

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

Prices of all the rice varieties have decreased. The highest price decrease of Rs.15.00/kg was recorded for keeri samba. Compared to the same period of the last year, the highest price increase of 7% was recorded for local keeri samba while the highest price decreased of 6% was recorded for local raw red.

The average farmgate price of short-grain (samba) paddy dropped by Rs.15.00/kg in Polonnaruwa and Rs.7.00/kg in Dehiattakandiya. Meanwhile, the average farmgate prices of keeri samba paddy dropped considerably in Anuradhapura, Polonnaruwa and Dehiattakandiya areas by Rs.9.00-19.00/kg. The farmgate prices of keeri samba paddy ranged from Rs.110.00 to Rs.140.00/kg across the reported producing areas.

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Other Field Crops

The price of Nuwara Eliya potatoes has decreased by Rs.9.00/kg and the price of imported potatoes has increased by Rs.7.00/kg. Meanwhile, the price of local red onions has increased by Rs.134.00/kg and price of imported big onions has increased by Rs.2.00/kg. Prices of green gram, white cowpea, red cowpea and red dhal have increased by Rs.21.00/kg, Rs.29.00/kg, Rs.39.00/kg and Rs.4.00/kg. The highest price increased of Rs.39.00/kg was recorded for red cowpea.

Vegetables

Retail prices of most of up country vegetable varieties have decreased and the highest price decrease for up country variety was reported for carrot by Rs.41.00/kg. However, most of the low country varieties has increased and the highest price increase was reported for snake gourd by Rs.35.00/kg.

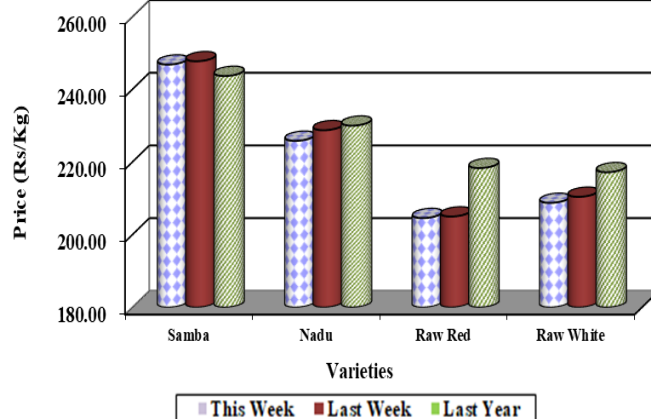
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Coconut

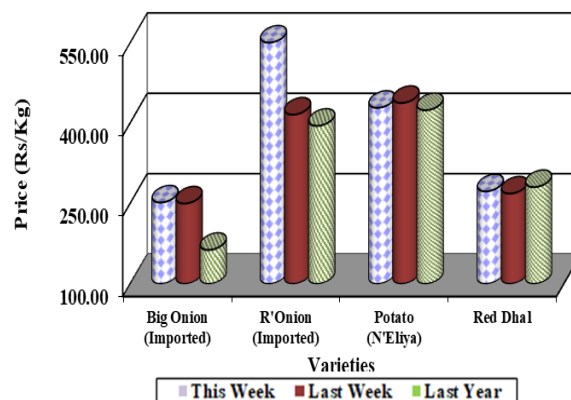
There has been no significant change in the prices of large and small nuts. Prices ranged Rs.170.00-200.00 for a large nut and Rs.150.00-160.00 for a small nut. Compared to the same period of last year, the current retail prices of both large and small nuts have decreased by 12% and 15% respectively.

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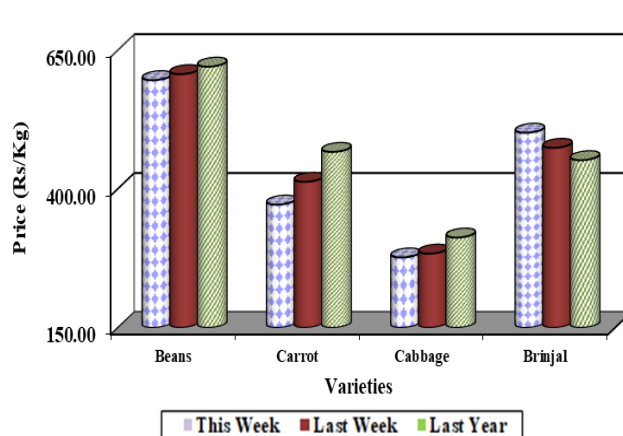
Average Retail Prices of Rice



Average Retail Prices of Other Field Crops



Average Retail Prices of Vegetables



Rice

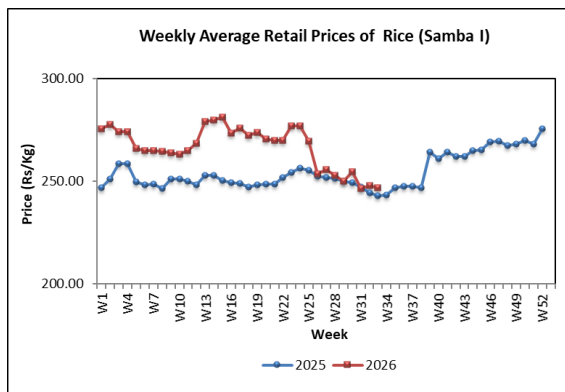
Wholesale

Price of keeri samba has decreased by 2% and price ranged Rs.250.00-320.00/kg. Prices of all other rice varieties have not changed significantly and price ranged of Rs.160.00-170.00/kg was for raw red

Compared to same period of last year, the highest price decreased of 12% recorded for raw red.

Retail

All rice varieties prices have decreased. The highest price decreased of Rs.15.00/kg was recorded for local keeri samba.



Compared to the same period of the last year, the highest price increase of 7% was recorded for local keeri samba while the highest price decreased of 6% was recorded for local raw red.

Paddy

The average farmgate prices of major paddy varieties have changed in the most of main producing areas. Accordingly, the average farmgate price of short-grain (Samba) paddy declined by Rs.15.00/kg in Polonnaruwa and Rs.7.00/kg in Dehiattakandiya while prices have increased by Rs.1.00/kg-.4.00/kg in Nikaweratiya, Ampara and Kalawewa. The farmgate prices of short-grain paddy ranged from Rs.100.00 to Rs.130.00/kg across the reported producing areas. Meanwhile, the average farmgate prices of keeri samba paddy declined considerably in Anuradhapura, Polonnaruwa and Dehiattakandiya areas by Rs.9.00-19.00/kg. The farmgate prices of keeri Samba paddy ranged from Rs.110.00 to Rs.140.00/kg across the reported producing areas. The average farmgate price of long-grain white paddy declined by Rs.8.00/kg in Polonnaruwa and Rs.4.00/kg in Anuradhapura, while prices increased slightly by Rs.1.00-2.00/kg in Dehiattakandiya, Ampara and Kalawewa areas. The prices of long grain white paddy ranged from Rs.94.00-Rs.105.00/kg across the reported producing areas. For long-grain red paddy, the average farmgate price in Embilipitiya

declined by Rs.4.00/kg and the average price was Rs.95.00/kg.

Compared with the same period last year, short-grain paddy prices declined by around 4%-8% in the reported areas, except in Nikaweratiya and Ampara. Keeri samba paddy prices declined by around 19% in Anuradhapura and 6% in Polonnaruwa and 3% in Dehiattakandiya. Meanwhile, long-grain white paddy prices declined by around 2%-11% across the reported producing areas. The price of long-grain red paddy in Embilipitiya declined by around 15% 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, current wholesale price of imported dried chilies has increased by 97%.

Retail

Price of imported dried chilies has decreased by Rs.16.00/kg and price ranged Rs.1200.00-1500.00/kg.

Compared to the same period of the last year, current retail price of imported dried chilies has increased by 71%.

Onion

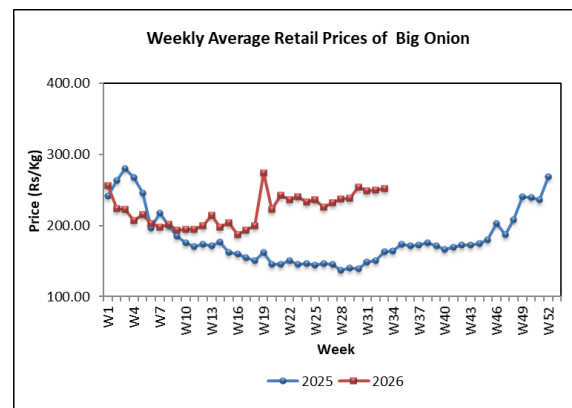
Wholesale

Price of vedalan red onion has not changed significantly and price ranged Rs.250.00-300.00/kg. Price of imported big onion has increased by 6% and price ranged Rs.200.00-230.00/kg.

Compared to same period of last year, price of big onion have increased by 100%.

Retail

Price of local red onions has increased by Rs.134.00/kg and price of imported big onions has increased by Rs.2.00/kg.



Compared to the same period of the last year, the price increase of 39% was recorded for local red onions and the highest price

increase of 54% was recorded for imported big onions.

Potato

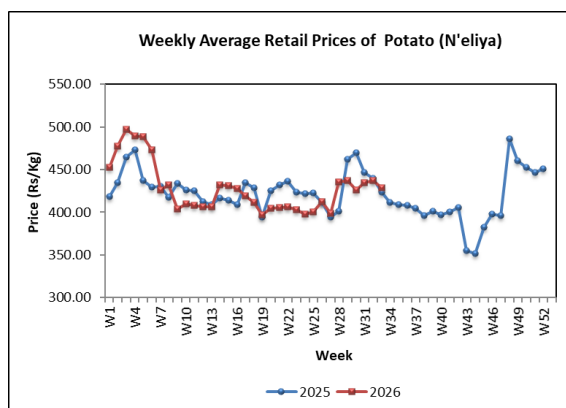
Wholesale

The Price of Nuwara Eliya potato has decreased by 7% due to availability of sufficient stocks and price ranged Rs.300.00-330.00/kg. Price of imported potato has increased by 17% due to unavailability of sufficient stocks and price ranged Rs.160.0-220.00/kg.

Compared to same period of last year, current wholesale price of Nuwara Eliya and imported potato have increased by 12% and 17% respectively.

Retail

The price of Nuwara Eliya potatoes has decreased by Rs.9.00/kg and the price of imported potatoes has increased by Rs.7.00/kg.



Compared to the same period of the last year, highest price increase of 6% was recorded for imported potatoes.

Pulses

Wholesale

Price of green gram and red cowpea have increased by 2% and 4% and price ranged Rs.650.00-750.00/kg and Rs.650.00-700.00/kg.

Compared to same period of last year, the highest price decrease of 33% was recorded for red cowpea.

Retail

Prices of green gram, white cowpea, red cowpea and red dhal have increased by Rs.21.00/kg, Rs. 29.00/kg, Rs.39.00/kg and Rs.4.00/kg. The highest price increased of Rs.39.00/kg was recorded for red cowpea.

Compared to the same period of the last year, the highest price increase of 4% was recorded for green gram and highest price decreased of 15% was recorded for red cowpea.

Vegetables

Wholesale

Price of most of the upcountry vegetable has decreased, with increased supply from most of producing areas. But the prices of low country vegetable have increased, with low supplies from producing areas.

Among the upcountry vegetable varieties, the highest price decrease of 15% reported for carrot, with increased supply from Nuwara Eliya, Similarly, the prices of beans have also decreased by 11%, due to increased supply from Balangoda and Welimada. While the prices of leeks have decreased further by 8%, with increased supply from Nuwara Eliya. However, the price of tomato has increased by 15%, with decreased supply from Balangoda and Sooriyawewa.

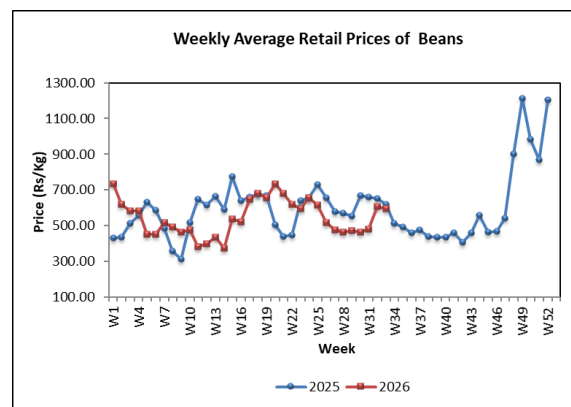
Considering the low-country vegetables, the highest price increase was reported for luffa as 20%, due to decreased supply from Embilipitiya Puththalam and Beruwela. In addition, prices of snake gourd have also increased by 13%, with decreased supply from Puththalam, Embilipitiya and Hanwella. While the price of cucumber has increased by 8%, with decreased supply from Hettipola and Balangoda. However the prices of long beans have decreased by 19%, with increased supply from Puththalam and Balangoda. Prices of green

chilly have decreased by 24%, due to increase supply from Nochchiyagama and Jaffna areas

Compared to the same period of last year, the prices of most of the vegetables have increased, with the highest price increase of 240% reported for tomato.

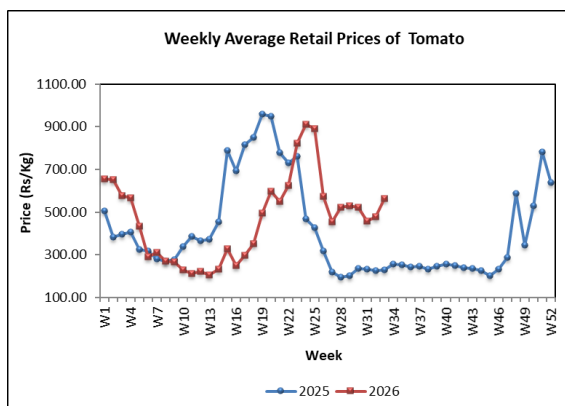
Retail

Considering the up- country vegetables, with the decrease in wholesale prices, retail prices of most of vegetable varieties have also decreased and the highest price decrease was reported for carrot by Rs.41.00/kg. While prices of beetroot and leeks have decreased by Rs.37.00/kg and Rs.12.00/kg respectively. However, the price of tomato has increased by Rs.83.00/kg.



Considering low country vegetable varieties, with the increase in wholesale prices, retail prices of most of vegetable varieties have also increased and the highest price increase was reported for

snake gourd by Rs.35.00/kg. However, the price of capsicum has decreased by Rs.47.00/kg. Meanwhile due to a decrease in wholesale price, the price of green chilies has decreased by Rs.121.00/kg whereas the price of lime has increased by Rs.46.00/kg due to an increase in wholesale prices.



Compared to the same period of last year, prices of most varieties have increased with a highest price increase of 148% 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 11% and 8% respectively.

Retail

There has been no significant change in the prices of large and small nuts. Prices ranged Rs.170.00-200.00 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 12% and 15% respectively.

Fruits Wholesale

Prices of some of the fruit varieties have increased due to low supply to the market. The highest price increase of 13% was reported for grapes(imported). However, prices of wood apple and avocado have decreased by 26% and 24% respectively due to high supply. Furthermore, orange (local) and passion fruit have decreased by 12% and 10% respectively due to high 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 121% was recorded for ambul banana and papaw.

Retail

In line with the increased wholesale prices, retail prices of most of the fruits have also increased. The highest price increase of Rs.94.00/kg was reported for imported grapes. Price of pineapple, ambul banana and seeni banana have increased by Rs.60.00/kg, Rs.28.00/kg and Rs.9.00/kg respectively. Also, prices of anamalu banana and ambul banana increased by Rs. 4.00/kg and Rs. 3.00/kg. However, the price of wood apple has decreased by Rs. 92.00/kg.

Compared to the same period of last year, current prices of all of the fruits have increased and highest price increase was reported for papaw 71%.

Fresh Fish

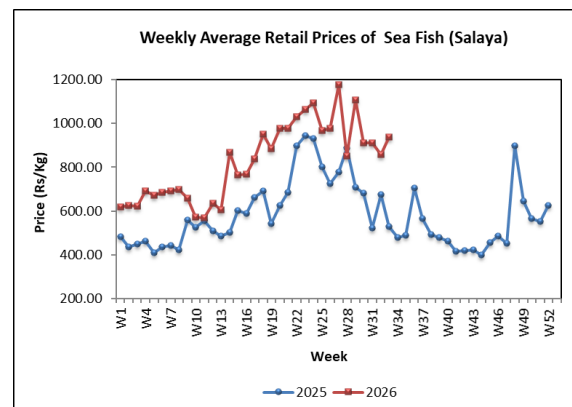
Wholesale

The prices of most fresh fish types have decreased in the range of 1% to 16%. The highest price decrease was noted for thalapath as 16% and its price ranged between Rs.2000.00-2800.00/kg. The second highest price decrease was noted for kelawalla as 15% and its price ranged between Rs.1500.00-2000.00/kg. Price of shrimps has increased by 17% and its price ranged between Rs. 1800.00-2300.00/kg.

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

Retail

Retail prices for many fish species have decreased compared to the previous week. A drop in the maximum price was recorded for mora with a decrease of Rs.256.00/kg. Prices for balaya and paraw decreased by Rs.86.00 and Rs.78.00/kg respectively. Conversely, increases in maximum prices were recorded for thora, hurulla, thalapath and salaya with rises of Rs.408.00, Rs.231.00, Rs.81.00, and Rs.79.00/kg, respectively.



Compared to the same period last year, retail prices for many fish species have increased by a margin of 4% to 76%. The highest price increase was recorded for salaya, at 76%.

Dried Fish

Wholesale

Prices of some local and imported dried fish types have decreased in the range of 3%-21%. The highest price decrease of 21% was noted for local sprats and its price ranged between Rs.1400.00-1850.00/kg. The second highest price decrease of 12% was noted for local kattawa and its price ranged between Rs.2000.00-2650.00/kg. Price of local thora has increased by 39% and its price ranged between Rs.3600.00-3700.00/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 kattawa.

Retail

Prices of most varieties of dried fish have declined. A drop in the maximum price of local sprats was recorded, bringing the price to Rs.284.00/kg. Prices for shark and katta dried fish also decreased by Rs.147.00 and Rs. 57.00/kg, respectively. Price reductions were reported for all other dried fish varieties as well.

Compared to the same period last year, the prices of most dried fish varieties have risen within a range of 7% to 65%, with the

highest price increase recorded for local sprats.

Eggs

Wholesale

The prices of brown and white eggs have decreased in the range of 5%-6%. Price range of a brown egg was Rs.40.00-42.00 and the price range of a white egg was Rs.38.00-40.00.

Compared to the same period of last year, current wholesale prices of brown and white eggs have increased by 24% and 32% respectively.

Retail

Egg prices have decreased compared to last week. A price drop of Rs.2.00/egg has been reported for both brown and white eggs. The price range for brown eggs was Rs.42.00-48.00 while for white eggs. It was Rs.40.00-44.00.

