

RETAIL MARKET AT A GLANCE

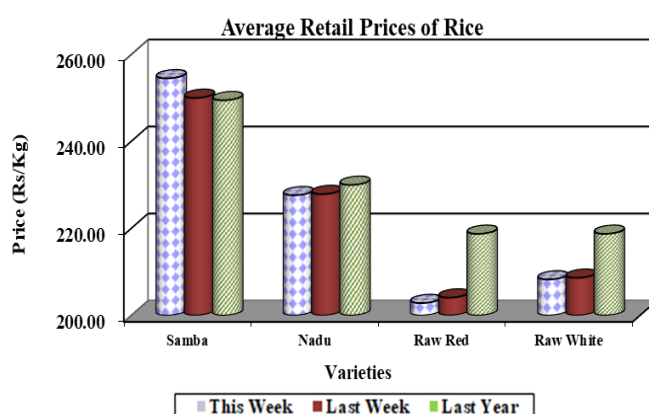
Summary

Rice/ Paddy

Prices of local samba and keeri samba have increased by Rs.5.00/kg and Rs.3.00/kg respectively. While the prices of nadu, raw red and draw white have decreased slightly.

Paddy prices of most of the paddy varieties in most of the producing areas have not changed significantly. However, notable price increase was observed in Polonnaruwa district for short grain paddy, keeri samba and long grain white paddy.

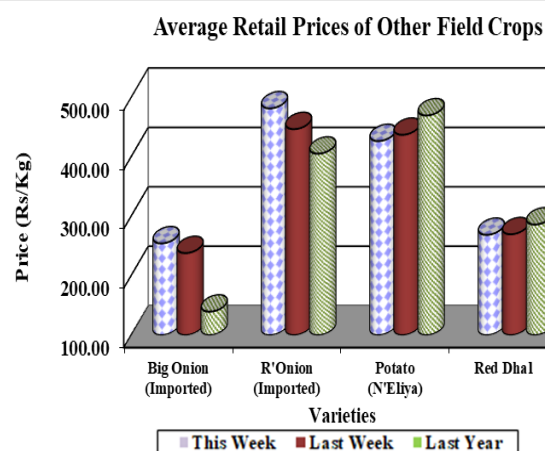
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Other Field Crops

Prices of both imported red onion and imported big onion have increased. Price of Nuwara Eliya potato has decreased by Rs.11.00/kg. Prices of green gram, cowpea and red dhal have decreased.

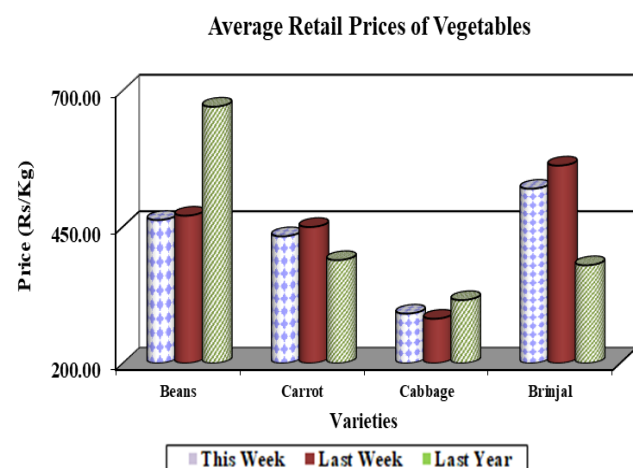
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Vegetables

Prices of most of the up country and low country vegetable have decreased with the increased supply from main producing areas. Among the up country vegetable the highest price decrease was reported for carrot and among the low country vegetable the highest price decrease reported for bitter gourd.

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Coconut

Prices of both large and small nuts have increased.

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Eggs

Prices of both brown and white eggs have increased by Rs.1.00/egg.

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Rice

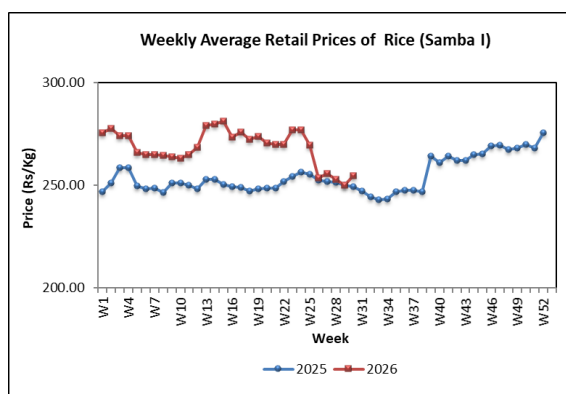
Wholesale

Price of all the local rice varieties have not changed significantly. Price of keeri samba has decreased slightly by about Rs.1.00/kg and price ranged Rs.250.00-320.00/kg and Rs.160.00-170.00/kg.

