31.62	Salaya	500.00 · 800.00	631.82	705.56	494.00	-10.45	27.90
Cowpea (Red)	600.00 · 700.00	650.00	625.00	986.00	4.00	-34.08	Hurulla	800.00 · 1200.00	988.89	1128.57	838.89	-12.38	17.88
Red Dhal	225.00 · 235.00	228.75	222.50	242.22	2.81	-5.56	Balaya	1100.00 · 1400.00	1216.67	1187.50	1330.00	2.46	-8.52
<u>Vegetable</u>							Kelawalla	2000.00 · 2400.00	2144.44	2016.67	1565.00	6.34	37.03
Beans (Butter)	-						Thora	2800.00 · 3900.00	3211.11	3077.78	2415.00	4.33	32.97
Beans (Green)	450.00 · 550.00	503.00	363.00	529.17	38.57	-4.94	Paraw	1400.00 · 1800.00	1622.22	1662.50	1470.00	-2.42	10.36
Carrot	160.00 · 260.00	213.00	273.64	442.00	-22.16	-51.81	Mora	1300.00 · 1700.00	1500.00	1383.33	1270.00	8.43	18.11
Leeks	180.00 · 200.00	192.00	228.00	100.00	-15.79	92.00	Shrimps	1600.00 · 1900.00	1731.25	2018.18	1510.00	-14.22	14.65
Beetroot	160.00 · 220.00	180.00	256.67	90.00	-29.87	100.00	Thalapath	2600.00 · 3300.00	2970.00	2687.50	1860.00	10.51	59.68
Knolkhol	70.00 · 120.00	98.00	123.00	91.67	-20.33	6.91	<u>Eggs</u>						
Raddish	60.00 · 100.00	77.00	84.55	60.91	-8.92	26.42	Brown	42.00 · 44.00	43.50	44.50	34.20	-2.25	27.19
Cabbage	90.00 · 130.00	111.67	133.85	186.15	-16.57	-40.01	White	40.00 · 42.00	41.40	42.95	31.20	-3.61	32.69
Tomato	250.00 · 400.00	326.00	251.00	103.33	29.88	215.48	<u>Dried Fish</u>						
Ladies Fingers	70.00 · 150.00	109.00	102.00	118.18	6.86	-7.77	Sprats	1800.00 · 2400.00	2093.75	2325.00	1300.00	-9.95	61.06
Brinjal	250.00 · 400.00	318.18	325.00	270.00	-2.10	17.85	Sprats (Imported)	1200.00 · 1600.00	1405.00	1459.09	1040.00	-3.71	35.10
Capsicum	400.00 · 600.00	490.91	575.00	366.67	-14.62	33.88	Kattawa	2400.00 · 2700.00	2600.00	2441.67		6.48	
Pumpkin	150.00 · 160.00	155.45	149.00	52.50	4.33	196.10	Kattawa (Imported)	1800.00 · 2200.00	1995.00	2016.67	1350.00	-1.07	47.78
Cucumber	60.00 · 100.00	81.00	88.00	66.00	-7.95	22.73	Thora			2585.71	2341.67		
Bitter Gourd	250.00 · 350.00	296.36	276.00	200.00	7.38	48.18	Thora (Imported)			2428.57			
Snake Gourd	180.00 · 300.00	240.00	229.00	175.00	4.80	37.14	Mora	2500.00 · 2800.00	2616.67	2585.71	2341.67	1.20	11.74
Drumstick	80.00 · 180.00	137.50	180.00	238.33	-23.61	-42.31	Mora (Imported)	2000.00 · 2700.00	2416.67	1964.44	1720.00	23.02	40.50
Luffa	100.00 · 150.00	116.36	120.00	149.09	-3.03	-21.95	Balaya	1500.00 · 1850.00	1706.25	1712.50	1520.00	-0.36	12.25
Long Beans	180.00 · 300.00	238.18	206.00	194.17	15.62	22.67	Balaya (Imported)	1750.00 · 2000.00	1875.00	1175.00		59.57	
Ash Plantain	120.00 · 150.00	135.00	140.00	65.00	-3.57	107.69	Anguluwa	1800.00 · 2400.00	2200.00	1631.25	1170.00	34.87	88.03
Green Chillies	600.00 · 850.00	725.00	825.00	119.09	-12.12	508.78	Anguluwa (Imported)	1900.00 · 2200.00	2040.00	1964.44	1720.00	3.85	18.60
Lime	180.00 · 300.00	240.00	276.00	182.50	-13.04	31.51	Maduwa	1600.00 · 1650.00	1637.50	1631.25	1170.00	0.38	39.96
<u>Root Crops</u>							Maduwa (Imported)			1175.00			
Sweet Potato	130.00 · 160.00	143.00	138.00	130.00	3.62	10.00	Koduwa	1800.00 · 2000.00	1922.22	1007.14	550.00	90.86	249.49
Manioc	80.00 · 130.00	108.00	133.00	83.33	-18.80	29.60	Koduwa (Imported)	1850.00 · 2000.00	1950.00				
<u>Leafy Vegetable</u>							Salaya	900.00 · 1050.00	957.14	1007.14	550.00	-4.96	74.03
Mukunuwenna	120.00 · 130.00	124.29	124.29	127.50	0.00	-2.52	Salaya (Imported)			950.00			
Kankun	120.00 · 130.00	125.00	124.29	127.50	0.57	-1.96							
Gotukola	250.00 · 300.00	275.56	265.00	310.00	3.98	-11.11							

This Week:

Week 32: 07 - 13 Aug 2026

Last Week:

Week 31: 31 July - 06 Aug 2026

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

Week 32: 07 - 13 Aug 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	170.00 · 190.00	180.29	180.28	200.21	0.02	-9.95
Samba 1	240.00 · 270.00	247.73	246.36	245.00	1.36	1.11	Small	150.00 · 160.00	153.50	153.33	177.80	0.17	-13.67
Samba 2	-	-	-	-	-	-							
Keeri Samba	260.00 · 380.00	311.11	282.22	288.13	28.89	7.98	<u>Fruits (Rs/fruit)</u>						
Nadu 1	220.00 · 240.00	228.75	226.19	230.56	2.56	-0.78	Plantain						
Nadu 2	-	-	-	-	-	-	Ambul (Rs/kg)	160.00 · 280.00	238.33	268.57	176.15	-30.24	35.30
Raw (Red)	180.00 · 220.00	205.00	202.73	218.46	2.27	-6.16	Kolikuttu (Rs/kg)	450.00 · 550.00	494.29	501.33	315.42	-7.05	56.71
Raw (White)	200.00 · 220.00	210.42	208.57	218.40	1.85	-3.66	Seeni (Rs/kg)	200.00 · 280.00	235.65	233.00	169.17	2.65	39.30
Imported							Anamalu	280.00 · 400.00	352.00	355.22	126.39	-3.22	178.50
Samba	-	-	-	292.73	-	-	Ambun	300.00 · 400.00	359.38	360.80	176.61	-1.43	103.49
Nadu	-	-	-	-	-	-	Papaw(Rs/kg)	230.00 · 350.00	285.83	285.17	174.80	0.66	63.52
Raw (Red)	-	-	-	-	-	-	Passion Fruit	600.00 · 1000.00	796.67	859.52	717.60	-62.86	11.02
Raw (White)	-	-	-	-	-	-	Pineapple Large	350.00 · 500.00	387.38	400.19	368.10	-12.81	5.24
<u>Dried Chillies</u>							Pineapple Medium	-	-	-	-	-	-
Imported	1300.00 · 1500.00	1378.26	1352.08	824.07	26.18	67.25	Pineapple Small	-	-	-	-	-	-
<u>Onion</u>							Mango						
Sinnan	-	-	-	-	-	-	Betti	-	-	-	-	-	-
Vedalan	380.00 · 480.00	480.00	-	376.11	-	27.62	Karthakolomban	-	-	1316.67	810.00	-	-
Imported	-	-	437.08	260.00	-	-	Vilad	-	-	-	508.33	-	-
<u>Big Onion</u>							Kohu	-	-	-	-	-	-
Imported	220.00 · 280.00	249.63	248.52	149.67	1.11	66.79	<u>Other</u>						
Local	-	-	-	-	-	-	Wood Apple	500.00 · 900.00	700.00	884.78	594.17	-184.78	17.81
<u>Potato</u>							Orange	600.00 · 750.00	671.25	685.29	512.31	-14.04	31.02
Welimada	-	-	-	-	-	-	Avocado	600.00 · 800.00	693.75	678.95	433.04	14.80	60.20
N'Eliya	400.00 · 480.00	437.33	434.35	438.57	2.99	-0.28	Slime Apple	400.00 · 700.00	591.50	587.50	494.09	4.00	19.71
Imported	190.00 · 250.00	220.00	223.33	217.41	-3.33	1.19	Grapes (Imp., Rs/kg)	1500.00 · 2600.00	2306.25	2376.19	1989.47	-69.94	15.92
<u>Pulses</u>							King Coconut	200.00 · 300.00	240.50	254.40	173.91	-13.90	38.29
Green Gram	800.00 · 1200.00	947.92	927.14	901.74	20.77	5.12	<u>Sea Fish</u>						
Cowpea (White)	820.00 · 1200.00	931.50	897.78	1105.88	33.72	-15.77	Salaya	700.00 · 1000.00	857.73	912.17	675.00	-54.45	27.07
Cowpea (Red)	800.00 · 1200.00	927.14	919.50	1122.22	7.64	-17.38	Hurulla	900.00 · 1400.00	1136.84	1289.52	1143.33	-152.68	-0.57
Red Dhal	240.00 · 300.00	268.15	266.80	280.33	1.35	-4.35	Balaya	1300.00 · 2800.00	2128.57	1920.00	1462.50	208.57	45.54
<u>Vegetable</u>							Kelawalla	2200.00 · 3600.00	2806.25	2792.27	2316.36	13.98	21.15
Beans (Butter)	-	-	-	-	-	-	Thora	3500.00 · 5000.00	4210.00	4180.00	2975.00	30.00	41.51
Beans(Green)	480.00 · 750.00	606.55	481.21	651.03	125.34	-6.83	Paraw	1680.00 · 3200.00	2731.43	2793.33	1968.18	-61.90	38.78
Carrot	290.00 · 600.00	412.70	427.35	572.31	-14.65	-27.89	Mora	2400.00 · 2400.00	2400.00	2266.67	1685.00	133.33	42.43
Leeks	250.00 · 480.00	370.00	393.82	266.54	-23.82	38.82	Shrimps	1800.00 · 3000.00	2162.11	2332.73	2123.64	-170.62	1.81
Beetroot	250.00 · 600.00	400.88	460.29	238.57	-59.40	68.03	Thalapath	2800.00 · 3800.00	3435.00	3395.24	2700.00	39.76	27.22
Knolkhol	200.00 · 400.00	313.08	344.40	245.42	-31.32	27.57	<u>Eggs</u>						
Raddish	100.00 · 320.00	241.72	253.53	226.80	-11.81	6.58	Brown	43.00 · 48.00	45.29	46.82	35.83	-1.54	26.38
Cabbage	140.00 · 400.00	283.33	287.19	351.43	-3.85	-19.38	White	42.00 · 46.00	43.91	44.91	33.31	-1.00	31.82
Tomato	300.00 · 600.00	479.06	456.84	227.31	22.22	110.76	<u>Dried Fish</u>						
Ladies Fingers	180.00 · 400.00	285.76	290.63	254.81	-4.87	12.14	Sprats	2400.00 · 3400.00	2778.95	2830.00	1441.18	-51.05	92.82
Brinjal	350.00 · 650.00	473.82	494.69	467.93	-20.86	1.26	Sprats (Imported)	1800.00 · 2400.00	2083.33	-	1942.86	-	7.23
Capsicum	600.00 · 1000.00	735.29	748.33	564.81	-13.04	30.18	Kattawa	3000.00 · 4000.00	3428.57	3357.14	2400.00	71.43	42.86
Pumpkin	200.00 · 320.00	270.29	262.26	167.14	8.04	61.71	Thora	-	-	-	-	-	-
Cucumber	100.00 · 320.00	210.88	225.14	183.57	-14.26	14.88	Mora	3400.00 · 3600.00	3466.67	3307.69	2825.00	158.97	22.71
Bitter Gourd	300.00 · 600.00	471.56	464.41	359.67	7.15	31.11	Balaya	2400.00 · 2500.00	2428.57	2420.00	2237.50	8.57	8.54
Snake Gourd	300.00 · 480.00	385.67	370.00	328.70	15.67	17.33	Anguluwa	3000.00 · 3200.00	3133.33	3266.67	2564.29	-133.33	22.19
Drumstick	150.00 · 600.00	378.00	427.88	443.85	-49.88	-14.84	Maduwa	1600.00 · 2400.00	2000.00	-	-	-	-
Luffa	240.00 · 500.00	347.58	357.86	333.08	-10.28	4.35	Koduwa	-	-	-	-	-	-
Long Beans	300.00 · 600.00	441.61	393.45	366.79	48.16	20.40	Salaya	1200.00 · 1800.00	1440.00	1400.00	1089.29	40.00	32.20
Ash Plantain	200.00 · 320.00	268.57	281.61	216.79	-13.04	23.89	<u>Meat</u>						
Green Chillies	800.00 · 1600.00	1189.19	1379.41	478.00	-190.22	148.78	Beef (without Bones)	3000.00 · 3300.00	3180.00	3183.33	2714.29	-3.33	17.16
Lime	300.00 · 800.00	525.76	546.29	479.35	-20.53	9.68	Chicken (Broiler)	1250.00 · 1490.00	1374.17	1369.09	1381.67	5.08	-0.54
<u>Root Crops</u>							Chicken (Curry)	1200.00 · 1490.00	1343.64	1308.00	1298.18	35.64	3.50
Sweet Potato	180.00 · 400.00	289.26	281.25	303.21	8.01	-4.60	Mutton	4000.00 · 4600.00	4342.86	4400.00	3837.50	-57.14	13.17
Manioc	160.00 · 260.00	219.39	220.43	211.38	-1.04	3.79	Pork	2700.00 · 2800.00	2750.00	2750.00	2420.00	0.00	13.64
<u>Leafy Vegetable</u>													
Mukunuwenna	150.00 · 250.00	192.31	186.92	228.00	5.38	-15.65							
Kankun	150.00 · 250.00	192.31	186.92	223.50	5.38	-13.96							
Gotukola	300.00 · 450.00	373.08	382.31	631.50	-9.23	-40.92							