Compared to the same period last year, the price of brown eggs has increased by 25%, and the retail price of white eggs has risen by 28%.

Meat

Retail

Prices for most types of meat have risen, with the highest increase recorded for mutton at Rs. 224.00/kg. While the price of pork remained unchanged compared to the previous week, an increase of Rs. 29.00/kg was reported for curry chicken, and the price of beef rose by Rs. 6.00/kg.

Compared to the same period last year, prices for all types of meat have increased. However, the maximum price of broiler chicken recorded a decrease of Rs. 2.00/kg, while the maximum price of mutton saw an increase of 18%.

NOTE

The Food Commodities Bulletin is a weekly publication containing information relating to wholesale and retail prices of selected food commodities in nine selected markets in and around Colombo and main markets in the major producing areas.

The information is analyzed and presented as prevailing prices, price ranges, averages, and a comparison of weekly prices. The changes in prices reported are always with price prevailed during the previous week unless otherwise stated.

The frequency of collection of wholesale price information is twice a week (i.e., Tuesday and Friday) while with retail prices, it is thrice a week (i.e., Friday, Monday, and Tuesday).

Table 01: Selected Markets: Wholesale Price of Rice (Rs/kg)**Week 33: 14 - 20 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	280.00 –	285.00	222.00 –	240.00	265.00 –	330.00	227.00 –	228.00	182.00 –	200.00	170.00 –	180.00	172.00 –	192.00
	Kurunegala	–		–		–		–		–		–		–	
	Nikaweratiya	–		230.00 –	235.00	375.00 –	380.00	224.00 –	228.00	175.00 –	180.00	–		165.00 –	175.00
	Badulla	–		235.00 –	240.00	355.00 –	370.00	220.00 –	225.00	–		165.00 –	175.00	180.00 –	185.00
	Puttalam	278.00 –	282.00	238.00 –	245.00	370.00 –	375.00	225.00 –	228.00	198.00 –	205.00	205.00 –	210.00	195.00 –	200.00
	Dambulla	255.00 –	260.00	230.00 –	235.00	–		222.00 –	225.00	190.00 –	200.00	186.00 –	195.00	188.00 –	195.00
	Anuradhapura	240.00 –	250.00	230.00 –	235.00	345.00 –	350.00	225.00 –	228.00	188.00 –	200.00	215.00 –	215.00	185.00 –	200.00
	Tambuttegama	280.00 –	285.00	230.00 –	238.00	375.00 –	375.00	228.00 –	230.00	186.00 –	190.00	210.00 –	215.00	177.00 –	182.00
	Polonnaruwa	–		–		–		218.00 –	222.00	–		190.00 –	190.50	199.50 –	200.00
	Kalutara	–		230.00 –	235.00	–		226.00 –	228.00	195.00 –	200.00	160.00 –	190.00	180.00 –	200.00
	Ampara	–		240.00 –	240.00	260.00 –	260.00	230.00 –	230.00	195.00 –	197.00	170.00 –	175.00	170.00 –	180.00
	Kandy	265.00 –	270.00	235.00 –	240.00	320.00 –	330.00	218.00 –	222.00	195.00 –	200.00	175.00 –	185.00	190.00 –	200.00
	Moneragala	–		230.00 –	235.00	360.00 –	365.00	–		210.00 –	215.00	160.00 –	170.00	170.00 –	175.00
	Kegalle	–		230.00 –	235.00	–		226.00 –	228.00	180.00 –	190.00	200.00 –	205.00	180.00 –	190.00
	Dehiattakandiya	250.00 –	270.00	–		310.00 –	370.00	215.00 –	225.00	190.00 –	190.00	200.00 –	200.00	165.00 –	180.00
	Hambantota	–		–		–		–		–		–		–	
	Matara	–		–		–		–		–		–		–	
	Galle	245.00 –	250.00	235.00 –	240.00	360.00 –	390.00	–		190.00 –	200.00	160.00 –	170.00	185.00 –	200.00
	Meegoda	–		230.00 –	235.00	254.00 –	258.00	195.00 –	200.00	176.00 –	186.00	165.00 –	170.00	175.00 –	179.00
	Tissamaharama	–		–		–		229.00 –	229.00	–		156.00 –	157.00	195.00 –	197.00
	Embilipitiya	–		235.00 –	236.00	370.00 –	375.00	224.00 –	225.00	188.00 –	190.00	154.00 –	156.00	172.00 –	174.00
	Jaffna	–		–		–		–		–		–		–	
	Vavuniya	–		235.00 –	240.00	250.00 –	260.00	220.00 –	225.00	210.00 –	215.00	175.00 –	180.00	190.00 –	200.00
	Mannar	–		245.00 –	248.00	330.00 –	335.00	–		195.00 –	203.00	175.00 –	180.00	197.00 –	200.00
	Killinochchi	–		–		–		–		–		–		–	
	Mullattivu	–		240.00 –	246.00	–		220.00 –	226.00	205.00 –	212.00	170.00 –	176.00	200.00 –	206.00
	Batticaloa	–		225.00 –	230.00	260.00 –	300.00	200.00 –	200.00	190.00 –	190.00	190.00 –	190.00	–	
Trincomalee	–		–		–		–		–		–		–		
Galenbindunuwew	285.00 –	285.00	234.00 –	235.00	260.00 –	260.00	228.00 –	228.00	195.00 –	202.00	205.00 –	210.00	184.00 –	188.00	
Matale	–		234.00 –	235.00	255.00 –	370.00	220.00 –	226.00	195.00 –	205.00	175.00 –	190.00	185.00 –	200.00	

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

Week 33: 14 - 20 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 –	360.00	220.00 –	230.00	–		180.00 –	220.00	200.00 –	220.00
	Gampaha	–		240.00 –	240.00	–		230.00 –	230.00	197.00 –	220.00	180.00 –	205.00	185.00 –	210.00
	Kurunegala	–		–		–		–		–		–		–	
	Nikaweratiya	–		240.00 –	245.00	380.00 –	385.00	230.00 –	235.00	180.00 –	185.00	–		175.00 –	180.00
	Dambulla	260.00 –	270.00	240.00 –	245.00	350.00 –	370.00	227.00 –	230.00	205.00 –	210.00	200.00 –	210.00	195.00 –	210.00
	Anuradhapura	265.00 –	275.00	240.00 –	245.00	370.00 –	375.00	225.00 –	230.00	210.00 –	215.00	220.00 –	220.00	218.00 –	220.00
	Thambuththegama	290.00 –	300.00	245.00 –	255.00	385.00 –	400.00	230.00 –	235.00	195.00 –	210.00	215.00 –	220.00	190.00 –	205.00
	Polonnaruwa	–		235.00 –	240.00	–		230.00 –	230.00	198.00 –	205.00	218.00 –	220.00	220.00 –	220.00
	Kaluthara	–		240.00 –	260.00	360.00 –	380.00	230.00 –	230.00	200.00 –	210.00	170.00 –	195.00	185.00 –	220.00
	Badulla	–		240.00 –	245.00	370.00 –	380.00	225.00 –	230.00	–		180.00 –	200.00	195.00 –	200.00
	Keppetipola	–		240.00 –	245.00	350.00 –	355.00	227.00 –	230.00	210.00 –	212.00	175.00 –	177.00	190.00 –	200.00
	Moneragala	–		240.00 –	250.00	370.00 –	380.00	220.00 –	220.00	–		170.00 –	180.00	170.00 –	190.00
	Kegalle	–		240.00 –	240.00	–		230.00 –	230.00	200.00 –	215.00	215.00 –	220.00	215.00 –	220.00
	Ampara	–		240.00 –	240.00	260.00 –	260.00	230.00 –	230.00	197.00 –	202.00	175.00 –	190.00	170.00 –	220.00
	Dehiattakandiya	260.00 –	280.00	–		320.00 –	380.00	225.00 –	230.00	200.00 –	200.00	210.00 –	220.00	170.00 –	220.00
	Nuwaraeliya	–		240.00 –	245.00	350.00 –	360.00	228.00 –	230.00	206.00 –	212.00	175.00 –	178.00	190.00 –	200.00
	Kandy	275.00 –	280.00	245.00 –	250.00	360.00 –	370.00	225.00 –	230.00	215.00 –	220.00	200.00 –	210.00	200.00 –	220.00
	Puttalam	285.00 –	295.00	240.00 –	260.00	380.00 –	390.00	225.00 –	230.00	215.00 –	220.00	–		200.00 –	210.00
	Hambantota	–		–		–		–		–		–		–	
	Rathnapura	290.00 –	300.00	–		370.00 –	380.00	230.00 –	230.00	206.00 –	215.00	172.00 –	175.00	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	–		220.00 –	230.00	200.00 –	210.00	180.00 –	190.00	190.00 –	210.00
	Embilipitiya	–		235.00 –	240.00	375.00 –	385.00	228.00 –	230.00	200.00 –	208.00	160.00 –	165.00	195.00 –	210.00
	Jaffna	–		–		–		–		–		–		–	
	Vavuniya	–		240.00 –	250.00	260.00 –	265.00	220.00 –	230.00	–		180.00 –	190.00	200.00 –	210.00
	Mannar	–		250.00 –	255.00	355.00 –	360.00	230.00 –	235.00	–		190.00 –	197.00	210.00 –	220.00
	Killinochchi	–		–		–		–		–		–		–	
	Mullaittivu	–		245.00 –	250.00	–		225.00 –	230.00	210.00 –	215.00	175.00 –	180.00	205.00 –	210.00
	Batticaloa	–		240.00 –	245.00	325.00 –	350.00	–		210.00 –	210.00	195.00 –	195.00	195.00 –	195.00
	Trincomalee	–		–		–		–		–		–		–	
Hanguranketha	–		240.00 –	240.00	260.00 –	260.00	230.00 –	230.00	220.00 –	225.00	180.00 –	185.00	190.00 –	215.00	
Veyangoda	–		240.00 –	240.00	–		230.00 –	230.00	192.00 –	205.00	180.00 –	195.00	195.00 –	210.00	
Galenbindunuwewa	290.00 –	290.00	240.00 –	240.00	260.00 –	260.00	230.00 –	230.00	205.00 –	215.00	220.00 –	220.00	195.00 –	200.00	
Bandarawela	–		–		365.00 –	370.00	230.00 –	230.00	215.00 –	218.00	170.00 –	180.00	185.00 –	190.00	
Matale	270.00 –	280.00	238.00 –	242.00	260.00 –	380.00	228.00 –	230.00	215.00 –	222.00	200.00 –	220.00	205.00 –	215.00	

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

Week 33: 14 - 20 Aug 2026

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	-	250.00 - 300.00	200.00 - 230.00	160.00 - 220.00	-	300.00 - 330.00	650.00 - 750.00	650.00 - 700.00	220.00 - 235.00
Kurunegala	-	-	-	-	-	-	-	-	-	-
Nikaweratiya	1090.00 - 1120.00	330.00 - 350.00	-	225.00 - 235.00	165.00 - 175.00	-	-	830.00 - 850.00	-	230.00 - 235.00
Dehiattakandiya	1050.00 - 1100.00	380.00 - 380.00	320.00 - 350.00	180.00 - 230.00	180.00 - 200.00	-	330.00 - 370.00	650.00 - 720.00	550.00 - 750.00	225.00 - 250.00
Dambulla (DEC)	1060.00 - 1080.00	-	250.00 - 280.00	210.00 - 230.00	-	260.00 - 270.00	280.00 - 290.00	550.00 - 600.00	480.00 - 500.00	225.00 - 230.00
Anuradhapura	1080.00 - 1160.00	320.00 - 360.00	-	230.00 - 235.00	190.00 - 200.00	-	-	850.00 - 880.00	780.00 - 800.00	235.00 - 250.00
Thambuththegama	1080.00 - 1100.00	-	230.00 - 270.00	180.00 - 230.00	160.00 - 205.00	-	-	600.00 - 625.00	480.00 - 500.00	225.00 - 240.00
Polonnaruwa	1000.00 - 1100.00	330.00 - 380.00	-	250.00 - 290.00	220.00 - 250.00	-	-	787.00 - 845.00	735.00 - 820.00	220.00 - 225.00
Kaluthara	1080.00 - 1180.00	-	290.00 - 300.00	225.00 - 228.00	200.00 - 220.00	-	-	750.00 - 780.00	680.00 - 750.00	235.00 - 245.00
Puttalam	1150.00 - 1180.00	-	200.00 - 280.00	230.00 - 240.00	200.00 - 210.00	-	-	760.00 - 800.00	850.00 - 880.00	230.00 - 235.00
Kandy	1140.00 - 1200.00	-	270.00 - 300.00	215.00 - 240.00	180.00 - 195.00	250.00 - 260.00	290.00 - 330.00	670.00 - 800.00	650.00 - 700.00	230.00 - 235.00
Matara	-	-	-	-	-	-	-	-	-	-
Hambantota	-	-	-	-	-	-	-	-	-	-
Kegalle	1150.00 - 1180.00	-	290.00 - 300.00	220.00 - 225.00	190.00 - 200.00	-	320.00 - 330.00	800.00 - 810.00	710.00 - 720.00	220.00 - 230.00
Galle	1100.00 - 1150.00	350.00 - 380.00	-	200.00 - 225.00	180.00 - 200.00	-	340.00 - 360.00	820.00 - 850.00	840.00 - 860.00	240.00 - 250.00
Tissamaharama	1050.00 - 1075.00	330.00 - 340.00	-	215.00 - 225.00	210.00 - 220.00	-	300.00 - 310.00	700.00 - 750.00	-	235.00 - 240.00
Meegoda (DEC)	1050.00 - 1080.00	-	250.00 - 270.00	210.00 - 230.00	160.00 - 210.00	-	290.00 - 320.00	700.00 - 750.00	700.00 - 730.00	226.00 - 240.00
Jaffna	-	-	-	-	-	-	-	-	-	-
Vavuniya	1250.00 - 1280.00	-	270.00 - 290.00	190.00 - 210.00	195.00 - 210.00	-	-	750.00 - 780.00	-	240.00 - 250.00
Mannar	1065.00 - 1075.00	-	-	-	165.00 - 175.00	-	-	750.00 - 800.00	-	235.00 - 245.00
Killinochchi	-	-	-	-	-	-	-	-	-	-
Mullattivu	1230.00 - 1280.00	-	-	180.00 - 190.00	170.00 - 210.00	-	-	780.00 - 830.00	-	240.00 - 250.00
Batticaloa	1100.00 - 1200.00	-	250.00 - 280.00	220.00 - 230.00	200.00 - 200.00	-	350.00 - 350.00	750.00 - 750.00	-	220.00 - 225.00
Trincomalee	-	-	-	-	-	-	-	-	-	-
Galenbindunuwewa	1140.00 - 1155.00	350.00 - 350.00	-	235.00 - 240.00	190.00 - 210.00	-	-	800.00 - 810.00	500.00 - 520.00	230.00 - 235.00
Matale	1050.00 - 1150.00	-	280.00 - 300.00	220.00 - 240.00	170.00 - 200.00	-	330.00 - 340.00	740.00 - 750.00	690.00 - 750.00	-

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

Week 33: 14 - 20 Aug 2026

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LOCATIONS	Dried Chillies	Red Onion		Big Onion	Potato			Pulses		
	Imported	Imported	Local		Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal
Colombo	1200.00 - 1500.00	-	400.00 - 550.00	200.00 - 280.00	180.00 - 260.00	-	360.00 - 480.00	800.00 - 1200.00	800.00 - 1200.00	240.00 - 320.00
Gampaha	1200.00 - 1300.00	400.00 - 460.00	320.00 - 360.00	250.00 - 280.00	240.00 - 280.00	-	440.00 - 480.00	830.00 - 960.00	850.00 - 1000.00	250.00 - 280.00
Kurunegala	-	-	-	-	-	-	-	-	-	-
Nikaweratiya	1140.00 - 1160.00	380.00 - 430.00	-	235.00 - 245.00	180.00 - 190.00	-	-	880.00 - 920.00	-	235.00 - 250.00
Dambulla	1150.00 - 1250.00	-	400.00 - 420.00	240.00 - 250.00	220.00 - 240.00	-	380.00 - 400.00	800.00 - 850.00	740.00 - 780.00	240.00 - 260.00
Anuradhapura	1200.00 - 1275.00	320.00 - 380.00	400.00 - 420.00	240.00 - 250.00	220.00 - 230.00	-	-	900.00 - 950.00	850.00 - 900.00	255.00 - 265.00
Thambuththegama	1300.00 - 1400.00	300.00 - 350.00	-	200.00 - 260.00	180.00 - 240.00	-	-	780.00 - 900.00	650.00 - 750.00	245.00 - 260.00
Polonnaruwa	1050.00 - 1200.00	400.00 - 400.00	-	250.00 - 280.00	240.00 - 280.00	-	440.00 - 480.00	800.00 - 850.00	740.00 - 840.00	230.00 - 240.00
Kaluthara	1200.00 - 1280.00	300.00 - 360.00	400.00 - 440.00	240.00 - 260.00	220.00 - 300.00	-	400.00 - 440.00	780.00 - 880.00	760.00 - 840.00	240.00 - 254.00
Badulla	1200.00 - 1250.00	380.00 - 400.00	-	240.00 - 260.00	240.00 - 300.00	340.00 - 400.00	-	800.00 - 900.00	700.00 - 800.00	-
Keppetipola	1300.00 - 1360.00	300.00 - 330.00	340.00 - 350.00	230.00 - 240.00	200.00 - 220.00	300.00 - 330.00	-	880.00 - 900.00	860.00 - 880.00	230.00 - 240.00
Moneragala	1200.00 - 1300.00	-	360.00 - 400.00	240.00 - 280.00	240.00 - 260.00	-	360.00 - 400.00	800.00 - 900.00	600.00 - 700.00	260.00 - 280.00
Kegalle	1200.00 - 1240.00	350.00 - 360.00	-	250.00 - 260.00	240.00 - 260.00	-	380.00 - 400.00	850.00 - 860.00	760.00 - 780.00	260.00 - 280.00
Ampara	1200.00 - 1250.00	300.00 - 400.00	-	240.00 - 250.00	220.00 - 240.00	-	380.00 - 410.00	800.00 - 850.00	700.00 - 850.00	240.00 - 243.00
Dehiattakandiya	1050.00 - 1150.00	-	350.00 - 400.00	200.00 - 250.00	200.00 - 220.00	-	350.00 - 400.00	750.00 - 850.00	650.00 - 800.00	230.00 - 260.00
Nuwaraeliya	1360.00 - 1420.00	330.00 - 350.00	340.00 - 360.00	250.00 - 280.00	220.00 - 240.00	-	340.00 - 350.00	880.00 - 900.00	880.00 - 890.00	235.00 - 245.00
Kandy	1260.00 - 1300.00	-	480.00 - 500.00	240.00 - 260.00	190.00 - 200.00	-	380.00 - 400.00	840.00 - 940.00	840.00 - 960.00	260.00 - 270.00
Puttalam	1240.00 - 1260.00	-	400.00 - 480.00	260.00 - 280.00	240.00 - 250.00	-	460.00 - 480.00	850.00 - 880.00	950.00 - 980.00	250.00 - 280.00
Rathnapura	1240.00 - 1300.00	-	320.00 - 360.00	240.00 - 270.00	200.00 - 260.00	-	360.00 - 420.00	780.00 - 860.00	735.00 - 770.00	270.00 - 290.00
Hambantota	-	-	-	-	-	-	-	-	-	-
Matara	-	-	-	-	-	-	-	-	-	-
Galle	1300.00 - 1300.00	-	500.00 - 540.00	240.00 - 260.00	240.00 - 260.00	-	380.00 - 420.00	900.00 - 950.00	1000.00 - 1000.00	260.00 - 300.00
Tissamaharama	1150.00 - 1200.00	360.00 - 380.00	-	240.00 - 250.00	250.00 - 260.00	-	350.00 - 360.00	800.00 - 850.00	-	250.00 - 260.00
Meegoda (DEC)	1260.00 - 1300.00	400.00 - 400.00	400.00 - 440.00	240.00 - 250.00	220.00 - 260.00	-	360.00 - 400.00	880.00 - 1000.00	800.00 - 1000.00	260.00 - 300.00
Embilipitiya	1150.00 - 1200.00	-	360.00 - 400.00	235.00 - 240.00	220.00 - 260.00	-	360.00 - 400.00	750.00 - 800.00	720.00 - 780.00	230.00 - 320.00
Jaffna	-	-	-	-	-	-	-	-	-	-
Vavuniya	1300.00 - 1340.00	-	300.00 - 350.00	250.00 - 280.00	220.00 - 250.00	-	-	800.00 - 850.00	-	250.00 - 260.00
Mannar	1200.00 - 1250.00	-	-	200.00 - 220.00	180.00 - 200.00	-	-	900.00 - 950.00	-	255.00 - 260.00
Killinochchi	-	-	-	-	-	-	-	-	-	-
Mullaittivu	1250.00 - 1300.00	-	-	-	180.00 - 220.00	-	-	800.00 - 850.00	-	245.00 - 255.00
Batticaloa	1200.00 - 1250.00	-	300.00 - 320.00	-	220.00 - 240.00	-	480.00 - 500.00	850.00 - 850.00	-	240.00 - 240.00
Trincomalee	-	-	-	-	-	-	-	-	-	-
Hanguranketha	1200.00 - 1200.00	-	300.00 - 300.00	240.00 - 250.00	200.00 - 240.00	-	-	800.00 - 950.00	800.00 - 980.00	240.00 - 245.00
Veyangoda	1200.00 - 1300.00	400.00 - 440.00	-	220.00 - 240.00	240.00 - 280.00	-	360.00 - 380.00	880.00 - 960.00	880.00 - 960.00	250.00 - 260.00
Galenbindunuwewa	1200.00 - 1250.00	360.00 - 360.00	-	250.00 - 260.00	220.00 - 230.00	-	-	825.00 - 850.00	540.00 - 550.00	240.00 - 250.00
Bandarawela	1200.00 - 1300.00	380.00 - 420.00	400.00 - 440.00	240.00 - 260.00	200.00 - 220.00	320.00 - 330.00	-	800.00 - 900.00	750.00 - 850.00	250.00 - 260.00
Matale	1200.00 - 1250.00	260.00 - 280.00	320.00 - 360.00	250.00 - 260.00	220.00 - 260.00	-	360.00 - 400.00	780.00 - 850.00	820.00 - 880.00	250.00 - 260.00