Compared to same period of last year, the highest price decreased of 16% recorded for raw red.

Retail

Prices of local samba and local keeri samba have increased by Rs.5.00/kg and Rs.3.00/kg respectively. The prices of local nadu, local raw red and local raw white have decreased slightly. Prices ranged Rs.240.00-280.00 for samba and Rs.280.00-400.00/kg for keeri samba.



Compared to the same period of the last year the highest price increase of 14% was recorded for local keeri samba while the

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

Paddy

Farmgate prices of most paddy varieties remained broadly stable during the week across the major producing areas. However, Polonnaruwa recorded notable upward movements in the prices of several major paddy varieties.

The average farmgate price of short-grain paddy increased by Rs.14.00/kg in Polonnaruwa and marginally increased by Rs.1.00/kg in Nikaweratiya, while prices remained unchanged in the other major producing areas. Farmgate prices of short-grain paddy ranged between Rs.114.00 - Rs.130.00/kg across the selected producing areas. Meanwhile, the average farmgate price of keeri samba paddy recorded a significant increase of Rs.20.00/kg (16%) in Polonnaruwa. Prices of keeri samba paddy ranged from Rs.139.00 to Rs.147.00/kg across the selected producing areas.

Price of long-grain white paddy has increased by Rs.15.00/kg in Polonnaruwa and by Rs.3.00/kg in Ampara. In contrast, marginal declines were observed in Kalawewa and Dehiattakandiya. Similarly,

the average farmgate price of long-grain red paddy increased by Rs.11.00/kg in Matara.

Compared to the same period of last year, Prices of all the paddy varieties except keeri samba have decreased in most of the producing areas with the highest price decrease (16%) recorded for long grain white. Farmgate prices of keeri samba paddy have increased in main producing areas with the highest price increase (8%) recorded in Kalawewa and Dehiattakandiya.

Dried Chilies

Wholesale

The price of imported dried chilies has decreased by 3% and price ranged Rs.1050.00-1250.00/kg.

Compared to same period of last year, current wholesale price of imported dried chilies has increased by 99%.

Retail

Price of imported dried chilies has decreased by Rs. 3.00/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

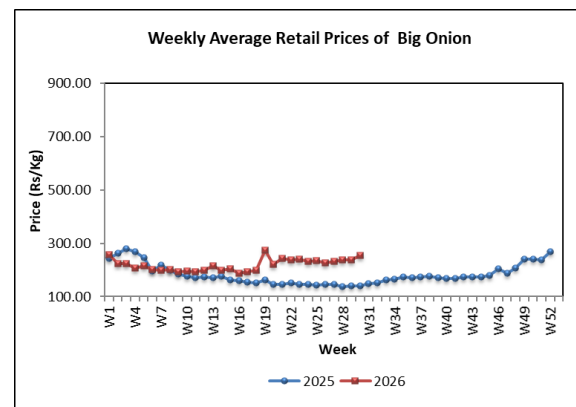
Wholesale

Price of vedalan red onion and imported red onion have increased by 8% and 11% due to unavailability of sufficient stocks and price ranged Rs.320.00-350.00/kg and Rs.280.00-320.00/kg respectively. price of imported big onion has also increased .by 20% due to limited supply and price ranged Rs.200.00-230.00/kg.

Compared to same period of last year price of imported big onion has increased by 159%.

Retail

Price of imported red onions has increased by Rs.35.00/kg and price of imported big onions has increased by Rs.16.00/kg.



Compared to the same period of the last year, Prices of both imported red onion and imported big onion have increased by 19% and 82% respectively.

Potato

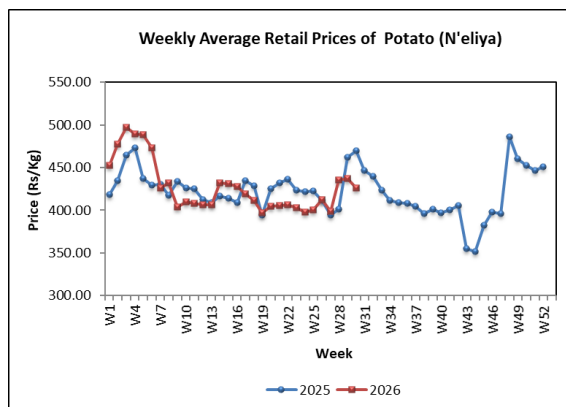
Wholesale

Prices of both imported and Nuwara Eliya potatoes have decreased by 3% and 1% respectively. Prices ranged Rs.140.00-200.00/kg, for imported potato and Rs.310.00-330.00/kg for Nuwara Eliya potato.