This Week:

Week 32: 07 - 13 Aug 2026

Last Week:

Week 31: 31 July - 06 Aug 2026

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

Week 32: 07 - 13 Aug 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	125.00 – 145.00	136.25
A'pura	105.00 – 120.00	114.00	Dambulla	430.00 – 480.00	450.00	Hambantota	–	
P'naruwa	116.00 – 117.00	116.40	Welimada	540.00 – 570.00	552.00	Embilipitiya	180.00 – 200.00	190.00
Kalawewa	108.00 – 115.00	111.00	Badulla	–		Matara	–	
Kurunegala	–		Carrot			A'pura	–	
Dehiattakandiya	120.00 – 120.00	120.00	N'Elia	240.00 – 250.00	244.00	Luffa		
Nikaweratiya	110.00 – 115.00	113.20	Welimada	140.00 – 170.00	157.00	Dambulla	125.00 – 135.00	130.00
Ampara	120.00 – 130.00	123.75	Hanguranketha	200.00 – 225.00	215.00	Hambantota	–	
Long Grain (White)			Leeks			Embilipitiya	150.00 – 160.00	155.00
A'pura	95.00 – 110.00	102.50	N'Elia	150.00 – 165.00	158.00	Matara	–	
P'naruwa	101.00 – 103.00	102.20	Welimada	135.00 – 160.00	148.00	A'pura	–	
Kalawewa	95.00 – 102.00	98.60	Beetroot			Green Chillies		
Kurunegala	–		N'Elia	140.00 – 145.00	142.00	Dambulla	650.00 – 800.00	700.00
Dehiattakandiya	96.00 – 100.00	98.67	Dambulla	–		Hambantota	–	
Embilipitiya	–		Kurunegala	–		Embilipitiya	1080.00 – 1120.00	1100.00
Nikaweratiya	80.00 – 85.00	83.00	Welimada	160.00 – 180.00	169.00	Puttalam	665.00 – 760.00	712.50
Hambantota	–		Hanguranketha	–		A'pura	–	
Ampara	96.00 – 120.00	103.50	Knol Khol			Pumpkin		
Long Grain (Red)			N'Elia	90.00 – 100.00	94.00	Dambulla	125.00 – 145.00	135.00
Matara	–		Welimada	100.00 – 125.00	116.00	Hambantota	–	
Hambantota	–		Hanguranketha	70.00 – 80.00	76.25	Embilipitiya	130.00 – 140.00	135.00
Embilipitiya	98.00 – 100.00	99.00	Raddish			Matara	–	
Keeri Samba			N'Elia	40.00 – 45.00	43.00	A'pura	–	
A'pura	120.00 – 135.00	129.25	Welimada	30.00 – 45.00	38.00	Moneragala	110.00 – 120.00	114.00
P'naruwa	134.00 – 134.00	134.00	Hambantota	–		Cucumber		
Kalawewa	130.00 – 140.00	135.50	Hanguranketha	30.00 – 45.00	37.50	A'pura	–	
Kurunegala	–		Cabbage			Dambulla	48.00 – 67.00	58.20
Dehiattakandiya	135.00 – 136.00	135.33	N'Elia	80.00 – 95.00	86.00	Hambantota	–	
Red Onion			Welimada	60.00 – 75.00	66.00	Matara	–	
Puttalam	190.00 – 247.00	225.75	Badulla	–		Long Beans		
Jaffna	–		Hanguranketha	60.00 – 80.00	70.00	Dambulla	120.00 – 160.00	142.00
Big Onion			Tomato			Hambantota	–	
Dambulla	–		Welimada	270.00 – 290.00	281.00	Embilipitiya	180.00 – 200.00	190.00
Kalawewa	–		Hambantota	–		Matara	–	
A'pura	–		Dambulla	270.00 – 300.00	286.00	A'pura	–	
Potato			Hanguranketha	190.00 – 230.00	205.00	Ash Plantain		
N'Elia	270.00 – 280.00	275.00	<u>Vegetable (Low Country)</u>			Hambantota	–	
Badulla	–		Ladies Fingers			Embilipitiya	80.00 – 90.00	85.00
Welimada	250.00 – 265.00	256.00	A'pura	–		Matara	–	
<u>Pulses</u>			Dambulla	67.00 – 76.00	72.20	Lime		
Green Gram			Hambantota	–		Hambantota	–	
Hambantota	–		Embilipitiya	100.00 – 120.00	110.00	Embilipitiya	190.00 – 200.00	195.00
Moneragala	550.00 – 600.00	570.00	Matara	–		Moneragala	160.00 – 180.00	168.00
Embilipitiya	640.00 – 650.00	645.00	Brinjal			<u>Fruits (Rs/kg)</u>		
Nikaweratiya	500.00 – 550.00	525.00	A'pura	–		Banana		
A'pura	–		Dambulla	240.00 – 300.00	271.00	Ambul		
Cowpea			Hambantota	–		Moneragala	80.00 – 90.00	84.00
Hambantota	–		Embilipitiya	280.00 – 300.00	290.00	Embilipitiya	100.00 – 120.00	110.00
Nikaweratiya	–		Matara	–		Hambantota	–	
Moneragala	370.00 – 400.00	382.00	Welimada	240.00 – 280.00	263.00	Kolikuttu		
Embilipitiya	600.00 – 610.00	605.00	Capsicum			Moneragala	240.00 – 260.00	248.00
Maize			Badulla	–		Embilipitiya	280.00 – 320.00	300.00
A'pura	–		Welimada	550.00 – 560.00	555.00	Hambantota	–	
Kalawewa	–		Bitter Gourd			Papaw		
Gingelly			A'pura	–		Moneragala	100.00 – 120.00	108.00
A'pura	–		Dambulla	210.00 – 230.00	222.50	Embilipitiya	120.00 – 130.00	125.00
Kalawewa	–		Hambantota	–		Hambantota	–	
Black Gram			Embilipitiya	320.00 – 330.00	325.00	Pineapple		
A'pura	–		Matara	–		Divulapitiya	–	
Kalawewa	–							

Annex 01 - Colombo Markets: Retail Prices of Rice and Subsidiary Food Crops (Rs/kg)
Week 32: 07 - 13 Aug 2026