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

Week 33: 14 - 20 Aug 2026

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	400.00 - 500.00	150.00 - 200.00	160.00 - 200.00	150.00 - 250.00	80.00 - 120.00
Meegoda (DEC)	-	430.00 - 550.00	170.00 - 270.00	160.00 - 210.00	-	120.00 - 160.00
Dambulla (DEC)	-	300.00 - 550.00	150.00 - 250.00	140.00 - 180.00	200.00 - 260.00	80.00 - 110.00
Keppetipola (DEC)	-	380.00 - 500.00	160.00 - 220.00	140.00 - 170.00	150.00 - 180.00	100.00 - 130.00
Norochchole (DEC)	-	-	-	-	-	70.00 - 80.00
Nuwara Eliya	-	420.00 - 500.00	190.00 - 240.00	160.00 - 180.00	120.00 - 180.00	120.00 - 140.00
Kandy	-	450.00 - 500.00	200.00 - 250.00	170.00 - 200.00	230.00 - 250.00	100.00 - 130.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	-	450.00 - 500.00	180.00 - 300.00	180.00 - 220.00	-	-
Jaffna	-	-	-	-	-	-
Bandarawela	-	400.00 - 480.00	150.00 - 220.00	150.00 - 170.00	180.00 - 200.00	110.00 - 160.00
Veyangoda	-	470.00 - 550.00	190.00 - 260.00	180.00 - 220.00	-	100.00 - 130.00

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	60.00 - 100.00	80.00 - 150.00	300.00 - 450.00	100.00 - 130.00	200.00 - 350.00	400.00 - 550.00
Meegoda (DEC)	100.00 - 120.00	120.00 - 150.00	300.00 - 420.00	100.00 - 140.00	300.00 - 370.00	470.00 - 540.00
Moneragala	120.00 - 140.00	160.00 - 180.00	350.00 - 400.00	160.00 - 170.00	200.00 - 250.00	550.00 - 600.00
Dambulla (DEC)	55.00 - 90.00	100.00 - 130.00	250.00 - 350.00	60.00 - 80.00	250.00 - 350.00	400.00 - 530.00
Keppetipola (DEC)	50.00 - 70.00	80.00 - 120.00	250.00 - 430.00	-	250.00 - 300.00	550.00 - 700.00
Norochchole (DEC)	30.00 - 70.00	-	300.00 - 330.00	60.00 - 90.00	130.00 - 180.00	350.00 - 420.00
Nuwara Eliya	60.00 - 80.00	110.00 - 130.00	270.00 - 440.00	-	-	580.00 - 700.00
Kandy	80.00 - 100.00	120.00 - 150.00	250.00 - 350.00	90.00 - 130.00	250.00 - 300.00	500.00 - 550.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	100.00 - 130.00	120.00 - 150.00	280.00 - 330.00	50.00 - 90.00	260.00 - 330.00	370.00 - 450.00
Tissamaharama	80.00 - 100.00	140.00 - 150.00	340.00 - 350.00	110.00 - 130.00	280.00 - 300.00	500.00 - 530.00
Jaffna	-	-	-	-	-	-
Bandarawela	60.00 - 70.00	80.00 - 110.00	250.00 - 400.00	100.00 - 120.00	250.00 - 320.00	500.00 - 700.00
Veyangoda	90.00 - 120.00	130.00 - 160.00	300.00 - 420.00	90.00 - 130.00	300.00 - 350.00	400.00 - 550.00

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

Table 06 (Contd.)

	Long Beans	Ash Plantain	Green Chillies	Lime	Sweet Potatoe	Manioc
Colombo	120.00 - 300.00	130.00 - 150.00	400.00 - 700.00	250.00 - 350.00	120.00 - 150.00	100.00 - 130.00
Meegoda (DEC)	160.00 - 300.00	130.00 - 160.00	650.00 - 820.00	370.00 - 440.00	110.00 - 130.00	100.00 - 120.00
Moneragala	180.00 - 200.00	60.00 - 80.00	800.00 - 850.00	330.00 - 350.00	160.00 - 180.00	120.00 - 140.00
Dambulla (DEC)	150.00 - 250.00	100.00 - 140.00	450.00 - 700.00	230.00 - 420.00	80.00 - 150.00	100.00 - 130.00
Keppetipola (DEC)	-	-	800.00 - 1000.00	-	140.00 - 180.00	120.00 - 140.00
Norochchole (DEC)	70.00 - 270.00	80.00 - 100.00	500.00 - 750.00	200.00 - 250.00	-	120.00 - 140.00
Nuwara Eliya	-	-	-	-	-	-
Kandy	220.00 - 320.00	120.00 - 150.00	550.00 - 850.00	250.00 - 380.00	130.00 - 160.00	90.00 - 110.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	150.00 - 200.00	90.00 - 120.00	450.00 - 750.00	220.00 - 300.00	100.00 - 140.00	80.00 - 120.00
Tissamaharama	150.00 - 160.00	120.00 - 130.00	700.00 - 750.00	320.00 - 340.00	130.00 - 150.00	100.00 - 120.00
Jaffna	-	-	-	-	-	-
Bandarawela	200.00 - 250.00	140.00 - 150.00	700.00 - 800.00	300.00 - 350.00	140.00 - 160.00	130.00 - 140.00
Veyangoda	150.00 - 320.00	130.00 - 150.00	650.00 - 850.00	330.00 - 400.00	120.00 - 150.00	120.00 - 150.00

Locations	Leafy Vegetables (Rs/kg)			Coconut (Rs/nut)	
	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	120.00 - 130.00	120.00 - 130.00	250.00 - 280.00	160.00 - 170.00	140.00 - 150.00
Meegoda (DEC)	-	-	-	130.00 - 140.00	120.00 - 125.00
Norochchole (DEC)	-	-	-	-	-
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	150.00 - 175.00	175.00 - 175.00	150.00 - 175.00	105.00 - 110.00	90.00 - 95.00
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 - 110.00	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	-	-	-
Veyangoda	-	-	-	-	-

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

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

Week 33: 14 - 20 Aug 2026

	LOCATIONS	Up Country Varieties															
		Butter Beans		Green Beans		Carrot		Leeks		Beetroot		Knol Khol		Raddish		Cabbage	
15	Colombo	-	500.00 - 720.00	250.00 - 480.00	200.00 - 480.00	280.00 - 480.00	200.00 - 480.00	150.00 - 320.00	180.00 - 400.00	400.00 - 700.00							
	Gampaha	-	500.00 - 640.00	340.00 - 420.00	280.00 - 320.00	380.00 - 460.00	200.00 - 280.00	200.00 - 260.00	280.00 - 320.00	480.00 - 560.00							
	Kurunegala	-	-	-	-	-	-	-	-	-							
	Nikaweratiya	-	480.00 - 580.00	400.00 - 480.00	400.00 - 480.00	-	240.00 - 300.00	160.00 - 240.00	320.00 - 400.00	400.00 - 500.00							
	Dambulla	-	680.00 - 720.00	360.00 - 400.00	300.00 - 380.00	380.00 - 400.00	280.00 - 320.00	200.00 - 240.00	220.00 - 240.00	400.00 - 440.00							
	Anuradhapura	-	700.00 - 750.00	370.00 - 400.00	380.00 - 420.00	-	380.00 - 420.00	200.00 - 260.00	260.00 - 300.00	480.00 - 560.00							
	Thambuththegama	-	650.00 - 750.00	360.00 - 450.00	280.00 - 400.00	-	-	160.00 - 220.00	180.00 - 250.00	440.00 - 500.00							
	Polonnaruwa	-	680.00 - 760.00	460.00 - 520.00	360.00 - 400.00	400.00 - 420.00	250.00 - 280.00	160.00 - 240.00	280.00 - 280.00	480.00 - 540.00							
	Kaluthara	-	600.00 - 640.00	340.00 - 400.00	320.00 - 400.00	360.00 - 480.00	200.00 - 320.00	200.00 - 240.00	300.00 - 320.00	400.00 - 600.00							
	Badulla	-	-	-	-	-	-	-	-	-							
	Keppetipola	-	460.00 - 500.00	240.00 - 260.00	230.00 - 260.00	230.00 - 250.00	160.00 - 180.00	120.00 - 130.00	160.00 - 200.00	340.00 - 360.00							
	Moneragala	-	600.00 - 660.00	360.00 - 400.00	320.00 - 360.00	360.00 - 400.00	200.00 - 240.00	160.00 - 200.00	200.00 - 240.00	480.00 - 520.00							
	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 - 520.00							
	Ampara	-	590.00 - 680.00	340.00 - 480.00	300.00 - 360.00	320.00 - 400.00	280.00 - 360.00	250.00 - 280.00	280.00 - 320.00	480.00 - 560.00							
	Dehiattakandiya	-	600.00 - 700.00	400.00 - 400.00	300.00 - 400.00	400.00 - 400.00	200.00 - 200.00	200.00 - 200.00	300.00 - 320.00	400.00 - 400.00							
	Nuwaraeliya	-	500.00 - 520.00	300.00 - 330.00	280.00 - 300.00	220.00 - 240.00	220.00 - 240.00	150.00 - 160.00	230.00 - 250.00	400.00 - 440.00							
	Kandy	-	550.00 - 600.00	360.00 - 400.00	260.00 - 300.00	300.00 - 320.00	200.00 - 240.00	160.00 - 200.00	260.00 - 300.00	450.00 - 480.00							
	Puttalam	-	700.00 - 760.00	520.00 - 560.00	400.00 - 480.00	-	280.00 - 320.00	200.00 - 250.00	-	560.00 - 600.00							
	Hambantota	-	-	-	-	-	-	-	-	-							
	Rathnapura	-	600.00 - 650.00	300.00 - 360.00	350.00 - 400.00	-	-	160.00 - 240.00	240.00 - 280.00	400.00 - 480.00							
	Matara	-	-	-	-	-	-	-	-	-							
	Galle	-	600.00 - 680.00	400.00 - 460.00	320.00 - 360.00	340.00 - 380.00	240.00 - 260.00	200.00 - 240.00	260.00 - 300.00	540.00 - 600.00							
	Tissamaharama	-	540.00 - 560.00	260.00 - 280.00	250.00 - 260.00	280.00 - 300.00	180.00 - 200.00	160.00 - 180.00	200.00 - 220.00	400.00 - 420.00							
	Meegoda (DEC)	-	600.00 - 640.00	400.00 - 480.00	320.00 - 400.00	-	240.00 - 300.00	240.00 - 320.00	240.00 - 300.00	520.00 - 600.00							
	Embilipitiya	-	600.00 - 720.00	320.00 - 400.00	280.00 - 320.00	-	180.00 - 240.00	160.00 - 200.00	240.00 - 300.00	520.00 - 600.00							
	Jaffna	-	-	-	-	-	-	-	-	-							
	Vavuniya	-	550.00 - 650.00	400.00 - 500.00	350.00 - 400.00	350.00 - 400.00	300.00 - 400.00	200.00 - 250.00	300.00 - 400.00	550.00 - 650.00							
	Mannar	-	650.00 - 700.00	380.00 - 450.00	400.00 - 450.00	380.00 - 400.00	-	200.00 - 250.00	300.00 - 320.00	550.00 - 600.00							
	Killinochchi	-	-	-	-	-	-	-	-	-							
	Mullaittivu	-	550.00 - 600.00	380.00 - 420.00	340.00 - 360.00	350.00 - 380.00	-	180.00 - 220.00	280.00 - 340.00	500.00 - 550.00							
Batticaloa	-	550.00 - 600.00	320.00 - 350.00	320.00 - 320.00	300.00 - 320.00	250.00 - 280.00	200.00 - 200.00	320.00 - 330.00	550.00 - 600.00								
Trincomalee	-	-	-	-	-	-	-	-	-								
Hanguranketha	-	500.00 - 560.00	280.00 - 310.00	220.00 - 250.00	-	150.00 - 165.00	100.00 - 120.00	150.00 - 180.00	360.00 - 420.00								
Veyangoda	-	520.00 - 640.00	320.00 - 360.00	320.00 - 360.00	-	260.00 - 320.00	200.00 - 260.00	280.00 - 360.00	480.00 - 560.00								
Galenbindunuwewa	-	700.00 - 750.00	450.00 - 480.00	420.00 - 480.00	320.00 - 380.00	200.00 - 240.00	140.00 - 160.00	260.00 - 300.00	460.00 - 480.00								
Bandarawela	-	540.00 - 580.00	240.00 - 280.00	240.00 - 260.00	300.00 - 340.00	200.00 - 240.00	140.00 - 160.00	200.00 - 220.00	340.00 - 380.00								
Matale	-	640.00 - 680.00	360.00 - 440.00	360.00 - 440.00	360.00 - 440.00	200.00 - 240.00	200.00 - 240.00	200.00 - 260.00	480.00 - 560.00								

Table 07 (Contd.)