Compared to same period of last year, current wholesale price of Nuwara Eliya potato has decreased by 9%.

Retail

Price of Nuwara Eliya potatoes has decreased by Rs.11.00/kg and the price of imported potatoes has not changed significantly.



Compared to the same period of last year, price of Nuwara Eliya potato has decreased by 9%.

Pulses

Wholesale

Prices of both green gram and red cowpea have decreased by 3% and prices ranged Rs.650.00-750.00/kg and Rs.620.00-680.00/kg respectively.

Compared to same period of last year, prices of both white cowpea and red cowpea have decreased by 27% and 29% respectively.

Retail

Prices of green gram, white cowpea, red cowpea and red dhal have decreased with the highest price decreased observed for white cowpea.

Compared to the same period of the last year, the highest price decreased of 14% recorded for red cowpea.

Vegetables

Wholesale

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

Among the upcountry vegetable varieties, the highest price decrease of 15% reported for tomato, with increased supply from

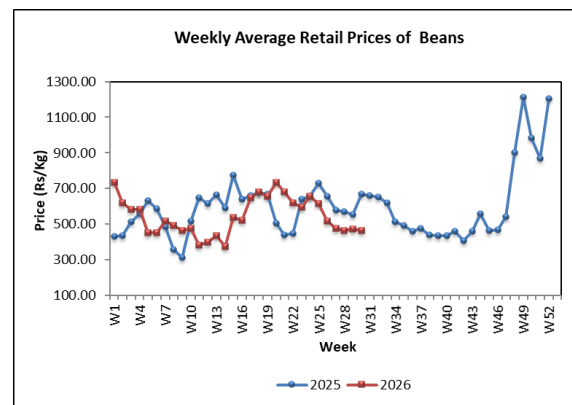
Marassana and Hanguranketha. Similarly, the prices of beans have also decreased by 8%, due to increased supply from Balangoda and Welimada. While the prices of leeks have decreased by 7%, with increased supply from Nuwara Eliya. However, the prices of raddish has increased by 40%, with decreased supply from Nuwara Eliya.

Considering the low-country vegetables, the highest price decrease reported for ladies finger as 34%, due to increased supply from Puttalam, Anuradhapura and Embilipitiya. In addition, prices of bitter gourd have also decreased by 13%, with increased supply from Puttalam, Embilipitiya, Hanguranketha and Balangoda. As well, the prices of luffa have decreased by 7%, with increased supply from Puttalam, and Beruwela. While prices of capsicum have increased further by 41% with decreased supply from Ragala. Prices of lime have decreased by 17%, due to increase supply from Monaragala.

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

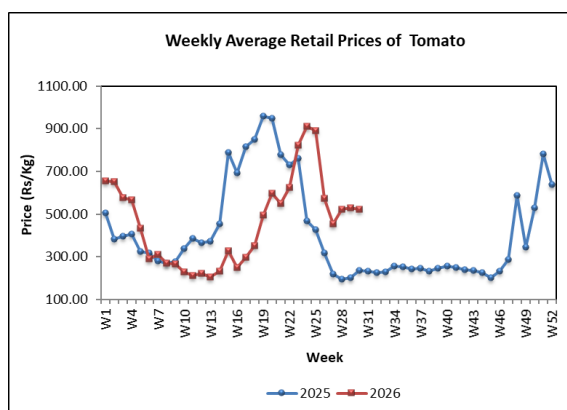
Retail

In line with the decreased in wholesale prices, retail prices of most of the vegetable varieties have also decreased. Considering the up- country vegetables, the highest price decrease was reported for carrot and beetroot by Rs.17.00/kg and price of leeks has also decreased by Rs.15.00/kg. As well, prices of knolkhol and beans have also decreased by Rs.11.00 and Rs.8.00 respectively. However, the price of raddish has increased by Rs.22.00/kg.