27

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Rice</u>									
Local									
Samba 1	240.00 - 260.00	240.00 - 240.00	240.00 - 240.00	240.00 - 260.00	240.00 - 260.00	240.00 - 240.00	260.00 - 270.00	240.00 - 240.00	240.00 - 260.00
Samba 2	-	-	-	-	-	-	-	-	-
Keeri Samba	380.00 - 380.00	-	-	360.00 - 360.00	-	-	320.00 - 340.00	260.00 - 260.00	260.00 - 360.00
Nadu 1	230.00 - 230.00	230.00 - 230.00	220.00 - 230.00	220.00 - 230.00	220.00 - 230.00	220.00 - 230.00	230.00 - 230.00	230.00 - 240.00	230.00 - 240.00
Nadu 2	-	-	-	-	-	-	-	-	-
Raw (Red)	200.00 - 220.00	180.00 - 180.00	190.00 - 200.00	200.00 - 200.00	200.00 - 200.00	200.00 - 220.00	220.00 - 220.00	180.00 - 200.00	210.00 - 220.00
Raw (White)	200.00 - 220.00	200.00 - 200.00	200.00 - 210.00	200.00 - 220.00	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	1300.00 - 1400.00	1300.00 - 1300.00	1400.00 - 1500.00	1400.00 - 1500.00	1350.00 - 1400.00	1300.00 - 1400.00	1300.00 - 1400.00	1300.00 - 1400.00	1300.00 - 1500.00
<u>Red Onion</u>									
Sinnan	-	-	-	-	-	-	-	-	-
Vedalan	380.00 - 400.00	400.00 - 480.00	400.00 - 480.00	400.00 - 400.00	400.00 - 470.00	400.00 - 400.00	400.00 - 480.00	400.00 - 400.00	400.00 - 400.00
Imported	-	-	-	-	-	-	-	-	-
<u>Big Onion</u>									
Imported	240.00 - 240.00	260.00 - 280.00	240.00 - 240.00	250.00 - 280.00	240.00 - 280.00	240.00 - 260.00	220.00 - 240.00	220.00 - 240.00	240.00 - 260.00
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	-	-	-	440.00 - 480.00
Imported	190.00 - 200.00	250.00 - 250.00	240.00 - 240.00	200.00 - 200.00	240.00 - 240.00	200.00 - 240.00	200.00 - 240.00	200.00 - 240.00	240.00 - 240.00
<u>Pulses</u>									
Green Gram	800.00 - 950.00	900.00 - 900.00	1000.00 - 1000.00	900.00 - 1000.00	880.00 - 950.00	800.00 - 900.00	800.00 - 950.00	800.00 - 1000.00	1120.00 - 1200.00
Cowpea (White)	820.00 - 900.00	900.00 - 900.00	900.00 - 1000.00	1000.00 - 1000.00	840.00 - 950.00	860.00 - 950.00	-	820.00 - 880.00	1000.00 - 1200.00
Cowpea (Red)	820.00 - 900.00	900.00 - 900.00	900.00 - 1000.00	1000.00 - 1000.00	840.00 - 950.00	800.00 - 900.00	900.00 - 900.00	820.00 - 880.00	1000.00 - 1200.00
Red Dhal	240.00 - 250.00	260.00 - 280.00	280.00 - 280.00	280.00 - 300.00	260.00 - 300.00	240.00 - 280.00	260.00 - 280.00	240.00 - 260.00	250.00 - 280.00

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

Week 32: 07 - 13 Aug 2026

28

CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Vegetable</u>									
Beans	500.00 - 550.00	720.00 - 750.00	520.00 - 600.00	600.00 - 720.00	700.00 - 750.00	600.00 - 700.00	480.00 - 500.00	480.00 - 500.00	480.00 - 500.00
Carrot	290.00 - 350.00	480.00 - 480.00	400.00 - 480.00	480.00 - 600.00	400.00 - 480.00	400.00 - 480.00	300.00 - 400.00	320.00 - 400.00	400.00 - 400.00
Leeks	250.00 - 350.00	400.00 - 480.00	400.00 - 480.00	400.00 - 480.00	300.00 - 400.00	320.00 - 320.00	260.00 - 300.00	320.00 - 400.00	400.00 - 400.00
Beetroot	250.00 - 320.00	400.00 - 480.00	400.00 - 480.00	480.00 - 600.00	360.00 - 400.00	320.00 - 400.00	300.00 - 360.00	400.00 - 480.00	480.00 - 480.00
Knolkhol	200.00 - 260.00	400.00 - 400.00	240.00 - 320.00	320.00 - 400.00	300.00 - 320.00	320.00 - 400.00	280.00 - 320.00	400.00 - 400.00	320.00 - 400.00
Raddish	100.00 - 160.00	240.00 - 320.00	200.00 - 240.00	320.00 - 320.00	200.00 - 280.00	320.00 - 320.00	200.00 - 240.00	240.00 - 320.00	240.00 - 320.00