LOCATIONS	Low Country Varieties													
	Ladies Fingers	Brinjal	Capsicum	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa	Long Beans				
Colombo	150.00 - 400.00	400.00 - 600.00	500.00 - 800.00	180.00 - 320.00	150.00 - 280.00	350.00 - 600.00	320.00 - 600.00	200.00 - 480.00	230.00 - 480.00	200.00 - 560.00				
Gampaha	200.00 - 260.00	460.00 - 560.00	700.00 - 800.00	240.00 - 280.00	160.00 - 200.00	420.00 - 500.00	320.00 - 400.00	280.00 - 320.00	280.00 - 340.00	380.00 - 420.00				
Kurunegala	-	-	-	-	-	-	-	-	-	-				
Nikaweratiya	240.00 - 320.00	400.00 - 480.00	660.00 - 750.00	240.00 - 300.00	160.00 - 220.00	400.00 - 480.00	320.00 - 400.00	300.00 - 320.00	260.00 - 320.00	240.00 - 300.00				
Dambulla	180.00 - 200.00	400.00 - 480.00	680.00 - 760.00	200.00 - 240.00	160.00 - 200.00	400.00 - 480.00	260.00 - 300.00	280.00 - 300.00	300.00 - 340.00	300.00 - 340.00				
Anuradhapura	200.00 - 240.00	460.00 - 480.00	580.00 - 640.00	280.00 - 320.00	160.00 - 200.00	390.00 - 460.00	280.00 - 320.00	420.00 - 460.00	280.00 - 300.00	350.00 - 400.00				
Thambuththegama	150.00 - 180.00	440.00 - 500.00	550.00 - 700.00	180.00 - 250.00	100.00 - 150.00	350.00 - 440.00	200.00 - 260.00	350.00 - 400.00	200.00 - 250.00	300.00 - 380.00				
Polonnaruwa	260.00 - 360.00	400.00 - 480.00	720.00 - 800.00	240.00 - 280.00	180.00 - 200.00	460.00 - 500.00	300.00 - 360.00	350.00 - 380.00	320.00 - 400.00	320.00 - 440.00				
Kaluthara	200.00 - 300.00	400.00 - 480.00	700.00 - 800.00	240.00 - 280.00	150.00 - 200.00	400.00 - 520.00	300.00 - 400.00	320.00 - 350.00	280.00 - 320.00	380.00 - 480.00				
Badulla	-	-	-	-	-	-	-	-	-	-				
Keppetipola	150.00 - 160.00	340.00 - 360.00	650.00 - 750.00	220.00 - 230.00	150.00 - 160.00	380.00 - 400.00	280.00 - 300.00	260.00 - 280.00	280.00 - 300.00	270.00 - 300.00				
Moneragala	260.00 - 320.00	260.00 - 320.00	720.00 - 800.00	240.00 - 260.00	160.00 - 200.00	400.00 - 440.00	320.00 - 360.00	280.00 - 320.00	340.00 - 400.00	240.00 - 300.00				
Kegalle	240.00 - 280.00	280.00 - 320.00	600.00 - 640.00	240.00 - 280.00	200.00 - 240.00	440.00 - 480.00	320.00 - 360.00	320.00 - 360.00	360.00 - 400.00	360.00 - 400.00				
Ampara	240.00 - 320.00	380.00 - 440.00	680.00 - 750.00	240.00 - 300.00	180.00 - 240.00	400.00 - 480.00	340.00 - 480.00	360.00 - 400.00	360.00 - 400.00	320.00 - 340.00				
Dehiattakandiya	200.00 - 240.00	400.00 - 400.00	600.00 - 600.00	200.00 - 220.00	180.00 - 200.00	400.00 - 440.00	300.00 - 300.00	200.00 - 300.00	320.00 - 400.00	300.00 - 300.00				
Nuwaraeliya	220.00 - 240.00	400.00 - 420.00	680.00 - 720.00	260.00 - 280.00	200.00 - 220.00	400.00 - 420.00	300.00 - 320.00	340.00 - 360.00	300.00 - 320.00	320.00 - 340.00				
Kandy	200.00 - 240.00	360.00 - 400.00	650.00 - 700.00	200.00 - 240.00	160.00 - 180.00	450.00 - 480.00	260.00 - 300.00	300.00 - 320.00	260.00 - 300.00	360.00 - 400.00				
Puttalam	200.00 - 250.00	520.00 - 600.00	700.00 - 800.00	280.00 - 320.00	200.00 - 250.00	400.00 - 520.00	320.00 - 400.00	400.00 - 500.00	360.00 - 480.00	300.00 - 400.00				
Rathnapura	180.00 - 240.00	400.00 - 450.00	740.00 - 820.00	200.00 - 240.00	120.00 - 180.00	520.00 - 600.00	320.00 - 360.00	320.00 - 400.00	380.00 - 440.00	360.00 - 460.00				
Hambantota	-	-	-	-	-	-	-	-	-	-				
Matara	-	-	-	-	-	-	-	-	-	-				
Galle	260.00 - 340.00	460.00 - 500.00	660.00 - 700.00	200.00 - 240.00	160.00 - 200.00	400.00 - 480.00	360.00 - 400.00	350.00 - 380.00	320.00 - 400.00	340.00 - 380.00				
Tissamaharama	170.00 - 200.00	350.00 - 360.00	580.00 - 600.00	200.00 - 230.00	140.00 - 150.00	360.00 - 380.00	260.00 - 280.00	-	260.00 - 280.00	200.00 - 220.00				
Meegoda (DEC)	240.00 - 300.00	520.00 - 600.00	680.00 - 800.00	240.00 - 280.00	180.00 - 240.00	480.00 - 560.00	400.00 - 480.00	-	400.00 - 480.00	440.00 - 500.00				
Embilipitiya	160.00 - 200.00	350.00 - 400.00	700.00 - 800.00	240.00 - 280.00	90.00 - 120.00	480.00 - 520.00	280.00 - 320.00	180.00 - 240.00	280.00 - 320.00	360.00 - 400.00				
Jaffna	-	-	-	-	-	-	-	-	-	-				
Vavuniya	300.00 - 400.00	350.00 - 400.00	600.00 - 650.00	150.00 - 200.00	200.00 - 250.00	-	250.00 - 350.00	200.00 - 250.00	-	300.00 - 350.00				
Mannar	350.00 - 400.00	550.00 - 600.00	650.00 - 700.00	180.00 - 200.00	200.00 - 220.00	580.00 - 600.00	350.00 - 380.00	-	-	350.00 - 400.00				
Killinochchi	-	-	-	-	-	-	-	-	-	-				
Mullaittivu	290.00 - 340.00	300.00 - 350.00	600.00 - 650.00	240.00 - 280.00	190.00 - 220.00	560.00 - 600.00	250.00 - 300.00	200.00 - 230.00	-	300.00 - 350.00				
Batticaloa	220.00 - 240.00	-	600.00 - 650.00	200.00 - 200.00	280.00 - 300.00	600.00 - 650.00	300.00 - 300.00	300.00 - 350.00	280.00 - 300.00	250.00 - 280.00				
Trincomalee	-	-	-	-	-	-	-	-	-	-				
Hanguranketha	160.00 180.00	320.00 360.00	600.00 650.00	180.00 200.00	140.00 150.00	345.00 - 360.00	220.00 230.00	240.00 260.00	230.00 250.00	265.00 300.00				
Veyangoda	240.00 - 260.00	480.00 - 560.00	640.00 - 720.00	240.00 - 280.00	160.00 - 200.00	440.00 - 480.00	320.00 - 360.00	320.00 - 360.00	320.00 - 400.00	280.00 - 320.00				
Galenbindunuwewa	200.00 - 240.00	400.00 - 480.00	600.00 - 620.00	220.00 - 240.00	140.00 - 160.00	450.00 - 480.00	260.00 - 320.00	240.00 - 300.00	300.00 - 320.00	260.00 - 320.00				
Bandarawela	200.00 - 220.00	360.00 - 380.00	600.00 - 720.00	200.00 - 220.00	160.00 - 180.00	380.00 - 400.00	280.00 - 320.00	360.00 - 400.00	280.00 - 320.00	260.00 - 280.00				
Matale	200.00 - 240.00	480.00 - 560.00	720.00 - 800.00	200.00 - 240.00	180.00 - 200.00	480.00 - 560.00	300.00 - 360.00	240.00 - 300.00	400.00 - 440.00	360.00 - 440.00				

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	160.00 - 360.00	700.00 - 1400.00	400.00 - 800.00	180.00 - 320.00	160.00 - 260.00	150.00 - 250.00	150.00 - 250.00	300.00 - 500.00	170.00 - 200.00	150.00 - 160.00
Gampaha	200.00 - 260.00	1000.00 - 1200.00	600.00 - 750.00	240.00 - 280.00	220.00 - 240.00	180.00 - 210.00	150.00 - 210.00	150.00 - 210.00	140.00 - 150.00	100.00 - 130.00
Kurunegala	-	-	-	-	-	-	-	-	-	-
Nikaweratiya	200.00 - 240.00	1000.00 - 1200.00	400.00 - 480.00	240.00 - 270.00	160.00 - 200.00	360.00 - 400.00	360.00 - 400.00	260.00 - 320.00	160.00 - 200.00	100.00 - 140.00
Dambulla	240.00 - 280.00	1000.00 - 1200.00	600.00 - 700.00	240.00 - 280.00	200.00 - 220.00	300.00 - 350.00	300.00 - 350.00	300.00 - 350.00	135.00 - 150.00	100.00 - 120.00
Anuradhapura	240.00 - 300.00	1350.00 - 1400.00	560.00 - 600.00	240.00 - 300.00	260.00 - 320.00	200.00 - 240.00	200.00 - 240.00	200.00 - 240.00	160.00 - 180.00	130.00 - 150.00
Thambuththegama	150.00 - 200.00	720.00 - 850.00	380.00 - 450.00	180.00 - 250.00	180.00 - 220.00	-	-	-	-	100.00 - 120.00
Polonnaruwa	240.00 - 300.00	1200.00 - 1300.00	-	260.00 - 280.00	260.00 - 280.00	240.00 - 240.00	240.00 - 240.00	240.00 - 240.00	150.00 - 160.00	100.00 - 140.00
Kaluthara	200.00 - 240.00	1000.00 - 1200.00	400.00 - 600.00	260.00 - 320.00	180.00 - 200.00	240.00 - 240.00	240.00 - 300.00	300.00 - 360.00	150.00 - 170.00	100.00 - 130.00
Badulla	240.00 - 320.00	1500.00 - 1600.00	580.00 - 600.00	240.00 - 320.00	240.00 - 320.00	240.00 - 300.00	320.00 - 400.00	320.00 - 400.00	150.00 - 170.00	120.00 - 130.00
Keppetipola	170.00 - 200.00	1150.00 - 1250.00	460.00 - 500.00	200.00 - 220.00	160.00 - 180.00	210.00 - 240.00	210.00 - 240.00	240.00 - 300.00	150.00 - 160.00	130.00 - 140.00
Moneragala	120.00 - 160.00	1000.00 - 1200.00	400.00 - 460.00	260.00 - 280.00	160.00 - 180.00	150.00 - 180.00	150.00 - 180.00	320.00 - 360.00	130.00 - 150.00	100.00 - 120.00
Kegalle	240.00 - 280.00	1100.00 - 1200.00	560.00 - 600.00	280.00 - 320.00	180.00 - 220.00	240.00 - 240.00	240.00 - 240.00	250.00 - 250.00	150.00 - 160.00	130.00 - 140.00
Ampara	260.00 - 280.00	1100.00 - 1400.00	500.00 - 600.00	280.00 - 360.00	-	240.00 - 280.00	240.00 - 280.00	300.00 - 350.00	150.00 - 160.00	120.00 - 130.00
Dehiattakandiya	200.00 - 220.00	1000.00 - 1200.00	500.00 - 600.00	200.00 - 240.00	240.00 - 300.00	240.00 - 250.00	200.00 - 200.00	500.00 - 600.00	130.00 - 150.00	100.00 - 120.00
Nuwaraeliya	250.00 - 260.00	1200.00 - 1400.00	500.00 - 550.00	280.00 - 300.00	260.00 - 280.00	350.00 - 360.00	350.00 - 360.00	360.00 - 380.00	150.00 - 160.00	120.00 - 130.00
Kandy	200.00 - 240.00	1200.00 - 1300.00	500.00 - 600.00	260.00 - 280.00	240.00 - 250.00	240.00 - 280.00	240.00 - 280.00	360.00 - 400.00	160.00 - 170.00	120.00 - 130.00
Puttalam	200.00 - 240.00	900.00 - 1000.00	350.00 - 400.00	280.00 - 320.00	240.00 - 260.00	280.00 - 350.00	-	350.00 - 400.00	150.00 - 160.00	130.00 - 140.00
Rathnapura	180.00 - 230.00	1100.00 - 1200.00	350.00 - 450.00	200.00 - 250.00	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 - 1200.00	460.00 - 500.00	240.00 - 260.00	200.00 - 240.00	300.00 - 300.00	360.00 - 360.00	400.00 - 400.00	-	100.00 - 130.00
Tissamaharama	160.00 - 180.00	800.00 - 850.00	380.00 - 400.00	200.00 - 220.00	170.00 - 180.00	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	1000.00 - 1200.00	560.00 - 600.00	280.00 - 320.00	180.00 - 240.00	200.00 - 200.00	200.00 - 200.00	240.00 - 240.00	160.00 - 170.00	130.00 - 140.00
Embilipitiya	120.00 - 150.00	1100.00 - 1200.00	400.00 - 450.00	240.00 - 280.00	130.00 - 160.00	350.00 - 400.00	300.00 - 350.00	-	150.00 - 180.00	110.00 - 140.00
Jaffna	-	-	-	-	-	-	-	-	-	-
Vavuniya	150.00 - 180.00	850.00 - 950.00	400.00 - 500.00	300.00 - 350.00	200.00 - 240.00	300.00 - 350.00	250.00 - 300.00	250.00 - 300.00	140.00 - 160.00	100.00 - 120.00
Mannar	180.00 - 200.00	900.00 - 1000.00	650.00 - 700.00	280.00 - 300.00	180.00 - 200.00	300.00 - 320.00	240.00 - 280.00	280.00 - 300.00	150.00 - 155.00	95.00 - 100.00
Killinochchi	-	-	-	-	-	-	-	-	-	-
Mullaittivu	140.00 - 160.00	850.00 - 920.00	400.00 - 450.00	280.00 - 320.00	190.00 - 220.00	280.00 - 280.00	240.00 - 240.00	200.00 - 200.00	140.00 - 150.00	90.00 - 100.00
Batticaloa	250.00 - 250.00	1000.00 - 1200.00	500.00 - 550.00	200.00 - 200.00	200.00 - 200.00	-	320.00 - 320.00	320.00 - 320.00	160.00 - 165.00	-
Trincomalee										
Hanguranketha	215.00 - 240.00	880.00 - 980.00	550.00 - 580.00	200.00 - 220.00	-	250.00 - 250.00	200.00 - 200.00	250.00 - 300.00	140.00 - 145.00	-
Veyangoda	220.00 - 240.00	1000.00 - 1200.00	560.00 - 600.00	240.00 - 280.00	200.00 - 240.00	150.00 - 160.00	140.00 - 150.00	280.00 - 300.00	150.00 - 160.00	-
Galenbindunuwewa	200.00 - 240.00	1100.00 - 1200.00	550.00 - 600.00	200.00 - 240.00	200.00 - 220.00	180.00 - 240.00	180.00 - 240.00	300.00 - 300.00	130.00 - 140.00	80.00 - 100.00
Bandarawela	160.00 - 180.00	850.00 - 1000.00	400.00 - 450.00	200.00 - 220.00	170.00 - 180.00	210.00 - 240.00	210.00 - 240.00	320.00 - 400.00	160.00 - 175.00	140.00 - 150.00
Matale	240.00 - 260.00	1000.00 - 1250.00	600.00 - 700.00	200.00 - 240.00	180.00 - 200.00	360.00 - 400.00	320.00 - 400.00	360.00 - 480.00	140.00 - 160.00	100.00 - 120.00

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

Week 33: 14 - 20 Aug 2026

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LOCATIONS	Banana					Pineapple			Mango	
	Ambul (Rs/kg)	Kolikuttu (Rs/kg)	Seeni (Rs/kg)	Anamalu	Ambun	Pineapple	Medium	Small	Betti	Karthakolomban
Colombo	250.00 - 300.00	430.00 - 550.00	200.00 - 280.00	300.00 - 380.00	300.00 - 380.00	350.00 - 500.00	-	-	-	1400.00 - 1600.00
Gampaha	200.00 - 260.00	450.00 - 480.00	200.00 - 240.00	-	350.00 - 400.00	380.00 - 420.00	-	-	-	-
Kurunegala	-	-	-	-	-	-	-	-	-	-
Nikaweratiya	200.00 - 240.00	450.00 - 480.00	180.00 - 220.00	-	350.00 - 400.00	400.00 - 480.00	-	-	-	-
Dambulla	220.00 - 240.00	440.00 - 480.00	200.00 - 220.00	-	360.00 - 380.00	450.00 - 500.00	-	-	300.00 - 350.00	900.00 - 900.00
Anuradhapura	220.00 - 240.00	480.00 - 540.00	180.00 - 200.00	280.00 - 320.00	380.00 - 400.00	460.00 - 500.00	-	-	-	-
Thambuththegama	200.00 - 280.00	450.00 - 500.00	180.00 - 220.00	-	-	450.00 - 550.00	-	-	-	-
Polonnaruwa	250.00 - 250.00	550.00 - 550.00	180.00 - 200.00	380.00 - 400.00	400.00 - 500.00	550.00 - 650.00	-	-	-	-
Kaluthara	220.00 - 240.00	470.00 - 500.00	180.00 - 220.00	250.00 - 260.00	270.00 - 300.00	420.00 - 450.00	-	-	-	-
Badulla	200.00 - 250.00	550.00 - 600.00	180.00 - 200.00	250.00 - 350.00	300.00 - 350.00	550.00 - 600.00	-	-	-	-
Keppetipola	240.00 - 250.00	450.00 - 460.00	200.00 - 220.00	210.00 - 225.00	325.00 - 340.00	300.00 - 330.00	-	-	-	-
Moneragala	180.00 - 200.00	400.00 - 440.00	120.00 - 160.00	300.00 - 320.00	320.00 - 360.00	350.00 - 400.00	-	-	-	-
Kegalle	200.00 - 220.00	460.00 - 500.00	200.00 - 220.00	280.00 - 300.00	280.00 - 300.00	450.00 - 500.00	-	-	-	-
Ampara	200.00 - 220.00	450.00 - 480.00	150.00 - 160.00	-	-	430.00 - 450.00	-	-	-	-
Dehiattakandiya	230.00 - 240.00	500.00 - 550.00	180.00 - 200.00	-	350.00 - 360.00	600.00 - 660.00	-	-	-	-
Nuwareliya	250.00 - 260.00	450.00 - 480.00	220.00 - 240.00	250.00 - 260.00	280.00 - 330.00	320.00 - 340.00	-	-	-	-
Kandy	240.00 - 250.00	500.00 - 550.00	220.00 - 240.00	300.00 - 320.00	350.00 - 370.00	420.00 - 450.00	-	-	-	700.00 - 750.00
Puttalam	150.00 - 160.00	360.00 - 420.00	130.00 - 160.00	280.00 - 320.00	-	480.00 - 520.00	-	-	-	560.00 - 600.00
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 - 200.00	400.00 - 480.00	200.00 - 220.00	360.00 - 380.00	360.00 - 380.00	380.00 - 460.00	-	-	-	-
Tissamaharama	200.00 - 220.00	440.00 - 450.00	170.00 - 190.00	-	-	440.00 - 460.00	-	-	-	-
Meegoda (DEC)	200.00 - 220.00	420.00 - 480.00	180.00 - 200.00	300.00 - 340.00	300.00 - 340.00	380.00 - 420.00	-	-	-	-
Embilipitiya	140.00 - 170.00	350.00 - 400.00	150.00 - 170.00	320.00 - 350.00	340.00 - 360.00	380.00 - 450.00	-	-	-	-
Jaffna	-	-	-	-	-	-	-	-	-	-
Vavuniya	160.00 - 200.00	350.00 - 370.00	150.00 - 180.00	240.00 - 260.00	280.00 - 300.00	500.00 - 600.00	-	-	-	400.00 - 450.00
Mannar	180.00 - 200.00	350.00 - 380.00	150.00 - 160.00	250.00 - 260.00	260.00 - 280.00	580.00 - 600.00	-	-	-	550.00 - 600.00
Killinochchi	-	-	-	-	-	-	-	-	-	-
Mullaittivu	180.00 - 200.00	350.00 - 380.00	150.00 - 160.00	230.00 - 250.00	270.00 - 300.00	600.00 - 650.00	-	-	-	640.00 - 700.00
Batticaloa	-	480.00 - 500.00	200.00 - 200.00	300.00 - 300.00	-	450.00 - 450.00	-	-	-	500.00 - 550.00
Trincomalee	-	-	-	-	-	-	-	-	-	-
Veyangoda	280.00 - 320.00	550.00 - 600.00	250.00 - 300.00	-	450.00 - 500.00	350.00 - 380.00	-	-	-	-
Galenbindunuwewa	200.00 - 240.00	450.00 - 480.00	180.00 - 200.00	250.00 - 250.00	-	450.00 - 500.00	-	-	-	-
Bandarawela	180.00 - 200.00	400.00 - 420.00	170.00 - 180.00	220.00 - 240.00	280.00 - 300.00	350.00 - 480.00	-	-	-	-
Matale	180.00 - 200.00	440.00 - 560.00	160.00 - 200.00	320.00 - 360.00	280.00 - 320.00	520.00 - 600.00	-	-	-	-

Table 08 (Contd.)