Considering the low country vegetable varieties, the highest price decrease was reported for bitter gourd by Rs. 50.00/kg and price of brinjal has also decreased by Rs.42.00/kg. Prices of snake gourd and drumstick have also decreased by Rs. 30.00/ kg and Rs. 28.00/kg respectively. However, the price of capsicum has increased by Rs. 92.00/kg.

Similarly, the price of lime has decreased by Rs.55.00/kg due to the decreased of wholesale prices.



Compared to the same period of last year, prices of most varieties have increased with a highest price increase of 122% reported for tomato.

Coconut Wholesale

Prices of both large and small coconut have increased by 12% and 14% respectively, due to with increased prices of desiccated coconut. Prices ranged Rs.155.00-170.00 for a large nut and Rs.135.00-150.00 for a small nut.

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

Retail

Prices of both large and small nuts have increased by around Rs.1.00/nut and Rs.2.00/nut respectively. Prices ranged

Rs.160.00-190.00 for a large nut and Rs.140.00-150.00 for a small nut.

Compared to the same period of last year, current retail prices of both large and small nuts have decreased by 5% and 8% respectively.

Fruits Wholesale

Prices of most of the fruit varieties have increased due to low supply to the market. The highest price increase of 44% reported for vilad mango. Further, prices of karthakolomban mango and papaw have also increased by 29% and 21% respectively due to limited supply. Moreover, price of passion fruit has increased by 10% due to low supply to the market 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 125% was noted for avocado.

Retail

In line with the wholesale prices, retail prices of most of the fruits have also increased. The highest price increase of Rs.127.00/kg was reported for karthakolomban mango. Price

of wood apple, king coconut and ambul banana have increased. by Rs.36.00/kg, Rs.16.00/unit and Rs.13.00/kg respectively. Also, prices of passion fruit, papaya, slime apple, villad mango, kolikuttu banana, seeni banana, pineapple, anamalu banana, avocado and ambun banana have increased. However, prices of orange (local) and grapes have decreased by Rs.37.00/kg and Rs. 23.00/kg respectively.

Compared to the same period of last year, current prices of most the fruits have increased and highest price increase was reported for kolikuttu banana 62%.

Fresh Fish

Wholesale

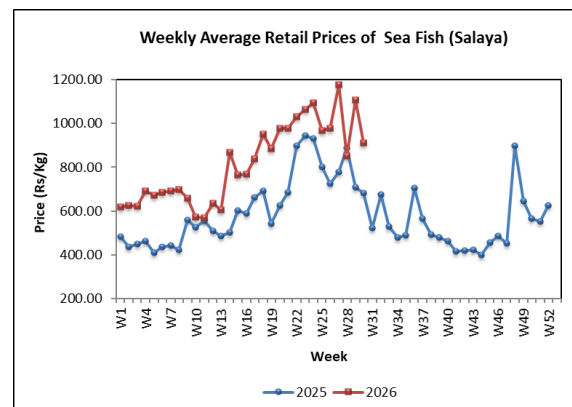
Prices of most fresh fish types have decreased with the highest price decrease noted for shrimps as 29% and prices ranged of Rs.1000.00-1200.00/kg. The second highest price decrease of 24% was reported for salaya with a price ranged of Rs.500.00-700.00/kg. The price of balaya has increased by 12% with a price range of Rs.1000.00-1300.00/kg.

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

fish types have increased with the highest price increase was noted for salaya.

Retail

Prices for many fish species have declined compared to the previous week. A significant price drop was recorded for balaya by Rs.411.00/kg. Prices for salaya, paraw, and hurulla have also decreased by Rs.195.00/kg, Rs.169.00/kg and Rs.151.00/kg respectively. Conversely, price increase was recorded for prawns and mora by Rs.199.00 and Rs.389.00/kg respectively.



Compared to the same period last year, retail prices of all the fish varieties except balaya have increased with the highest price increase was recorded for salaya, at 34%

Dried Fish

Wholesale

Price of the most of the local and imported dry fish types have increased in the range of 1% -70%. The highest price increase noted for local anguluwa with a average price of Rs.2800.00/kg. The second highest price increase of 58% noted for imported thora with average price of Rs.3800.00/kg. Price of imported maduwa decreased by 35%.

Compared to the same period of last year, current wholesale price of all the dry fish types have increased and the highest price increase was noted for local salaya (147%).

Price prices of most of varieties of dried fish have increased. The highest price increase recorded for thora by Rs.333.00/kg. Prices for local sprats and anguluwa (catfish) have also increased by Rs.321.00/kg and Rs.128.00/kg respectively. Meanwhile the price of kattawa has decreased by Rs.42.00/kg.