Cabbage	140.00 - 200.00	320.00 - 400.00	280.00 - 320.00	320.00 - 400.00	220.00 - 320.00	280.00 - 320.00	180.00 - 250.00	300.00 - 320.00	320.00 - 400.00
Tomato	400.00 - 450.00	500.00 - 600.00	480.00 - 500.00	600.00 - 600.00	450.00 - 500.00	400.00 - 480.00	300.00 - 350.00	400.00 - 480.00	480.00 - 480.00
Ladies Fingers	200.00 - 260.00	400.00 - 400.00	280.00 - 320.00	300.00 - 400.00	200.00 - 300.00	240.00 - 320.00	180.00 - 240.00	300.00 - 320.00	320.00 - 320.00
Brinjal	400.00 - 500.00	560.00 - 600.00	480.00 - 520.00	600.00 - 650.00	450.00 - 550.00	400.00 - 480.00	350.00 - 450.00	400.00 - 480.00	480.00 - 480.00
Capsicum	600.00 - 700.00	800.00 - 800.00	700.00 - 800.00	900.00 - 1000.00	700.00 - 800.00	600.00 - 700.00	600.00 - 700.00	700.00 - 800.00	700.00 - 800.00
Pumpkin	200.00 - 220.00	280.00 - 320.00	240.00 - 280.00	300.00 - 320.00	260.00 - 280.00	280.00 - 320.00	200.00 - 250.00	280.00 - 320.00	240.00 - 320.00
Cucumber	100.00 - 150.00	280.00 - 280.00	200.00 - 240.00	240.00 - 320.00	200.00 - 240.00	160.00 - 200.00	150.00 - 200.00	240.00 - 250.00	240.00 - 240.00
Bitter Gourd	300.00 - 400.00	560.00 - 600.00	480.00 - 520.00	600.00 - 600.00	400.00 - 480.00	480.00 - 480.00	350.00 - 450.00	400.00 - 480.00	480.00 - 480.00
Snake Gourd	300.00 - 330.00	400.00 - 480.00	350.00 - 400.00	320.00 - 400.00	400.00 - 480.00	320.00 - 320.00	300.00 - 360.00	400.00 - 480.00	400.00 - 480.00
Drumstick	150.00 - 250.00	480.00 - 560.00	400.00 - 480.00	400.00 - 600.00	350.00 - 400.00	320.00 - 320.00	250.00 - 300.00	400.00 - 480.00	400.00 - 400.00
Luffa	240.00 - 300.00	400.00 - 480.00	320.00 - 400.00	400.00 - 500.00	350.00 - 400.00	240.00 - 240.00	300.00 - 350.00	320.00 - 400.00	400.00 - 400.00
Long Beans	300.00 - 400.00	480.00 - 500.00	460.00 - 480.00	480.00 - 600.00	480.00 - 480.00	480.00 - 480.00	300.00 - 400.00	300.00 - 400.00	400.00 - 500.00
Ash Plantain	200.00 - 260.00	320.00 - 320.00	280.00 - 320.00	320.00 - 320.00	300.00 - 320.00	280.00 - 320.00	200.00 - 280.00	240.00 - 320.00	240.00 - 320.00
Green Chillies	800.00 - 1000.00	1300.00 - 1400.00	1200.00 - 1200.00	1500.00 - 1600.00	1200.00 - 1300.00	1200.00 - 1300.00	800.00 - 900.00	1200.00 - 1400.00	1400.00 - 1400.00
Lime	300.00 - 400.00	500.00 - 600.00	500.00 - 600.00	600.00 - 800.00	400.00 - 600.00	600.00 - 600.00	400.00 - 500.00	600.00 - 800.00	600.00 - 700.00
<u>Root Crops</u>									
Sweet Potato	200.00 - 250.00	320.00 - 320.00	280.00 - 320.00	320.00 - 400.00	300.00 - 320.00	320.00 - 320.00	180.00 - 240.00	320.00 - 320.00	320.00 - 320.00
Manioc	180.00 - 250.00	200.00 - 240.00	220.00 - 240.00	240.00 - 260.00	200.00 - 240.00	240.00 - 240.00	160.00 - 170.00	200.00 - 240.00	180.00 - 220.00
<u>Leafy Vegetable</u>									
Mukunuwenna	150.00 - 150.00	200.00 - 200.00	200.00 - 200.00	250.00 - 250.00	200.00 - 200.00	200.00 - 200.00	150.00 - 150.00	200.00 - 250.00	200.00 - 200.00
Kankun	150.00 - 150.00	200.00 - 200.00	200.00 - 200.00	250.00 - 250.00	200.00 - 200.00	200.00 - 200.00	150.00 - 150.00	200.00 - 250.00	200.00 - 200.00
Gotukola	300.00 - 300.00	400.00 - 400.00	400.00 - 400.00	450.00 - 450.00	400.00 - 400.00	400.00 - 400.00	300.00 - 300.00	400.00 - 400.00	400.00 - 400.00
<u>Coconut</u>									
Large	175.00 - 180.00	180.00 - 180.00	180.00 - 180.00	170.00 - 190.00	180.00 - 180.00	170.00 - 170.00	175.00 - 190.00	180.00 - 190.00	180.00 - 190.00
Small	150.00 - 160.00	160.00 - 160.00	150.00 - 150.00	150.00 - 150.00	160.00 - 160.00	160.00 - 160.00	150.00 - 160.00	150.00 - 160.00	150.00 - 160.00