LOCATIONS	Mango		Other Fruits							
	Vilad	Kohu	Papaw	Passion	Wood Apple	Orange	Avocado	Slime Apple	Grapes	King Coconut(Rs/nut)
Colombo	900.00 - 900.00	-	250.00 - 350.00	650.00 - 1000.00	350.00 - 800.00	400.00 - 800.00	450.00 - 800.00	400.00 - 700.00	1800.00 - 2800.00	200.00 - 280.00
Gampaha	-	-	240.00 - 280.00	-	440.00 - 480.00	-	-	350.00 - 400.00	2500.00 - 2600.00	200.00 - 220.00
Kurunegala	-	-	-	-	-	-	-	-	-	-
Nikaweratiya	-	-	180.00 - 200.00	-	300.00 - 350.00	350.00 - 400.00	450.00 - 500.00	-	2300.00 - 2500.00	180.00 - 200.00
Dambulla	350.00 - 400.00	200.00 - 250.00	180.00 - 200.00	550.00 - 650.00	400.00 - 450.00	350.00 - 400.00	300.00 - 350.00	250.00 - 300.00	2800.00 - 2900.00	240.00 - 250.00
Anuradhapura	-	-	240.00 - 280.00	700.00 - 800.00	400.00 - 450.00	-	460.00 - 500.00	400.00 - 460.00	2400.00 - 2600.00	250.00 - 300.00
Thambuththegama	-	-	150.00 - 200.00	440.00 - 500.00	320.00 - 350.00	-	300.00 - 400.00	-	-	200.00 - 250.00
Polonnaruwa	-	-	250.00 - 280.00	750.00 - 1000.00	-	-	600.00 - 700.00	-	2500.00 - 3000.00	250.00 - 250.00
Kaluthara	-	-	250.00 - 300.00	-	300.00 - 350.00	-	400.00 - 420.00	380.00 - 400.00	2000.00 - 2500.00	180.00 - 220.00
Badulla	-	240.00 - 300.00	200.00 - 250.00	-	700.00 - 800.00	800.00 - 1000.00	-	500.00 - 600.00	2500.00 - 3000.00	250.00 - 300.00
Keppetipola	-	-	260.00 - 270.00	700.00 - 720.00	420.00 - 450.00	390.00 - 480.00	280.00 - 320.00	360.00 - 390.00	2600.00 - 3000.00	250.00 - 260.00
Moneragala	-	-	200.00 - 250.00	-	400.00 - 480.00	420.00 - 500.00	350.00 - 360.00	200.00 - 250.00	2800.00 - 2900.00	180.00 - 200.00
Kegalle	-	-	250.00 - 260.00	650.00 - 700.00	650.00 - 700.00	550.00 - 600.00	350.00 - 400.00	420.00 - 450.00	2500.00 - 2600.00	165.00 - 170.00
Ampara	-	-	230.00 - 250.00	600.00 - 650.00	-	-	350.00 - 400.00	-	2200.00 - 2400.00	200.00 - 220.00
Dehiattakandiya	-	-	300.00 - 350.00	-	-	-	300.00 - 450.00	350.00 - 350.00	2800.00 - 3500.00	150.00 - 180.00
Nuwaraeliya	-	220.00 - 240.00	260.00 - 280.00	700.00 - 750.00	480.00 - 500.00	750.00 - 800.00	280.00 - 320.00	360.00 - 380.00	2150.00 - 3120.00	260.00 - 280.00
Kandy	-	-	200.00 - 220.00	550.00 - 600.00	400.00 - 450.00	450.00 - 500.00	300.00 - 350.00	400.00 - 450.00	2500.00 - 2600.00	170.00 - 180.00
Puttalam	-	-	280.00 - 320.00	500.00 - 600.00	-	280.00 - 350.00	500.00 - 600.00	-	2800.00 - 3200.00	150.00 - 160.00
Hambantota	-	-	-	-	-	-	-	-	-	-
Rathnapura	-	-	200.00 - 250.00	-	350.00 - 450.00	300.00 - 350.00	280.00 - 350.00	350.00 - 500.00	2000.00 - 2600.00	150.00 - 200.00
Matara	-	-	-	-	-	-	-	-	-	-
Galle	-	-	240.00 - 280.00	800.00 - 900.00	460.00 - 500.00	-	450.00 - 500.00	360.00 - 400.00	-	180.00 - 200.00
Tissamaharama	-	-	220.00 - 240.00	-	340.00 - 360.00	-	-	280.00 - 300.00	2000.00 - 2100.00	210.00 - 230.00
Meegoda (DEC)	-	-	200.00 - 220.00	450.00 - 600.00	450.00 - 600.00	-	-	350.00 - 500.00	2000.00 - 2600.00	180.00 - 200.00
Embilipitiya	-	-	200.00 - 230.00	550.00 - 600.00	300.00 - 400.00	450.00 - 500.00	320.00 - 400.00	160.00 - 200.00	2400.00 - 2800.00	190.00 - 220.00
Jaffna	-	-	-	-	-	-	-	-	-	-
Vavuniya	-	-	150.00 - 180.00	-	-	-	-	-	2550.00 - 2600.00	250.00 - 300.00
Mannar	-	-	250.00 - 280.00	400.00 - 450.00	350.00 - 400.00	-	750.00 - 800.00	-	2600.00 - 2650.00	180.00 - 200.00
Killinochchi	-	-	-	-	-	-	-	-	-	-
Mullaittivu	-	-	140.00 - 150.00	-	-	-	-	-	2400.00 - 2450.00	240.00 - 280.00
Batticaloa	-	-	200.00 - 250.00	600.00 - 600.00	600.00 - 600.00	-	550.00 - 550.00	-	2600.00 - 2800.00	180.00 - 200.00
Trincomalee	-	-	-	-	-	-	-	-	-	-
Veyangoda	-	-	200.00 - 280.00	-	-	-	450.00 - 500.00	-	2800.00 - 3000.00	230.00 - 250.00
Galenbindunuwewa	-	-	200.00 - 220.00	500.00 - 600.00	480.00 - 520.00	400.00 - 480.00	400.00 - 460.00	-	2300.00 - 2500.00	230.00 - 250.00
Bandarawela	-	-	220.00 - 240.00	600.00 - 650.00	600.00 - 650.00	-	350.00 - 420.00	350.00 - 400.00	2800.00 - 3000.00	200.00 - 230.00
Matale	-	-	200.00 - 240.00	-	600.00 - 700.00	400.00 - 500.00	350.00 - 450.00	-	2500.00 - 2600.00	160.00 - 180.00

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

Week 33: 14 - 20 Aug 2026

Locations	Sea Fish					
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw
Colombo	600.00 – 850.00	1000.00 – 1200.00	900.00 – 1300.00	1500.00 – 2000.00	3000.00 – 3500.00	1500.00 – 1800.00
Kandy	700.00 – 750.00	1100.00 – 1200.00	900.00 – 1200.00	1800.00 – 2000.00	2800.00 – 2900.00	1500.00 – 1600.00
Kaluthara	–	1000.00 – 1100.00	1250.00 – 1400.00	1850.00 – 1900.00	–	1500.00 – 1600.00
Puttalam	800.00 – 850.00	1100.00 – 1200.00	1150.00 – 1250.00	1450.00 – 1600.00	2700.00 – 2800.00	1650.00 – 1750.00
Matara	–	–	–	–	–	–
Hambantota	–	–	–	–	–	–
Galle	600.00 – 700.00	1100.00 – 1150.00	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	–	1500.00 – 1500.00
Trincomalee	–	–	–	–	–	–
Mannar	750.00 – 850.00	1100.00 – 1150.00	1300.00 – 1350.00	1900.00 – 2000.00	–	1600.00 – 1700.00

Locations	Sea Fish				Eggs	
	Mora	Shrimps	Thalapath	Teppeli	Brown	White
Colombo	1200.00 – 1600.00	1800.00 – 2300.00	2000.00 – 2800.00	–	40.00 – 42.00	38.00 – 40.00
Kandy	1600.00 – 1700.00	1800.00 – 2000.00	2700.00 – 2800.00	–	41.00 – 42.00	39.00 – 41.00
Kaluthara	1500.00 – 1500.00	2000.00 – 2000.00	2200.00 – 2400.00	–	–	–
Puttalam	1950.00 – 2100.00	1350.00 – 1450.00	2450.00 – 2550.00	–	39.00 – 41.00	37.00 – 38.00
Matara	–	–	–	–	–	–
Hambantota	–	–	–	–	–	–
Galle	–	–	2300.00 – 2400.00	–	40.00 – 40.00	38.00 – 40.00
Batticaloa	1000.00 – 1000.00	1500.00 – 1500.00	2100.00 – 2200.00	–	46.00 – 46.00	44.00 – 44.00
Trincomalee	–	–	–	–	–	–
Mannar	–	–	–	–	43.00 – 44.00	38.00 – 39.00

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

Week 33: 14 - 20 Aug 2026

Locations	Local Dried Fish					
	Sprats	Kattawa	Thora	Mora	Balaya	Anguluwa
Colombo	1400.00 – 1850.00	2000.00 – 2650.00	3600.00 – 3700.00	2200.00 – 2600.00	1680.00 – 1900.00	1800.00 – 2200.00
Kandy	1900.00 – 2000.00	–	–	2600.00 – 2700.00	1500.00 – 1600.00	–
Batticaloa	–	2000.00 – 2000.00	–	–	1700.00 – 1700.00	–
Trincomalee	–	–	–	–	–	–
Mannar	1100.00 – 1200.00	2450.00 – 2500.00	–	2000.00 – 2100.00	–	–

Locations	Local Dried Fish			Imported Dried Fish		
	Maduwa	Koduwa	Salaya	Sprats	Kattawa	Thora
Colombo	1400.00 – 1900.00	–	850.00 – 1000.00	1200.00 – 1500.00	1800.00 – 2200.00	–
Kandy	–	–	900.00 – 1000.00	1600.00 – 1650.00	2300.00 – 2400.00	–
Batticaloa	–	–	1000.00 – 1000.00	1300.00 – 1300.00	–	–
Trincomalee	–	–	–	–	–	–
Mannar	–	–	–	–	–	–

Locations	Imported Dried Fish					
	Mora	Balaya	Anguluwa	Maduwa	Koduwa	Salaya
Colombo	2200.00 – 2450.00	–	1700.00 – 2100.00	1000 – 1200	–	–
Kandy	–	–	–	–	–	–
Batticaloa	–	–	–	–	–	–
Trincomalee	–	–	–	–	–	–
Mannar	–	–	–	–	–	–

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

Week 33: 14 - 20 Aug 2026

21	LOCATIONS	Sea Fish								Eggs	
		Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw	Mora	Thalapath	Brown	White
	Colombo	600.00 - 1200.00	1000.00 - 1600.00	1200.00 - 2700.00	1800.00 - 3800.00	3800.00 - 5200.00	1700.00 - 3400.00	1500.00 - 2600.00	2800.00 - 3800.00	42.00 - 48.00	40.00 - 44.00
	Gampaha	850.00 - 900.00	1200.00 - 1300.00	1400.00 - 1450.00	2600.00 - 2800.00	-	-	-	2800.00 - 3000.00	43.00 - 46.00	40.00 - 44.00
	Kurunegala	-	-	-	-	-	-	-	-	-	-
	Nikaweratiya	1000.00 - 1200.00	-	1300.00 - 1400.00	2800.00 - 3000.00	-	1800.00 - 1800.00	-	2800.00 - 3000.00	40.00 - 45.00	40.00 - 45.00
	Dambulla	800.00 - 900.00	1400.00 - 1500.00	1300.00 - 1400.00	3000.00 - 3200.00	3200.00 - 3200.00	1800.00 - 2000.00	2500.00 - 2600.00	3000.00 - 3400.00	43.00 - 44.00	40.00 - 41.00
	Anuradhapura	950.00 - 1200.00	1350.00 - 1420.00	1200.00 - 1350.00	2620.00 - 2700.00	-	-	2100.00 - 2200.00	2800.00 - 3080.00	-	40.00 - 42.00
	Thambuththegama	-	-	-	-	-	-	-	-	42.00 - 43.00	41.00 - 42.00
	Polonnaruwa	700.00 - 700.00	1200.00 - 1200.00	2000.00 - 2000.00	2800.00 - 2800.00	3000.00 - 3000.00	2000.00 - 2000.00	2000.00 - 2000.00	2800.00 - 2800.00	43.00 - 44.00	41.00 - 42.00
	Kaluthara	1000.00 - 1100.00	1400.00 - 1400.00	2000.00 - 2200.00	2800.00 - 3000.00	-	2800.00 - 2900.00	2200.00 - 2200.00	2800.00 - 3200.00	-	38.00 - 40.00
	Badulla	600.00 - 750.00	1200.00 - 1300.00	1200.00 - 1400.00	2000.00 - 3000.00	-	-	1600.00 - 1800.00	-	-	-
	Keppetipola	750.00 - 800.00	1450.00 - 1500.00	1400.00 - 1450.00	2800.00 - 2850.00	3400.00 - 3400.00	1700.00 - 1800.00	1900.00 - 2000.00	2900.00 - 3000.00	46.00 - 48.00	45.00 - 46.00
	Moneragala	900.00 - 1000.00	1300.00 - 1400.00	1200.00 - 1400.00	-	-	-	-	3000.00 - 3200.00	42.00 - 44.00	41.00 - 42.00
	Kegalle	1300.00 - 1300.00	1550.00 - 1600.00	2600.00 - 2650.00	-	-	2400.00 - 2450.00	2500.00 - 2560.00	3800.00 - 3850.00	46.00 - 48.00	44.00 - 45.00
	Ampara	700.00 - 800.00	1400.00 - 1500.00	2000.00 - 2400.00	3200.00 - 3400.00	-	-	-	3200.00 - 3200.00	-	40.00 - 43.00
	Dehiattakandiya	-	-	1800.00 - 2000.00	-	-	3000.00 - 3000.00	-	2600.00 - 2600.00	40.00 - 42.00	40.00 - 40.00
	Nuwaraeliya	800.00 - 820.00	1460.00 - 1480.00	1450.00 - 1460.00	2850.00 - 2900.00	-	1800.00 - 1900.00	1900.00 - 2000.00	2900.00 - 3000.00	47.00 - 49.00	45.00 - 46.00
	Kandy	850.00 - 900.00	1300.00 - 1400.00	1400.00 - 1500.00	2800.00 - 3000.00	3500.00 - 3600.00	1800.00 - 2000.00	1900.00 - 2000.00	3000.00 - 3100.00	46.00 - 47.00	44.00 - 45.00
	Puttalam	900.00 - 1000.00	1300.00 - 1400.00	1400.00 - 1500.00	2000.00 - 2400.00	3000.00 - 3200.00	1800.00 - 2000.00	2450.00 - 2650.00	2800.00 - 3000.00	43.00 - 45.00	40.00 - 40.00
	Hambantota	-	-	-	-	-	-	-	-	-	-
	Rathnapura	900.00 - 1000.00	1400.00 - 1400.00	1700.00 - 1800.00	3000.00 - 3200.00	4700.00 - 4800.00	2900.00 - 3000.00	1800.00 - 2000.00	3000.00 - 3200.00	43.00 - 44.00	38.00 - 41.00
	Matara	-	-	-	-	-	-	-	-	-	-
	Galle	700.00 - 1000.00	1300.00 - 1450.00	1500.00 - 1600.00	2600.00 - 3000.00	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	1000.00 - 1100.00	1200.00 - 1200.00	1400.00 - 1400.00	2800.00 - 2800.00	-	-	-	-	-	42.00 - 44.00
	Meegoda	1000.00 - 1100.00	1300.00 - 1300.00	-	3600.00 - 3600.00	-	-	-	3800.00 - 4000.00	44.00 - 44.00	40.00 - 43.00
	Embilipitiya	950.00 - 1000.00	1100.00 - 1150.00	1700.00 - 1800.00	2800.00 - 3000.00	2900.00 - 3000.00	-	-	3100.00 - 3200.00	44.00 - 45.00	42.00 - 45.00
	Jaffna	-	-	-	-	-	-	-	-	-	-
	Vavuniya	1200.00 - 1300.00	1550.00 - 1650.00	1600.00 - 1700.00	2800.00 - 2900.00	3200.00 - 3300.00	2400.00 - 2500.00	-	3200.00 - 3300.00	43.00 - 45.00	42.00 - 44.00
	Mannar	900.00 - 1000.00	1350.00 - 1400.00	1500.00 - 1550.00	2500.00 - 2800.00	-	2300.00 - 2500.00	-	-	45.00 - 46.00	43.00 - 44.00
	Killinochchi	-	-	-	-	-	-	-	-	-	-
	Mullaittivu	550.00 - 600.00	1200.00 - 1250.00	1250.00 - 1350.00	1800.00 - 2000.00	-	1450.00 - 1600.00	2500.00 - 2650.00	-	47.00 - 49.00	45.00 - 47.00
	Batticaloa	800.00 - 800.00	1500.00 - 1500.00	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	900.00 - 1000.00	1100.00 - 1200.00	-	2600.00 - 2800.00	-	-	-	3000.00 - 3300.00	45.00 - 47.00	42.00 - 44.00
	Galenbindunuwewa	900.00 - 960.00	1400.00 - 1450.00	2400.00 - 2550.00	3000.00 - 3500.00	3600.00 - 3800.00	3400.00 - 3450.00	2500.00 - 2500.00	3500.00 - 3600.00	42.00 - 43.00	42.00 - 43.00
	Bandarawela	-	-	-	2900.00 - 3000.00	-	-	-	3100.00 - 3200.00	42.00 - 43.00	44.00 - 45.00
	Matale	1000.00 - 1100.00	1400.00 - 1500.00	1400.00 - 1500.00	3000.00 - 3100.00	3400.00 - 3500.00	2100.00 - 2200.00	2100.00 - 2300.00	3100.00 - 3200.00	45.00 - 46.00	42.00 - 43.00