Compared to the same period last year, prices of most dried fish varieties have increased with the highest price increase recorded for local sprats (95%).

Eggs

Wholesale

Price of brown eggs has increased by 4% and the price of white eggs has increased by 5%. Price ranged Rs.42.00-44.00/egg for brown eggs and Rs. 40.00-42.00/egg for white eggs.

Compared with the same period of last year, the current wholesale prices of both brown and white eggs have increased by 47% and 52%, respectively.

Retail

Prices of both brown and white eggs have increased by Rs.1.00/egg. Prices ranged Rs.43.00-48.00 for brown eggs and Rs.41.00-46.00 for white eggs.

Compared to the same period last year, prices of both brown and white eggs have increased by 39% and 44% respectively.

Meat

Retail

Prices of beef and chicken broiler and curry have decreased by Rs.55.00/kg, Rs.24.00/kg and Rs.36.00/kg respectively. However, price of mutton has increased by Rs.50.00/kg.

Compared to the same period last year, prices of most of the types increased with the highest price increase of 18%, was recorded for mutton.

NOTE

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

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

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

Table 01: Selected Markets: Wholesale Price of Rice (Rs/kg)

Week 30: 24 - 30 July 2026

	LOCATIONS	Rice Varieties													
		Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White	
09	Colombo	230.00 –	235.00	225.00 –	228.00	250.00 –	320.00	195.00 –	200.00	190.00 –	192.00	160.00 –	170.00	175.00 –	185.00
	Divulapitiya	280.00 –	285.00	225.00 –	236.00	335.00 –	360.00	227.00 –	228.00	184.00 –	200.00	169.00 –	180.00	170.00 –	192.00
	Kurunegala	–		–		–		–		–		–		–	
	Nikaweratiya	–		235.00 –	240.00	375.00 –	380.00	224.00 –	230.00	183.00 –	188.00	–		175.00 –	180.00
	Badulla	–		230.00 –	240.00	360.00 –	370.00	–		–		–		180.00 –	185.00
	Puttalam	280.00 –	285.00	240.00 –	245.00	–		225.00 –	228.00	198.00 –	205.00	205.00 –	210.00	195.00 –	205.00
	Dambulla	275.00 –	280.00	230.00 –	235.00	340.00 –	345.00	224.00 –	226.00	190.00 –	195.00	190.00 –	195.00	190.00 –	195.00
	Anuradhapura	265.00 –	280.00	230.00 –	235.00	340.00 –	360.00	220.00 –	228.00	180.00 –	205.00	205.00 –	210.00	175.00 –	200.00
	Tambuttegama	285.00 –	290.00	238.00 –	242.00	375.00 –	375.00	228.00 –	230.00	198.00 –	208.00	210.00 –	210.00	185.00 –	200.00
	Polonnaruwa	–		–		–		218.00 –	222.00	–		190.00 –	191.00	199.00 –	200.00
	Kalutara	–		234.00 –	235.00	–		226.00 –	228.00	200.00 –	205.00	170.00 –	190.00	176.00 –	210.00
	Ampara	–		240.00 –	240.00	260.00 –	260.00	230.00 –	230.00	196.00 –	200.00	175.00 –	180.00	180.00 –	190.00
	Kandy	270.00 –	275.00	235.00 –	240.00	335.00 –	340.00	222.00 –	224.00	200.00 –	205.00	173.00 –	185.00	190.00 –	200.00
	Moneragala	–		230.00 –	235.00	370.00 –	380.00	225.00 –	227.00	215.00 –	217.00	155.00 –	165.00	165.00 –	170.00
	Kegalle	–		–		–		–		–		–		–	
	Dehiattakandiya	260.00 –	280.00	–		320.00 –	370.00	220.00 –	225.00	200.00 –	200.00	–		165.00 –	180.00
	Hambantota	–		–		–		–		–		–		–	
	Matara	–		230.00 –	235.00	–		215.00 –	225.00	205.00 –	210.00	168.00 –	172.00	180.00 –	190.00
	Galle	–		235.00 –	250.00	360.00 –	390.00	–		190.00 –	200.00	160.00 –	170.00	185.00 –	200.00
	Meegoda	–		230.00 –	238.00	–		194.00 –	198.00	185.00 –	190.00	166.00 –	170.00	170.00 –	188.00
	Tissamaharama	–		–		–		229.00 –	229.00	–		156.00 –	157.00	195.00 –	197.00
	Embilipitiya	–		235.00 –	238.00	370.00 –	375.00	224.00 –	225.00	–		159.00 –	162.00	174.00 –	176.00
	Jaffna	–		–		–		–		–		–		–	
	Vavuniya	–		230.00 –	235.00	–		210.00 –	215.00	–		170.00 –	174.00	180.00 –	185.00
	Mannar	–		235.00 –	242.00	330.00 –	335.00	200.00 –	203.00	–		180.00 –	185.00	190.00 –	193.00
	Killinochchi	–		–		–		–		–		–		–	
	Mullattivu	–		–		–		210.00 –	216.00	–		175.00 –	180.00	205.00 –	212.00
	Batticaloa	–		225.00 –	255.00	320.00 –	330.00	195.00 –	200.00	–		170.00 –	175.00	170.00 –	175.00
	Trincomalee	–		–		–		–		–		–		–	
Galenbindunuwewa	–		–		–		–		–		–		–		
Matale	–		–		–		–		–		–		–		