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

Week 32: 07 - 13 Aug 2026

29

CROP	PELIYAGODA			MAHARAGAMA			KIRULAPONE			NUGEGODA			NARAHENPITA			DEMATAGODA			THOTALANGA			KADAWATHA			KIRIBATHGODA		
<u>Plantain</u>																											
Ambul	220.00	-	250.00	220.00	-	220.00	260.00	-	280.00	240.00	-	280.00	220.00	-	280.00	200.00	-	250.00	200.00	-	220.00	200.00	-	260.00	160.00	-	270.00
Kolikuttu	450.00	-	500.00	480.00	-	550.00	500.00	-	550.00	450.00	-	500.00	520.00	-	550.00	500.00	-	500.00	450.00	-	450.00	450.00	-	450.00	460.00	-	500.00
Seeni	220.00	-	250.00	260.00	-	260.00	260.00	-	280.00	240.00	-	260.00	200.00	-	230.00	200.00	-	250.00	200.00	-	220.00	200.00	-	240.00	220.00	-	250.00
Anamalu	300.00	-	320.00	400.00	-	400.00	380.00	-	400.00	380.00	-	380.00	350.00	-	360.00	280.00	-	300.00	300.00	-	300.00	350.00	-	350.00		-	
Ambun	300.00	-	320.00	400.00	-	400.00	380.00	-	400.00	380.00	-	380.00	350.00	-	360.00	300.00	-	350.00	350.00	-	350.00	350.00	-	350.00		-	
<u>Pineapple</u>																											
Large	400.00	-	500.00	385.00	-	385.00	380.00	-	430.00	385.00	-	385.00	380.00	-	400.00	350.00	-	385.00	385.00	-	385.00	350.00	-	385.00	385.00	-	385.00
Medium		-			-			-			-			-			-			-			-			-	
Small		-			-			-			-			-			-			-			-			-	
<u>Mango</u>																											
Betti		-			-			-			-			-			-			-			-			-	
Karthakolomban		-			-			-			-			-			-			-			-			-	
Vilad		-			-			-			-			-			-			-			-			-	
Kohu		-			-			-			-			-			-			-			-			-	
<u>Other Fruits</u>																											
Wood Apple	550.00	-	600.00	600.00	-	600.00	700.00	-	800.00	800.00	-	900.00	600.00	-	600.00	600.00	-	700.00	500.00	-	500.00	650.00	-	700.00	800.00	-	900.00
Orange	600.00	-	700.00	600.00	-	600.00		-		750.00	-	750.00		-		600.00	-	700.00		-		700.00	-	720.00		-	
Avocado	600.00	-	700.00	600.00	-	600.00	800.00	-	800.00	800.00	-	800.00	600.00	-	600.00	600.00	-	600.00	700.00	-	700.00	700.00	-	800.00	700.00	-	700.00
Slime Apple	450.00	-	500.00	700.00	-	700.00	600.00	-	700.00	600.00	-	700.00	450.00	-	600.00	400.00	-	400.00	400.00	-	400.00	680.00	-	700.00	500.00	-	550.00
Grapes	1500.00	-	1600.00	2600.00	-	2600.00	2500.00	-	2500.00	2500.00	-	2600.00	2000.00	-	2200.00	2600.00	-	2600.00	2000.00	-	2000.00	2300.00	-	2400.00	2500.00	-	2600.00
Papaw	250.00	-	300.00	280.00	-	280.00	350.00	-	350.00	280.00	-	300.00	250.00	-	280.00	250.00	-	300.00	280.00	-	280.00	250.00	-	300.00	230.00	-	240.00
Passion	700.00	-	800.00	800.00	-	800.00	800.00	-	900.00	900.00	-	1000.00	700.00	-	750.00	700.00	-	700.00	600.00	-	600.00	700.00	-	700.00	800.00	-	900.00
King Coconut	250.00	-	280.00	250.00	-	300.00	260.00	-	280.00	230.00	-	250.00	200.00	-	220.00	200.00	-	200.00	200.00	-	220.00	220.00	-	280.00	230.00	-	240.00