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

Week 33: 14 - 20 Aug 2026

LOCATIONS		Dried Fish												
		Sprats-Imported		Kattawa		Thora		Mora		Balaya		Anguluwa		Salaya
Colombo	1500.00 – 2200.00		2800.00 – 4200.00		4000.00 – 4500.00		3000.00 – 3800.00		1800.00 – 2800.00		2800.00 – 3500.00		1200.00 – 1600.00	
Gampaha	–		2700.00 – 2800.00		3500.00 – 3600.00		3200.00 – 3400.00		2100.00 – 2200.00		2500.00 – 2600.00		1200.00 – 1500.00	
Kurunegala	–		–		–		–		–		–		–	
Nikaweratiya	1600.00 – 1700.00		2800.00 – 3000.00		–		3000.00 – 3200.00		1800.00 – 2000.00		3000.00 – 3200.00		1000.00 – 1200.00	
Dambulla	–		3000.00 – 3000.00		–		2900.00 – 3200.00		2000.00 – 2200.00		2000.00 – 2200.00		1400.00 – 1500.00	
Anuradhapura	1950.00 – 2250.00		3000.00 – 3000.00		–		–		1600.00 – 1800.00		1520.00 – 1600.00		1150.00 – 1250.00	
Thambuththegama	–		2800.00 – 2800.00		–		3000.00 – 3400.00		1750.00 – 2200.00		2750.00 – 2800.00		1200.00 – 1250.00	
Polonnaruwa	–		–		–		–		–		–		–	
Kaluthara	–		–		–		3100.00 – 3300.00		1600.00 – 2200.00		2800.00 – 3000.00		–	
Badulla	–		–		–		–		–		–		–	
Keppetipola	–		–		–		–		–		–		–	
Moneragala	–		–		–		–		–		–		–	
Kegalle	–		2600.00 – 2650.00		3750.00 – 3800.00		–		2650.00 – 2700.00		–		1350.00 – 1400.00	
Ampara	1700.00 – 1800.00		2800.00 – 3000.00		3000.00 – 3200.00		3000.00 – 3200.00		2100.00 – 2200.00		1500.00 – 1600.00		–	
Dehiattakandiya	–		–		–		–		–		–		–	
Nuwaraeliya	–		–		–		–		–		–		–	
Kandy	–		–		–		3200.00 – 3300.00		2300.00 – 2400.00		2600.00 – 2700.00		1400.00 – 1500.00	
Puttalam	1800.00 – 2200.00		2400.00 – 2600.00		–		3000.00 – 3200.00		1700.00 – 1800.00		1400.00 – 1600.00		1120.00 – 1250.00	
Hambantota	–		–		–		–		–		–		–	
Rathnapura	1920.00 – 2000.00		2800.00 – 3200.00		–		2920.00 – 3200.00		2000.00 – 2320.00		2900.00 – 3000.00		1100.00 – 1200.00	
Matara	–		–		–		–		–		–		–	
Galle	–		2700.00 – 3000.00		–		2500.00 – 2800.00		1800.00 – 2200.00		2800.00 – 3000.00		1300.00 – 1450.00	
Tissamaharama	–		–		–		–		–		–		–	
Meegoda	–		–		–		2900.00 – 3000.00		2100.00 – 2400.00		–		1000.00 – 1200.00	
Embilipitiya	–		2700.00 – 2800.00		–		–		2400.00 – 2500.00		–		1300.00 – 1400.00	
Jaffna	–		–		–		–		–		–		–	
Vavuniya	1600.00 – 1700.00		2700.00 – 2800.00		–		2800.00 – 2900.00		1600.00 – 1700.00		1650.00 – 1750.00		–	
Mannar	1250.00 – 1300.00		2750.00 – 2800.00		–		2500.00 – 2600.00		–		–		–	
Killinochchi	–		–		–		–		–		–		–	
Mullaittivu	1500.00 – 1600.00		2600.00 – 2750.00		–		2750.00 – 2800.00		–		–		1200.00 – 1300.00	
Batticaloa	1500.00 – 1500.00		–		–		–		2000.00 – 2000.00		–		1200.00 – 1200.00	
Trincomalee	–		–		–		–		–		–		–	
Veyangoda	–		–		–		–		–		–		–	
Galenbindunuwewa	2000.00 – 2200.00		3450.00 – 3550.00		3500.00 – 3550.00		3300.00 – 3550.00		2500.00 – 2600.00		2500.00 – 2800.00		1000.00 – 1200.00	
Bandarawela	–		–		–		–		–		–		–	
Matale	–		–		–		3000.00 – 3200.00		2000.00 – 2200.00		2600.00 – 2800.00		1000.00 – 1200.00	

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

Week 33: 14 - 20 Aug 2026

LOCATIONS	Meat	Meat (Chicken)		Meat	
	Beef	Broiler	Curry	Mutton	Pork
Colombo	3000.00 - 3300.00	1350.00 - 1490.00	1250.00 - 1520.00	4400.00 - 5000.00	2700.00 - 2800.00
Gampaha	-	1280.00 - 1400.00	1350.00 - 1400.00	4300.00 - 4300.00	2500.00 - 2600.00
Kurunegala	-	-	-	-	-
Nikaweratiya	2600.00 - 2700.00	1250.00 - 1380.00	-	-	-
Dambulla	-	1280.00 - 1350.00	1400.00 - 1500.00	-	2700.00 - 2800.00
Anuradhapura	2400.00 - 2480.00	1290.00 - 1380.00	-	-	2600.00 - 2700.00
Thambuththegama	-	1250.00 - 1350.00	-	-	2600.00 - 3000.00
Polonnaruwa	2600.00 - 2800.00	1440.00 - 1480.00	1500.00 - 1520.00	4000.00 - 4000.00	2500.00 - 2600.00
Kaluthara	2900.00 - 3000.00	1340.00 - 1400.00	1350.00 - 1350.00	-	2600.00 - 2700.00
Badulla	-	-	-	-	-
Keppetipola	2400.00 - 2400.00	1400.00 - 1450.00	1500.00 - 1550.00	-	-
Moneragala	2800.00 - 2800.00	1350.00 - 1400.00	1650.00 - 1700.00	-	2950.00 - 3300.00
Kegalle	2800.00 - 2850.00	1420.00 - 1430.00	1360.00 - 1380.00	3880.00 - 4000.00	2850.00 - 2950.00
Ampara	2500.00 - 2600.00	1350.00 - 1420.00	-	-	2900.00 - 3000.00
Dehiattakandiya	-	-	-	-	2500.00 - 3050.00
Nuwaraeliya	3400.00 - 3600.00	1420.00 - 1460.00	1550.00 - 1580.00	3800.00 - 3900.00	3000.00 - 3100.00
Kandy	2700.00 - 2700.00	1280.00 - 1300.00	1280.00 - 1320.00	4000.00 - 4200.00	2900.00 - 3000.00
Puttalam	2650.00 - 2700.00	1400.00 - 1450.00	1700.00 - 1800.00	4500.00 - 4500.00	-
Hambantota	-	-	-	-	-
Rathnapura	3000.00 - 3000.00	1440.00 - 1470.00	1300.00 - 1380.00	4200.00 - 4200.00	2700.00 - 2700.00
Matara	-	-	-	-	-
Galle	2800.00 - 2900.00	1400.00 - 1400.00	1350.00 - 1400.00	4900.00 - 5100.00	2800.00 - 2900.00
Tissamaharama	-	1400.00 - 1450.00	-	-	-
Meegoda	-	1400.00 - 1450.00	1400.00 - 1400.00	-	3000.00 - 3000.00
Embilipitiya	-	1220.00 - 1300.00	1280.00 - 1320.00	-	2650.00 - 3100.00
Jaffna	-	-	-	-	-
Vavuniya	2400.00 - 2550.00	1400.00 - 1500.00	1600.00 - 1700.00	4200.00 - 4300.00	-
Mannar	-	1550.00 - 1600.00	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 - 1400.00	1600.00 - 1650.00	4000.00 - 4000.00	-
Trincomalee	-	-	-	-	-
Veyangoda	2800.00 - 3000.00	-	1250.00 - 1300.00	4400.00 - 4400.00	2500.00 - 2600.00
Galenbindunuwewa	2600.00 - 2600.00	1280.00 - 1280.00	1450.00 - 1450.00	4500.00 - 4500.00	-
Bandarawela	2450.00 - 2500.00	-	-	4000.00 - 4100.00	-
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 33: 14 - 20 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	164.29	165.00	184.38	-0.43	-10.90
Samba 1	225.00 · 230.00	228.57	227.50	228.33	0.47	0.10	Small	140.00 · 150.00	146.67	147.00	159.00	-0.23	-7.76
Samba 2	220.00 · 222.00	220.80	221.00	223.75	-0.09	-1.32							
Keeri Samba	250.00 · 320.00	274.17	280.00	271.67	-2.08	0.92	<u>Fruits (Rs/kg)</u>						
Nadu 1	195.00 · 200.00	196.88	197.86	205.56	-0.50	-4.22	Plantain						
Nadu 2	190.00 · 192.00	190.80	190.80	191.67	0.00	-0.45	Ambul	180.00 · 220.00	196.67	182.50	89.00	7.76	120.97
Raw (Red)	160.00 · 170.00	165.00	165.71	186.67	-0.43	-11.61	Kolikuttu	380.00 · 420.00	405.83	382.50	222.00	6.10	82.81
Raw (White)	175.00 · 190.00	182.50	182.50	190.00	0.00	-3.95	Seeni	150.00 · 180.00	164.17	152.86	87.00	7.40	88.70
Imported							Anamalu	200.00 · 250.00	234.17	223.64	222.40	4.71	5.29
Samba	220.00 · 225.00	222.50	222.50		0.00		Ambun	200.00 · 280.00	236.67	228.18	230.40	3.72	2.72
Nadu	-						Papaw	160.00 · 230.00	196.36	189.09	88.89	3.85	120.91
Raw (Red)	-						Passion Fruit	400.00 · 500.00	430.00	477.78	466.30	-10.00	-7.78
Raw (White)	-						Pineapple	250.00 · 300.00	276.25	285.00	250.00	-3.07	10.50
<u>Dried Chillies</u>							Pineapple Medium						
Imported	1050.00 · 1200.00	1116.67	1116.67	567.50	0.00	96.77	Pineapple Small						
<u>Onion</u>							Mango						
Sinnan	-			190.00			Betti						
Vedalan	250.00 · 300.00	276.67	277.50	231.11	-0.30	19.71	Karthakolomban	1300.00 · 1600.00	1466.67	1400.00	1041.43	4.76	40.83
Imported	-		210.00	202.50			Vilad	800.00 · 1000.00	900.00	866.67	500.00	3.85	80.00
<u>Big Onion</u>							Kohu						
Imported	200.00 · 230.00	213.33	202.14	106.50	5.54	100.31	<u>Other</u>						
Local	-						Wood Apple	230.00 · 350.00	270.91	363.64	274.00	-25.50	-1.13
<u>Potato</u>							Orange	250.00 · 450.00	340.00	386.36	228.57	-12.00	48.75
Welimada	-						Avocado	250.00 · 500.00	345.45	454.55	306.67	-24.00	12.65
N'Eliya	300.00 · 330.00	315.00	340.00	281.88	-7.35	11.75	Slime Apple	250.00 · 350.00	300.00	293.75	303.57	2.13	-1.18
Imported	160.00 · 220.00	182.50	155.56	156.11	17.32	16.90	Grapes Imp.,	1400.00 · 1500.00	1452.86	1285.71	1176.67	13.00	23.47
<u>Pulses</u>							King Coconut	180.00 · 220.00	198.00	192.22	136.67	3.01	44.88
Green Gram	650.00 · 750.00	706.00	694.00	747.14	1.73	-5.51	<u>Sea Fish</u>						
Cowpea (White)	650.00 · 700.00	675.00	675.00	1000.00	0.00	-32.50	Salaya	600.00 · 850.00	725.00	631.82	368.75	14.75	96.61
Cowpea (Red)	650.00 · 700.00	675.00	650.00		3.85		Hurulla	1000.00 · 1200.00	1066.67	988.89	955.56	7.87	11.63
Red Dhal	220.00 · 235.00	229.38	228.75	242.75	0.27	-5.51	Balaya	900.00 · 1300.00	1066.67	1216.67	1100.00	-12.33	-3.03
<u>Vegetable</u>							Kelawalla	1500.00 · 2000.00	1820.00	2144.44	1510.00	-15.13	20.53
Beans (Butter)	-						Thora	3000.00 · 3500.00	3244.44	3211.11	2933.33	1.04	10.61
Beans (Green)	400.00 · 500.00	450.00	503.00	400.00	-10.54	12.50	Paraw	1500.00 · 1800.00	1610.00	1622.22	1481.82	-0.75	8.65
Carrot	150.00 · 200.00	180.00	213.00	306.36	-15.49	-41.25	Mora	1200.00 · 1600.00	1412.50	1500.00	1390.00	-5.83	1.62
Leeks	160.00 · 200.00	176.00	192.00	90.91	-8.33	93.60	Shrimps	1800.00 · 2300.00	2033.33	1731.25	1300.00	17.45	56.41
Beetroot	150.00 · 250.00	194.00	180.00	72.86	7.78	166.27	Thalapath	2000.00 · 2800.00	2495.00	2970.00	2095.00	-15.99	19.09
Knolkhol	80.00 · 120.00	106.00	98.00	90.00	8.16	17.78	<u>Eggs</u>						
Raddish	60.00 · 100.00	75.00	77.00	66.67	-2.60	12.50	Brown	40.00 · 42.00	41.20	43.50	33.25	-5.29	23.91
Cabbage	80.00 · 150.00	110.77	111.67	144.62	-0.80	-23.40	White	38.00 · 40.00	39.00	41.40	29.63	-5.80	31.65
Tomato	300.00 · 450.00	375.00	326.00	110.00	15.03	240.91	<u>Dried Fish</u>						
Ladies Fingers	100.00 · 130.00	116.00	109.00	109.09	6.42	6.33	Sprats	1400.00 · 1850.00	1644.44	2093.75	1400.00	-21.46	17.46
Brinjal	200.00 · 350.00	275.00	318.18	257.69	-13.57	6.72	Sprats (Imported)	1200.00 · 1500.00	1290.00	1405.00	1080.00	-8.19	19.44
Capsicum	400.00 · 550.00	463.64	490.91	266.67	-5.56	73.86	Kattawa	2000.00 · 2650.00	2277.78	2600.00	1400.00	-12.39	62.70
Pumpkin	150.00 · 170.00	161.00	155.45	49.58	3.57	224.71	Kattawa (Imported)	1800.00 · 2200.00	1938.89	1995.00	1400.00	-2.81	38.49
Cucumber	70.00 · 100.00	88.00	81.00	60.00	8.64	46.67	Thora	3600.00 · 3700.00	3650.00	2616.67	2440.00	39.49	49.59
Bitter Gourd	280.00 · 350.00	313.00	296.36	211.67	5.61	47.87	Thora (Imported)			2416.67			
Snake Gourd	250.00 · 300.00	272.00	240.00	146.67	13.33	85.45	Mora	2200.00 · 2600.00	2411.11	2616.67	2440.00	-7.86	-1.18
Drumstick	120.00 · 180.00	144.55	137.50	212.31	5.12	-31.92	Mora (Imported)	2200.00 · 2450.00	2341.67	2040.00	1800.00	14.79	30.09
Luffa	120.00 · 180.00	139.09	116.36	137.00	19.53	1.53	Balaya	1680.00 · 1900.00	1792.22	1706.25	1540.00	5.04	16.38
Long Beans	120.00 · 300.00	193.64	238.18	177.00	-18.70	9.40	Balaya (Imported)						
Ash Plantain	130.00 · 150.00	140.00	135.00	51.11	3.70	173.91	Anguluwa	1800.00 · 2200.00	2025.00	1637.50	1340.00	23.66	51.12
Green Chillies	400.00 · 700.00	550.00	725.00	88.33	-24.14	522.64	Anguluwa (Imported)	1700.00 · 2100.00	1927.78	2040.00	1800.00	-5.50	7.10
Lime	250.00 · 350.00	300.00	240.00	181.54	25.00	65.25	Maduwa	1400.00 · 1900.00	1693.75	1637.50	1340.00	3.44	26.40
<u>Root Crops</u>							Maduwa (Imported)	1000.00 · 1200.00	1100.00				
Sweet Potato	120.00 · 150.00	136.00	143.00	130.00	-4.90	4.62	Koduwa			957.14	580.00		
Manioc	100.00 · 130.00	117.00	108.00	83.33	8.33	40.40	Koduwa (Imported)						
<u>Leafy Vegetable</u>							Salaya	850.00 · 1000.00	912.50	957.14	580.00	-4.66	57.33
Mukunuwenna	120.00 · 130.00	124.00	124.29	127.50	-0.23	-2.75	Salaya (Imported)						
Kankun	120.00 · 130.00	124.00	125.00	127.50	-0.80	-2.75							
Gotukola	250.00 · 280.00	260.00	275.56	310.00	-5.65	-16.13							