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

Week 32: 07 - 13 Aug 2026

	CROP	PELIYAGODA		MAHARAGAMA		KIRULAPONE		NUGEGODA		NARAHENPITA		DEMATAGODA		THOTALANGA		KADAWATHA		KIRIBATHGODA	
30	<u>Sea Fish</u>																		
	Salaya	700.00	900.00	800.00	800.00	900.00	1000.00	1000.00	1000.00	980.00	980.00	920.00	1000.00	700.00	800.00	900.00	920.00	700.00	800.00
	Hurulla	900.00	1000.00	1200.00	1200.00	1400.00	1400.00	1400.00	1400.00	1400.00	1400.00	1100.00	1400.00	900.00	900.00	1200.00	1200.00	900.00	1000.00
	Balaya	1300.00	1500.00	2400.00	2400.00	2800.00	2800.00	-	-	-	-	1800.00	2000.00	2400.00	2400.00	2400.00	2400.00	2200.00	2400.00
	Kelawalla	2200.00	2200.00	3600.00	3600.00	3200.00	3200.00	3200.00	3400.00	-	-	2200.00	2400.00	2600.00	2800.00	2800.00	2800.00	2600.00	2700.00
	Thora	3500.00	3600.00	4400.00	4400.00	4800.00	5000.00	4600.00	4600.00	-	-	-	-	-	-	-	-	3600.00	3600.00
	Paraw	2500.00	2800.00	3200.00	3200.00	2400.00	2600.00	3200.00	3200.00	2800.00	2860.00	2800.00	3200.00	-	-	1680.00	1680.00	1800.00	1800.00
	Mora	-	-	-	-	2400.00	2400.00	-	-	-	-	-	-	2400.00	2400.00	-	-	-	-
	Shrimps Small	2000.00	2000.00	2200.00	2600.00	2800.00	3000.00	2400.00	2400.00	2360.00	2360.00	2000.00	2200.00	1800.00	2000.00	1800.00	2000.00	1800.00	2000.00
	Talapath	2800.00	3000.00	3800.00	3800.00	3600.00	3600.00	3400.00	3400.00	-	-	3600.00	3600.00	2800.00	3400.00	3600.00	3600.00	3800.00	3800.00
	<u>Eggs (Rs/egg)</u>																		
	Brown	43.00	46.00	44.00	45.00	45.00	46.00	44.00	48.00	44.00	45.00	44.00	45.00	44.00	46.00	46.00	48.00	45.00	48.00
	White	42.00	44.00	44.00	45.00	43.00	44.00	45.00	46.00	42.00	43.00	42.00	43.00	42.00	45.00	44.00	46.00	44.00	46.00
	<u>Dried Fish</u>																		
	Sprats	2500.00	2500.00	2800.00	2900.00	2400.00	2400.00	2400.00	2400.00	3200.00	3400.00	3000.00	3200.00	2400.00	2800.00	2600.00	2800.00	2800.00	3200.00
	Kattawa	-	-	-	-	3000.00	3000.00	-	-	3600.00	4000.00	-	-	3200.00	3200.00	-	-	3000.00	3400.00
	Thora	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	Mora	-	-	-	-	-	-	-	-	3400.00	3400.00	-	-	3400.00	3400.00	-	-	3600.00	3600.00
	Balaya	2400.00	2500.00	-	-	-	-	-	-	2400.00	2400.00	-	-	2400.00	2400.00	2400.00	2400.00	2400.00	2400.00
	Anguluwa	-	-	-	-	-	-	-	-	-	-	-	-	3000.00	3200.00	-	-	3200.00	3200.00
Salaya	1200.00	1600.00	-	-	1800.00	1800.00	-	-	1200.00	1200.00	-	-	-	-	-	-	-	-	
<u>Meat</u>																			
Beef (without Bones)	-	-	3300.00	3300.00	3200.00	3200.00	-	-	3100.00	3100.00	-	-	3000.00	3000.00	3300.00	3300.00	-	-	
Chicken (Broiler)	1290.00	1290.00	1400.00	1400.00	1420.00	1420.00	1390.00	1490.00	1300.00	1300.00	1250.00	1250.00	1350.00	1350.00	1400.00	1400.00	1380.00	1380.00	
Chicken (Curry)	1200.00	1200.00	1450.00	1450.00	1420.00	1490.00	1420.00	1450.00	1300.00	1300.00	1250.00	1250.00	1200.00	1200.00	1300.00	1300.00	1300.00	1300.00	
Mutton	-	-	4400.00	4400.00	4500.00	4500.00	-	-	4500.00	4500.00	4000.00	4000.00	4400.00	4400.00	4000.00	4000.00	4600.00	4600.00	
Pork	-	-	2800.00	2800.00	-	-	-	-	-	-	-	-	-	-	-	-	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

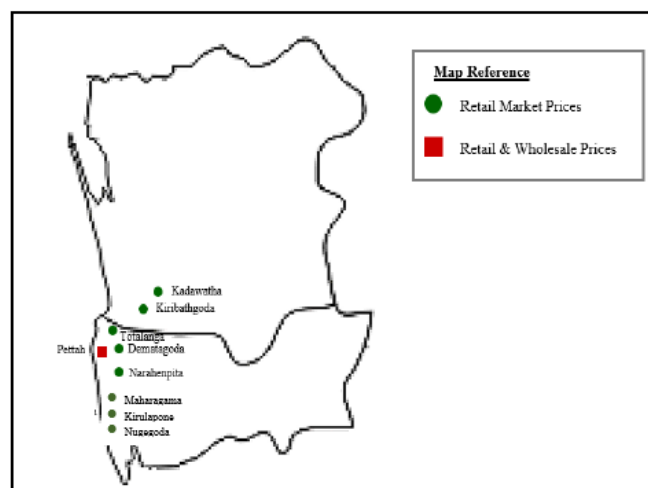
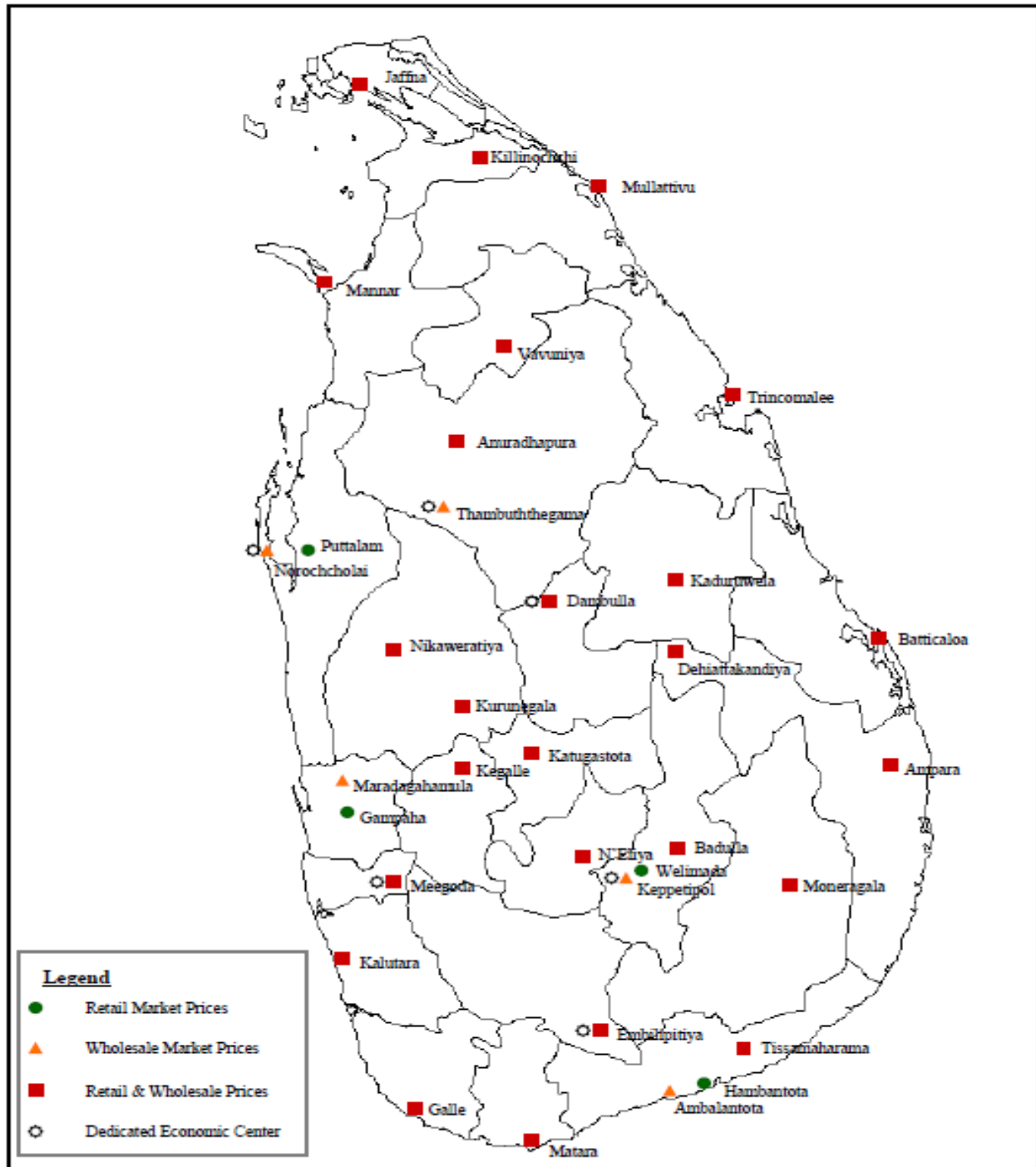
Fruits

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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