This Week: Week 33: 14 - 20 Aug 2026

Last Week: Week 32: 07 - 13 Aug 2026

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

Week 33: 14 - 20 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 · 200.00	180.67	180.29	205.88	0.37	-12.25
Samba 1	240.00 · 270.00	246.82	247.73	243.68	-0.91	1.29	Small	150.00 · 160.00	153.33	153.50	181.14	-0.17	-15.35
Samba 2													
Keeri Samba	260.00 · 360.00	295.83	311.11	275.71	-15.28	7.30	<u>Fruits (Rs/fruit)</u>						
Nadu 1	220.00 · 230.00	225.83	228.75	230.00	-2.92	-1.81	Plantain						
Nadu 2							Ambul (Rs/kg)	250.00 · 300.00	266.36	238.33	164.62	28.03	61.81
Raw (Red)	180.00 · 220.00	204.58	205.00	218.33	-0.42	-6.30	Kolikuttu (Rs/kg)	430.00 · 550.00	495.65	494.29	311.15	1.37	59.29
Raw (White)	200.00 · 220.00	208.75	210.42	217.20	-1.67	-3.89	Seeni (Rs/kg)	200.00 · 280.00	244.58	235.65	166.00	8.93	47.34
Imported							Anamalu	300.00 · 380.00	355.83	352.00	335.38	3.83	6.10
Samba	230.00 · 280.00	280.00		304.00			Ambun	300.00 · 380.00	362.08	359.38	351.75	2.71	2.94
Nadu							Papaw(Rs/kg)	250.00 · 350.00	288.10	285.83	168.85	2.26	70.63
Raw (Red)							Passion Fruit	650.00 · 1000.00	761.67	796.67	678.90	-35.00	12.19
Raw (White)							Pineapple Large	350.00 · 500.00	447.08	387.38	361.67	59.70	23.62
<u>Dried Chillies</u>							Pineapple Medium						
Imported	1200.00 · 1500.00	1362.50	1378.26	798.33	-15.76	70.67	Pineapple Small						
<u>Onion</u>							Mango						
Sinnan							Betti						
Vedalan	400.00 · 550.00	550.00	415.60	394.64	134.40	39.37	Karthakolomban	1400.00 · 1600.00	1500.00		1380.00		8.70
Imported				262.00			Vilad	900.00 · 900.00	900.00		581.82		54.69
<u>Big Onion</u>							Kohu						
Imported	200.00 · 280.00	251.48	249.63	163.00	1.85	54.28	<u>Other</u>						
Local							Wood Apple	350.00 · 800.00	607.89	700.00	585.42	-92.11	3.84
<u>Potato</u>							Orange	400.00 · 800.00	589.00	671.25	495.45	-82.25	18.88
Welimada							Avocado	450.00 · 800.00	650.00	693.75	529.09	-43.75	22.85
N'Eliya	360.00 · 480.00	428.24	437.33	423.81	-9.10	1.04	Slime Apple	400.00 · 700.00	577.27	591.50	502.63	-14.23	14.85
Imported	180.00 · 260.00	226.80	220.00	214.06	6.80	5.95	Grapes (Imp., Rs/kg)	1800.00 · 2800.00	2400.00	2306.25	1923.81	93.75	24.75
<u>Pulses</u>							King Coconut	200.00 · 280.00	242.11	240.50	172.73	1.61	40.17
Green Gram	800.00 · 1200.00	968.70	947.92	935.77	20.78	3.52	<u>Sea Fish</u>						
Cowpea (White)	800.00 · 1200.00	960.48	931.50	1114.29	28.98	-13.80	Salaya	600.00 · 1200.00	936.67	857.73	533.33	78.94	75.63
Cowpea (Red)	840.00 · 1200.00	965.91	927.14	1138.46	38.77	-15.16	Hurulla	1000.00 · 1600.00	1367.50	1136.84	1171.76	230.66	16.70
Red Dhal	240.00 · 320.00	272.22	268.15	280.34	4.07	-2.90	Balaya	1200.00 · 2700.00	2042.86	2128.57	1423.53	-85.71	43.51
<u>Vegetable</u>							Kelawalla	1800.00 · 3800.00	2785.71	2806.25	2294.74	-20.54	21.40
Beans (Butter)							Thora	3800.00 · 5200.00	4618.18	4210.00	3300.00	408.18	39.94
Beans(Green)	500.00 · 720.00	595.76	606.55	620.00	-10.79	-3.91	Paraw	1700.00 · 3400.00	2653.75	2731.43	2168.75	-77.68	22.36
Carrot	250.00 · 480.00	371.67	412.70	466.55	-41.04	-20.34	Mora	1500.00 · 2600.00	2144.44	2400.00	1792.86	-255.56	19.61
Leeks	200.00 · 480.00	357.84	370.00	244.29	-12.16	46.48	Shrimps	1800.00 · 2600.00	2150.00	2162.11	2077.33	-12.11	3.50
Beetroot	280.00 · 480.00	364.00	400.88	232.96	-36.88	56.25	Thalapath	2800.00 · 3800.00	3516.00	3435.00	2721.43	81.00	29.20
Knolkhol	200.00 · 480.00	328.71	313.08	241.20	15.63	36.28	<u>Eggs</u>						
Raddish	150.00 · 320.00	254.06	241.72	236.92	12.34	7.23	Brown	42.00 · 48.00	43.56	45.29	34.93	-1.73	24.68
Cabbage	180.00 · 400.00	276.56	283.33	312.33	-6.77	-11.45	White	40.00 · 44.00	41.84	43.91	32.76	-2.07	27.71
Tomato	400.00 · 700.00	562.42	479.06	226.43	83.36	148.39	<u>Dried Fish</u>						
Ladies Fingers	150.00 · 400.00	289.17	285.76	235.86	3.41	22.60	Sprats	2200.00 · 3000.00	2495.00	2778.95	1513.04	-283.95	64.90
Brinjal	400.00 · 600.00	501.11	473.82	451.67	27.29	10.95	Sprats (Imported)	1500.00 · 2200.00	1934.78	2083.33	1975.00	-148.55	-2.04
Capsicum	500.00 · 800.00	687.84	735.29	496.67	-47.46	38.49	Kattawa	2800.00 · 4200.00	3371.43	3428.57	2654.55	-57.14	27.01
Pumpkin	180.00 · 320.00	276.00	270.29	129.67	5.71	112.85	Thora	4000.00 · 4500.00	4250.00				
Cucumber	150.00 · 280.00	213.24	210.88	147.10	2.35	44.96	Mora	3000.00 · 3800.00	3320.00	3466.67	2911.11	-146.67	14.05
Bitter Gourd	350.00 · 600.00	485.41	471.56	374.84	13.84	29.50	Balaya	1800.00 · 2800.00	2384.62	2428.57	2231.58	-43.96	6.86
Snake Gourd	320.00 · 600.00	420.59	385.67	284.67	34.92	47.75	Anguluwa	2800.00 · 3500.00	3116.67	3133.33	2731.58	-16.67	14.10
Drumstick	200.00 · 480.00	380.57	378.00	432.50	2.57	-12.01	Maduwa			2000.00	2171.43		
Luffa	230.00 · 480.00	372.42	347.58	271.43	24.85	37.21	Koduwa						
Long Beans	200.00 · 560.00	419.12	441.61	310.69	-22.50	34.90	Salaya	1200.00 · 1600.00	1425.00	1440.00	1066.67	-15.00	33.59
Ash Plantain	160.00 · 360.00	275.59	268.57	206.79	7.02	33.27	<u>Meat</u>						
Green Chillies	700.00 · 1400.00	1068.57	1189.19	360.34	-120.62	196.54	Beef (without Bones)	3000.00 · 3300.00	3185.71	3180.00	2750.00	5.71	15.84
Lime	400.00 · 800.00	571.67	525.76	433.79	45.91	31.78	Chicken (Broiler)	1350.00 · 1490.00	1410.77	1374.17	1445.83	36.60	-2.43
<u>Root Crops</u>							Chicken (Curry)	1250.00 · 1520.00	1372.31	1343.64	1323.64	28.67	3.68
Sweet Potato	180.00 · 320.00	275.94	289.26	262.14	-13.32	5.26	Mutton	4400.00 · 5000.00	4566.67	4342.86	3880.00	223.81	17.70
Manioc	160.00 · 260.00	216.67	219.39	201.38	-2.73	7.59	Pork	2700.00 · 2800.00	2750.00	2750.00	2440.00	0.00	12.70
<u>Leafy Vegetable</u>													
Mukunuwenna	150.00 · 250.00	198.08	192.31	208.50	5.77	-5.00							
Kankun	150.00 · 250.00	198.08	192.31	208.50	5.77	-5.00							
Gotukola	300.00 · 500.00	396.43	373.08	568.00	23.35	-30.21							

This Week: Week 33: 14 - 20 Aug 2026
Last Week: Week 32: 07 - 13 Aug 2026

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

Week 33: 14 - 20 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 – 167.50	145.00
A'pura	110.00 – 118.00	113.75	Dambulla	450.00 – 500.00	470.00	Hambantota	–	
P'naruwa	100.00 – 102.00	101.00	Welimada	365.00 – 385.00	374.00	Embilipitiya	180.00 – 200.00	190.00
Kalawewa	110.00 – 115.00	112.25	Badulla	–		Matara	–	
Kurunegala	–		Carrot			A'pura	–	
Dehiattakandiya	105.00 – 119.00	113.00	N'Eliya	160.00 – 180.00	168.00	Luffa		
Nikaweratiya	115.00 – 120.00	117.50	Welimada	150.00 – 175.00	164.00	Dambulla	140.00 – 162.50	150.00
Ampara	123.00 – 130.00	126.00	Hanguranketha	180.00 – 200.00	188.75	Hambantota	–	
Long Grain (White)			Leeks			Embilipitiya	150.00 – 170.00	160.00
A'pura	93.00 – 105.00	98.20	N'Eliya	145.00 – 155.00	151.00	Matara	–	
P'naruwa	93.00 – 95.00	94.33	Welimada	125.00 – 145.00	134.00	A'pura	–	
Kalawewa	97.00 – 102.00	99.25	Beetroot			Green Chillies		
Kurunegala	–		N'Eliya	110.00 – 120.00	115.00	Dambulla	450.00 – 550.00	502.00
Dehiattakandiya	98.00 – 105.00	101.00	Dambulla	180.00 – 220.00	200.00	Hambantota	–	
Embilipitiya	–		Kurunegala	–		Embilipitiya	800.00 – 850.00	823.33
Nikaweratiya	95.00 – 102.00	98.50	Welimada	135.00 – 165.00	151.00	Puttalam	541.00 – 618.00	586.75
Hambantota	–		Hanguranketha	–		A'pura	–	
Ampara	98.00 – 120.00	105.20	Knol Khol			Pumpkin		
Long Grain (Red)			N'Eliya	90.00 – 100.00	93.00	Dambulla	100.00 – 120.00	108.00
Matara	–		Welimada	70.00 – 90.00	80.00	Hambantota	–	
Hambantota	–		Hanguranketha	75.00 – 90.00	81.25	Embilipitiya	140.00 – 150.00	143.33
Embilipitiya	94.00 – 96.00	95.00	Raddish			Matara	–	
Keeri Samba			N'Eliya	40.00 – 45.00	43.00	A'pura	–	
A'pura	110.00 – 110.00	110.00	Welimada	35.00 – 50.00	44.00	Moneragala	110.00 – 120.00	114.00
P'naruwa	116.00 – 118.00	117.00	Hambantota	–		Cucumber		
Kalawewa	132.00 – 140.00	136.00	Hanguranketha	45.00 – 50.00	47.50	A'pura	–	
Kurunegala	–		Cabbage			Dambulla	57.00 – 72.00	63.60
Dehiattakandiya	114.00 – 132.00	126.50	N'Eliya	80.00 – 95.00	87.00	Hambantota	–	
Red Onion			Welimada	80.00 – 100.00	87.00	Matara	–	
Puttalam	190.00 – 247.00	225.75	Badulla	–		Long Beans		
Jaffna	–		Hanguranketha	60.00 – 75.00	67.50	Dambulla	152.50 – 200.00	173.00
Big Onion			Tomato			Hambantota	–	
Dambulla	–		Welimada	240.00 – 260.00	253.00	Embilipitiya	200.00 – 220.00	210.00
Kalawewa	–		Hambantota	–		Matara	–	
A'pura	–		Dambulla	290.00 – 320.00	302.00	A'pura	–	
Potato			Hanguranketha	200.00 – 225.00	215.00	Ash Plantain		
N'Eliya	260.00 – 265.00	262.00	<u>Vegetable (Low Country)</u>			Hambantota	–	
Badulla	–		Ladies Fingers			Embilipitiya	80.00 – 90.00	85.00
Welimada	225.00 – 255.00	240.00	A'pura	–		Matara	–	
<u>Pulses</u>			Dambulla	86.00 – 95.00	90.20	Lime		
Green Gram			Hambantota	–		Hambantota	–	
Hambantota	–		Embilipitiya	100.00 – 120.00	110.00	Embilipitiya	180.00 – 200.00	190.00
Moneragala	550.00 – 600.00	570.00	Matara	–		Moneragala	280.00 – 300.00	288.00
Embilipitiya	650.00 – 660.00	655.00	Brinjal			<u>Fruits (Rs/kg)</u>		
Nikaweratiya	500.00 – 550.00	525.00	A'pura	–		Banana		
A'pura	–		Dambulla	267.00 – 300.00	287.40	Ambul		
Cowpea			Hambantota	–		Moneragala	70.00 – 80.00	74.00
Hambantota	–		Embilipitiya	280.00 – 300.00	290.00	Embilipitiya	80.00 – 110.00	96.67
Nikaweratiya	–		Matara	–		Hambantota	–	
Moneragala	350.00 – 400.00	370.00	Welimada	240.00 – 285.00	265.00	Kolikuttu		
Embilipitiya	600.00 – 610.00	605.00	Capsicum			Moneragala	250.00 – 260.00	254.00
Maize			Badulla	–		Embilipitiya	280.00 – 320.00	300.00
A'pura	–		Welimada	450.00 – 500.00	482.50	Hambantota	–	
Kalawewa	–		Bitter Gourd			Papaw		
Gingelly			A'pura	–		Moneragala	80.00 – 100.00	88.00
A'pura	–		Dambulla	200.00 – 240.00	220.00	Embilipitiya	140.00 – 150.00	145.00
Kalawewa	–		Hambantota	–		Hambantota	–	
Black Gram			Embilipitiya	280.00 – 300.00	290.00	Pineapple		
A'pura	–		Matara	–		Divulapitiya	–	
Kalawewa	–							

Annex 01 - Colombo Markets: Retail Prices of Rice and Subsidiary Food Crops (Rs/kg)
Week 33: 14 - 20 Aug 2026

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Rice</u>									
Local									
Samba 1	240.00 - 240.00	240.00 - 240.00	240.00 - 240.00	240.00 - 240.00	240.00 - 270.00	240.00 - 240.00	240.00 - 260.00	240.00 - 240.00	240.00 - 270.00
Samba 2	-	-	-	-	-	-	-	-	-
Keeri Samba	-	-	260.00 - 260.00	280.00 - 280.00	-	260.00 - 360.00	320.00 - 330.00	260.00 - 260.00	280.00 - 360.00
Nadu 1	220.00 - 230.00	220.00 - 220.00	220.00 - 230.00	220.00 - 230.00	220.00 - 230.00	220.00 - 230.00	230.00 - 230.00	220.00 - 230.00	220.00 - 230.00
Nadu 2	-	-	-	-	-	-	-	-	-
Raw (Red)	200.00 - 220.00	190.00 - 190.00	190.00 - 200.00	200.00 - 220.00	200.00 - 200.00	200.00 - 220.00	200.00 - 220.00	180.00 - 200.00	200.00 - 210.00
Raw (White)	200.00 - 220.00	200.00 - 200.00	200.00 - 200.00	200.00 - 220.00	200.00 - 220.00	200.00 - 220.00	200.00 - 220.00	200.00 - 200.00	200.00 - 210.00
Imported									
Samba	230.00 - 230.00	-	245.00 - 250.00	230.00 - 230.00	-	-	230.00 - 250.00	240.00 - 240.00	280.00 - 280.00
Nadu	-	-	-	-	-	-	-	-	-
Raw (Red)	-	-	-	-	-	-	-	-	-
Raw (White)	-	-	-	-	-	-	-	-	-
<u>Dried Chillies</u>									
Imported	1200.00 - 1300.00	1300.00 - 1300.00	1400.00 - 1500.00	1400.00 - 1500.00	1300.00 - 1500.00	1200.00 - 1400.00	1300.00 - 1300.00	1300.00 - 1400.00	1300.00 - 1400.00
<u>Red Onion</u>									
Sinnan	-	-	-	-	-	-	-	-	-
Vedalan	400.00 - 400.00	400.00 - 480.00	440.00 - 480.00	480.00 - 550.00	500.00 - 550.00	440.00 - 440.00	400.00 - 400.00	400.00 - 400.00	400.00 - 480.00
Imported	-	-	-	-	-	-	-	-	-
<u>Big Onion</u>									
Imported	230.00 - 240.00	240.00 - 280.00	240.00 - 260.00	200.00 - 280.00	270.00 - 280.00	230.00 - 280.00	230.00 - 240.00	240.00 - 240.00	260.00 - 260.00
Local	-	-	-	-	-	-	-	-	-
<u>Potato</u>									
Welimada	-	-	-	-	-	-	-	-	-
N'Eliya	360.00 - 380.00	480.00 - 480.00	400.00 - 400.00	400.00 - 480.00	450.00 - 480.00	-	-	400.00 - 440.00	460.00 - 480.00
Imported	180.00 - 220.00	250.00 - 260.00	200.00 - 240.00	240.00 - 260.00	240.00 - 240.00	200.00 - 260.00	200.00 - 240.00	200.00 - 240.00	200.00 - 240.00
<u>Pulses</u>									
Green Gram	850.00 - 980.00	900.00 - 900.00	960.00 - 1000.00	1000.00 - 1100.00	880.00 - 1000.00	830.00 - 1000.00	800.00 - 850.00	800.00 - 900.00	1200.00 - 1200.00
Cowpea (White)	800.00 - 850.00	900.00 - 900.00	900.00 - 1000.00	1000.00 - 1100.00	800.00 - 1000.00	960.00 - 1000.00	800.00 - 900.00	880.00 - 880.00	1200.00 - 1200.00
Cowpea (Red)	840.00 - 850.00	900.00 - 900.00	900.00 - 1000.00	900.00 - 1100.00	840.00 - 1000.00	960.00 - 1000.00	850.00 - 900.00	880.00 - 880.00	1200.00 - 1200.00
Red Dhal	240.00 - 260.00	260.00 - 280.00	260.00 - 280.00	280.00 - 300.00	260.00 - 320.00	250.00 - 280.00	250.00 - 280.00	240.00 - 260.00	260.00 - 320.00

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

Week 33: 14 - 20 Aug 2026

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Vegetable</u>									
Beans	500.00 - 600.00	720.00 - 720.00	520.00 - 600.00	600.00 - 720.00	600.00 - 700.00	500.00 - 500.00	550.00 - 600.00	500.00 - 600.00	520.00 - 600.00
Carrot	250.00 - 300.00	480.00 - 480.00	350.00 - 400.00	400.00 - 480.00	360.00 - 400.00	400.00 - 400.00	300.00 - 400.00	320.00 - 400.00	320.00 - 400.00
Leeks	200.00 - 250.00	480.00 - 480.00	320.00 - 400.00	400.00 - 480.00	300.00 - 400.00	320.00 - 400.00	280.00 - 320.00	320.00 - 400.00	400.00 - 400.00
Beetroot	280.00 - 320.00	400.00 - 480.00	360.00 - 400.00	400.00 - 480.00	320.00 - 400.00	400.00 - 400.00	280.00 - 320.00	320.00 - 400.00	400.00 - 400.00
Knolkhol	200.00 - 260.00	400.00 - 480.00	320.00 - 350.00	400.00 - 480.00	300.00 - 360.00	320.00 - 320.00	250.00 - 300.00	300.00 - 320.00	320.00 - 320.00
Raddish	150.00 - 200.00	320.00 - 320.00	240.00 - 300.00	300.00 - 320.00	240.00 - 280.00	240.00 - 240.00	200.00 - 280.00	240.00 - 320.00	240.00 - 320.00
Cabbage	180.00 - 220.00	400.00 - 400.00	240.00 - 320.00	320.00 - 400.00	280.00 - 320.00	280.00 - 320.00	200.00 - 250.00	300.00 - 320.00	320.00 - 320.00
Tomato	400.00 - 500.00	600.00 - 700.00	550.00 - 600.00	600.00 - 700.00	540.00 - 600.00	500.00 - 600.00	450.00 - 550.00	700.00 - 700.00	600.00 - 600.00
Ladies Fingers	150.00 - 200.00	400.00 - 400.00	280.00 - 320.00	240.00 - 400.00	280.00 - 300.00	240.00 - 280.00	200.00 - 240.00	300.00 - 320.00	320.00 - 320.00
Brinjal	400.00 - 500.00	560.00 - 600.00	480.00 - 600.00	480.00 - 600.00	480.00 - 480.00	450.00 - 500.00	450.00 - 520.00	500.00 - 600.00	600.00 - 600.00
Capsicum	500.00 - 600.00	600.00 - 800.00	600.00 - 800.00	600.00 - 800.00	600.00 - 700.00	600.00 - 700.00	550.00 - 600.00	800.00 - 800.00	800.00 - 800.00
Pumpkin	200.00 - 240.00	280.00 - 320.00	240.00 - 280.00	320.00 - 320.00	260.00 - 280.00	280.00 - 280.00	180.00 - 240.00	300.00 - 320.00	280.00 - 320.00
Cucumber	160.00 - 200.00	240.00 - 280.00	200.00 - 240.00	240.00 - 280.00	160.00 - 200.00	160.00 - 200.00	150.00 - 200.00	200.00 - 240.00	160.00 - 240.00
Bitter Gourd	350.00 - 450.00	560.00 - 600.00	480.00 - 520.00	400.00 - 600.00	480.00 - 500.00	350.00 - 400.00	400.00 - 480.00	480.00 - 560.00	500.00 - 600.00
Snake Gourd	350.00 - 380.00	400.00 - 480.00	400.00 - 500.00	400.00 - 600.00	320.00 - 480.00	400.00 - 400.00	320.00 - 360.00	400.00 - 480.00	400.00 - 480.00
Drumstick	200.00 - 250.00	480.00 - 480.00	320.00 - 400.00	400.00 - 480.00	320.00 - 400.00	320.00 - 400.00	260.00 - 320.00	400.00 - 480.00	400.00 - 480.00
Luffa	230.00 - 300.00	400.00 - 480.00	320.00 - 400.00	400.00 - 480.00	320.00 - 400.00	320.00 - 320.00	300.00 - 360.00	400.00 - 480.00	320.00 - 400.00
Long Beans	200.00 - 300.00	480.00 - 560.00	400.00 - 480.00	320.00 - 560.00	400.00 - 400.00	320.00 - 320.00	400.00 - 480.00	450.00 - 480.00	480.00 - 520.00
Ash Plantain	160.00 - 200.00	320.00 - 360.00	280.00 - 320.00	320.00 - 360.00	260.00 - 300.00	280.00 - 320.00	180.00 - 250.00	240.00 - 320.00	240.00 - 320.00
Green Chillies	700.00 - 800.00	1200.00 - 1200.00	1000.00 - 1000.00	1000.00 - 1200.00	1200.00 - 1200.00	1200.00 - 1200.00	800.00 - 900.00	1200.00 - 1200.00	1400.00 - 1400.00
Lime	400.00 - 500.00	600.00 - 600.00	500.00 - 600.00	700.00 - 800.00	500.00 - 600.00	480.00 - 500.00	400.00 - 500.00	600.00 - 600.00	800.00 - 800.00
<u>Root Crops</u>									
Sweet Potato	200.00 - 260.00	320.00 - 320.00	280.00 - 320.00	240.00 - 320.00	280.00 - 320.00	320.00 - 320.00	180.00 - 240.00	300.00 - 320.00	320.00 - 320.00
Manioc	160.00 - 200.00	200.00 - 240.00	220.00 - 240.00	260.00 - 260.00	200.00 - 240.00	260.00 - 260.00	160.00 - 170.00	200.00 - 220.00	180.00 - 220.00
<u>Leafy Vegetable</u>									
Mukunuwenna	150.00 - 150.00	250.00 - 250.00	200.00 - 200.00	250.00 - 250.00	200.00 - 200.00	200.00 - 200.00	150.00 - 175.00	250.00 - 250.00	200.00 - 200.00
Kankun	150.00 - 150.00	250.00 - 250.00	200.00 - 200.00	250.00 - 250.00	200.00 - 200.00	200.00 - 200.00	150.00 - 175.00	250.00 - 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	360.00 - 360.00	500.00 - 500.00	480.00 - 480.00
<u>Coconut</u>									
Large	180.00 - 180.00	180.00 - 180.00	180.00 - 180.00	170.00 - 190.00	170.00 - 180.00	170.00 - 170.00	170.00 - 180.00	180.00 - 200.00	180.00 - 200.00
Small	150.00 - 160.00	160.00 - 160.00	150.00 - 150.00	150.00 - 150.00	150.00 - 160.00	150.00 - 160.00	150.00 - 160.00	150.00 - 150.00	150.00 - 160.00

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

Week 33: 14 - 20 Aug 2026

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CROP	PELIYAGODA			MAHARAGAMA			KIRULAPONE			NUGEGODA			NARAHENPITA			DEMATAGODA			THOTALANGA			KADAWATHA			KIRIBATHGODA		
<u>Plantain</u>																											
Ambul	250.00	-	270.00	250.00	-	280.00	280.00	-	280.00	280.00	-	280.00	270.00	-	300.00	250.00	-	300.00	250.00	-	250.00	250.00	-	260.00	250.00	-	250.00
Kolikuttu	450.00	-	500.00	500.00	-	550.00	550.00	-	550.00	480.00	-	480.00	500.00	-	530.00	500.00	-	550.00	430.00	-	450.00	450.00	-	450.00	500.00	-	500.00
Seeni	200.00	-	250.00	250.00	-	270.00	260.00	-	280.00	260.00	-	280.00	220.00	-	250.00	200.00	-	280.00	200.00	-	220.00	230.00	-	280.00	270.00	-	280.00
Anamalu	300.00	-	350.00	360.00	-	380.00	350.00	-	380.00	380.00	-	380.00	350.00	-	380.00	350.00	-	380.00	300.00	-	320.00	330.00	-	350.00	300.00	-	350.00
Ambun	300.00	-	350.00	360.00	-	380.00	350.00	-	380.00	380.00	-	380.00	350.00	-	380.00	350.00	-	380.00	350.00	-	350.00	350.00	-	350.00	350.00	-	350.00
<u>Pineapple</u>																											
Large	400.00	-	500.00	500.00	-	500.00	500.00	-	500.00	500.00	-	500.00	450.00	-	480.00	450.00	-	500.00	350.00	-	400.00	400.00	-	420.00	400.00	-	500.00
Medium	-			-			-			-			-			-			-			-			-		
Small	-			-			-			-			-			-			-			-			-		
<u>Mango</u>																											
Betti	-			-			-			-			-			-			-			-			-		
Karthakolomban	1400.00	-	1500.00	-			-			-			-			-			-			1500.00	-	1600.00	-		
Vilad	900.00	-	900.00	-			-			-			-			-			-			-			-		
Kohu	-			-			-			-			-			-			-			-			-		
<u>Other Fruits</u>																											
Wood Apple	600.00	-	650.00	500.00	-	500.00	650.00	-	700.00	800.00	-	800.00	650.00	-	700.00	500.00	-	500.00	350.00	-	400.00	500.00	-	550.00	800.00	-	800.00
Orange	400.00	-	450.00	600.00	-	600.00	650.00	-	700.00	750.00	-	800.00	600.00	-	650.00	600.00	-	600.00	480.00	-	500.00	500.00	-	550.00	600.00	-	800.00
Avocado	550.00	-	600.00	600.00	-	600.00	750.00	-	800.00	750.00	-	800.00	600.00	-	700.00	450.00	-	450.00	550.00	-	600.00	600.00	-	700.00	600.00	-	700.00
Slime Apple	400.00	-	500.00	600.00	-	650.00	600.00	-	650.00	650.00	-	700.00	500.00	-	600.00	450.00	-	500.00	400.00	-	400.00	550.00	-	600.00	600.00	-	700.00
Grapes	1800.00	-	1900.00	2800.00	-	2800.00	2500.00	-	2500.00	2500.00	-	2600.00	2500.00	-	2800.00	2700.00	-	2700.00	2000.00	-	2100.00	2200.00	-	2300.00	2400.00	-	2500.00
Papaw	250.00	-	300.00	320.00	-	320.00	300.00	-	350.00	250.00	-	300.00	250.00	-	280.00	250.00	-	300.00	250.00	-	250.00	250.00	-	250.00	270.00	-	280.00
Passion	650.00	-	700.00	-			760.00	-	800.00	850.00	-	900.00	700.00	-	700.00	700.00	-	700.00	650.00	-	700.00	800.00	-	800.00	800.00	-	1000.00
King Coconut	200.00	-	250.00	280.00	-	280.00	250.00	-	250.00	230.00	-	250.00	200.00	-	230.00	250.00	-	250.00	230.00	-	240.00	250.00	-	250.00	240.00	-	250.00

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

Week 33: 14 - 20 Aug 2026

	CROP	PELIYAGODA		MAHARAGAMA		KIRULAPONE		NUGEGODA		NARAHENPITA		DEMATAGODA		THOTALANGA		KADAWATHA		KIRIBATHGODA			
30	<u>Sea Fish</u>																				
	Salaya	800.00	850.00	1000.00	1000.00	1000.00	1200.00	1200.00	1200.00	1200.00	1060.00	1060.00	1200.00	1200.00	600.00	800.00	800.00	800.00	600.00	700.00	
	Hurulla	1000.00	1300.00	1600.00	1600.00	-	-	-	1400.00	1400.00	1400.00	1400.00	1280.00	1400.00	1200.00	1500.00	1300.00	1500.00	1400.00	1500.00	
	Balaya	1200.00	1500.00	2400.00	2400.00	2600.00	2600.00	2400.00	2400.00	-	-	-	1200.00	1200.00	2400.00	2400.00	2400.00	2400.00	2600.00	2700.00	
	Kelawalla	1800.00	2200.00	3600.00	3800.00	3200.00	3200.00	3600.00	3800.00	1900.00	1900.00	1900.00	2400.00	2400.00	2800.00	2800.00	3000.00	3200.00	3200.00	3500.00	
	Thora	3800.00	4000.00	4400.00	4400.00	5000.00	5000.00	4800.00	4800.00	-	-	-	-	-	-	-	5200.00	5200.00	5200.00	5200.00	
	Paraw	1700.00	1800.00	3200.00	3200.00	2400.00	2600.00	3200.00	3200.00	1960.00	1960.00	1960.00	1800.00	2000.00	3000.00	3000.00	2800.00	3000.00	3200.00	3400.00	
	Mora	1500.00	1600.00	-	-	2600.00	2600.00	-	-	-	-	-	-	-	2000.00	2000.00	2400.00	2600.00	2400.00	2600.00	
	Shrimps Small	1800.00	2000.00	2200.00	2400.00	2400.00	2600.00	2200.00	2600.00	2400.00	2400.00	2400.00	2000.00	2200.00	1800.00	2000.00	1800.00	1800.00	1900.00	1900.00	
	Talapath	2800.00	3500.00	3800.00	3800.00	3600.00	3600.00	3400.00	3600.00	3540.00	3540.00	3540.00	3500.00	3600.00	3400.00	3400.00	3600.00	3600.00	-	-	
	<u>Eggs (Rs/egg)</u>																				
	Brown	42.00	43.00	42.00	44.00	43.00	44.00	47.00	48.00	42.00	43.00	42.00	43.00	42.00	43.00	42.00	44.00	42.00	44.00	43.00	45.00
	White	40.00	41.00	42.00	43.00	40.00	42.00	42.00	43.00	40.00	43.00	40.00	43.00	40.00	41.00	41.00	43.00	42.00	44.00	41.00	44.00
	<u>Dried Fish</u>																				
	Sprats	2200.00	2400.00	2900.00	2900.00	2400.00	3000.00	2400.00	2400.00	2400.00	2600.00	2400.00	2600.00	2600.00	2600.00	2200.00	2800.00	2200.00	2400.00	2800.00	3000.00
	Kattawa	-	-	2800.00	3200.00	3200.00	3200.00	4000.00	4200.00	3600.00	4000.00	3600.00	4000.00	3400.00	3400.00	-	-	-	-	3200.00	3400.00
	Thora	-	-	-	-	-	-	4500.00	4500.00	4000.00	4000.00	4000.00	4000.00	4000.00	-	-	-	-	-	-	
	Mora	3400.00	3400.00	3200.00	3200.00	3500.00	3500.00	3800.00	3800.00	3000.00	3000.00	3000.00	3000.00	3000.00	-	-	-	3000.00	3200.00	3400.00	3400.00
	Balaya	1800.00	2000.00	2400.00	2600.00	2800.00	2800.00	2800.00	2800.00	2400.00	2400.00	2400.00	2400.00	2600.00	2600.00	-	-	2200.00	2400.00	2800.00	2800.00
	Anguluwa	-	-	-	-	3000.00	3000.00	3500.00	3500.00	2800.00	2800.00	2800.00	2800.00	2800.00	-	-	-	3000.00	3200.00	3200.00	3200.00
Salaya	1300.00	1300.00	-	-	1600.00	1600.00	-	-	-	-	-	-	1600.00	1600.00	-	-	1200.00	1200.00	-	-	
<u>Meat</u>																					
Beef (without Bones)	-	-	3300.00	3300.00	3200.00	3200.00	-	-	3100.00	3100.00	3100.00	3100.00	-	-	3000.00	3000.00	3200.00	3200.00	3200.00	3200.00	
Chicken (Broiler)	1400.00	1400.00	1490.00	1490.00	1420.00	1420.00	1390.00	1420.00	1400.00	1400.00	1400.00	1400.00	1350.00	1350.00	1350.00	1350.00	1400.00	1400.00	1460.00	1460.00	
Chicken (Curry)	1250.00	1250.00	1500.00	1520.00	1490.00	1490.00	1420.00	1420.00	1250.00	1250.00	1250.00	1250.00	1250.00	1250.00	1300.00	1300.00	1350.00	1350.00	1300.00	1300.00	
Mutton	-	-	4400.00	4400.00	4500.00	4500.00	-	-	4500.00	4500.00	4500.00	4500.00	-	-	4400.00	4400.00	5000.00	5000.00	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

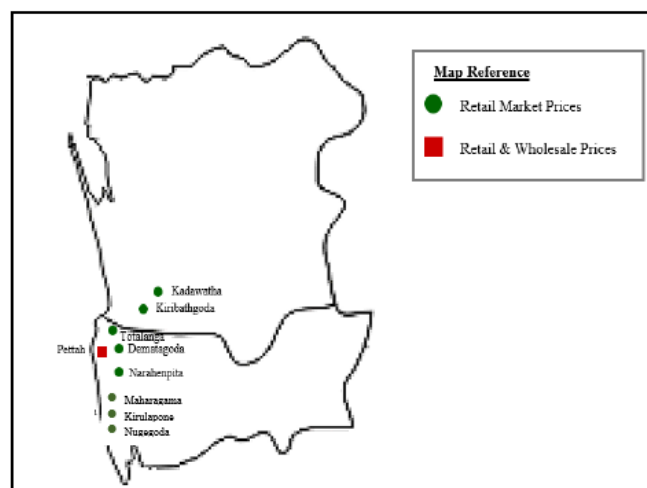
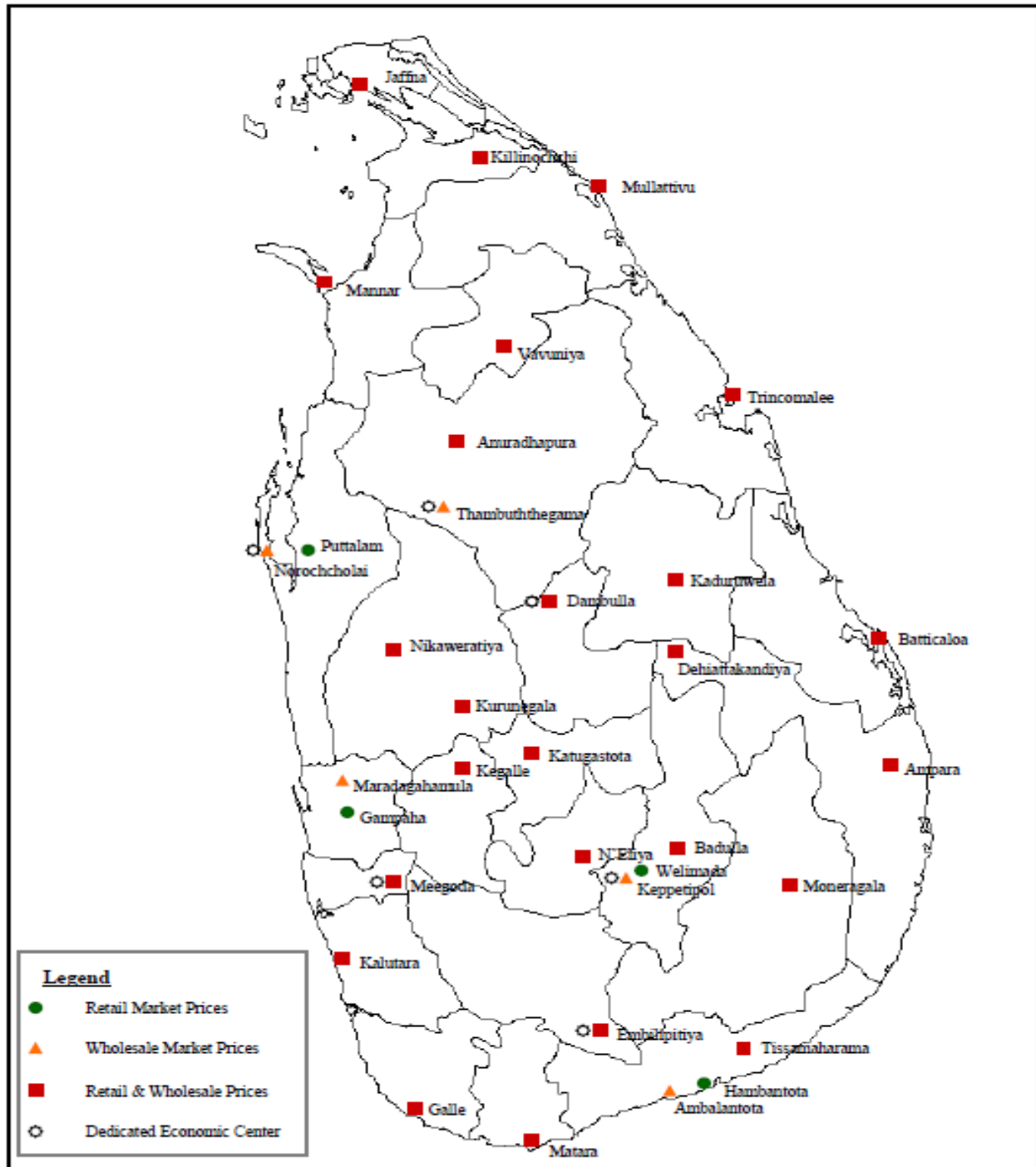
Fruits

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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දෛනික චළච්චි තොග මිල, ජංගම දුරකථනයෙන්
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