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

Week 30: 24 - 30 July 2026

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

Week 30: 24 - 30 July 2026

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	250.00 - 350.00	200.00 - 300.00	160.00 - 220.00	280.00 - 430.00	120.00 - 150.00
Meegoda (DEC)	-	320.00 - 430.00	230.00 - 340.00	190.00 - 250.00	-	120.00 - 170.00
Dambulla (DEC)	-	250.00 - 380.00	220.00 - 300.00	160.00 - 230.00	350.00 - 380.00	100.00 - 130.00
Keppetipola (DEC)	-	260.00 - 300.00	180.00 - 250.00	160.00 - 190.00	250.00 - 285.00	100.00 - 140.00
Norochchole (DEC)	-	-	-	-	-	-
Nuwara Eliya	-	260.00 - 300.00	265.00 - 280.00	195.00 - 210.00	240.00 - 300.00	120.00 - 150.00
Kandy	-	320.00 - 380.00	250.00 - 270.00	180.00 - 220.00	300.00 - 380.00	120.00 - 130.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	-	280.00 - 450.00	260.00 - 330.00	180.00 - 260.00	-	-
Jaffna	-	-	-	-	-	-
Bandarawela	-	250.00 - 300.00	200.00 - 250.00	170.00 - 180.00	280.00 - 320.00	120.00 - 150.00
Veyangoda	-	320.00 - 450.00	260.00 - 300.00	200.00 - 240.00	-	120.00 - 180.00

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	80.00 - 150.00	120.00 - 150.00	250.00 - 350.00	50.00 - 100.00	300.00 - 400.00	550.00 - 750.00
Meegoda (DEC)	120.00 - 170.00	120.00 - 170.00	330.00 - 390.00	100.00 - 120.00	360.00 - 430.00	600.00 - 650.00
Moneragala	130.00 - 150.00	180.00 - 200.00	280.00 - 300.00	130.00 - 150.00	300.00 - 350.00	600.00 - 650.00
Dambulla (DEC)	30.00 - 65.00	100.00 - 150.00	230.00 - 320.00	70.00 - 90.00	250.00 - 380.00	400.00 - 520.00
Keppetipola (DEC)	50.00 - 80.00	80.00 - 120.00	220.00 - 300.00	-	300.00 - 360.00	550.00 - 620.00
Norochchole (DEC)	30.00 - 60.00	-	340.00 - 350.00	40.00 - 70.00	150.00 - 230.00	500.00 - 600.00
Nuwara Eliya	60.00 - 80.00	110.00 - 130.00	230.00 - 320.00	-	-	560.00 - 660.00
Kandy	90.00 - 120.00	130.00 - 150.00	200.00 - 350.00	90.00 - 110.00	350.00 - 380.00	550.00 - 600.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	90.00 - 140.00	120.00 - 170.00	280.00 - 350.00	40.00 - 80.00	280.00 - 370.00	500.00 - 600.00
Tissamaharama	80.00 - 100.00	120.00 - 140.00	340.00 - 360.00	100.00 - 120.00	350.00 - 360.00	580.00 - 600.00
Jaffna	-	-	-	-	-	-
Bandarawela	60.00 - 80.00	90.00 - 120.00	250.00 - 320.00	100.00 - 130.00	330.00 - 370.00	570.00 - 630.00
Veyangoda	70.00 - 140.00	130.00 - 160.00	340.00 - 380.00	90.00 - 120.00	360.00 - 450.00	550.00 - 620.00

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	140.00 - 160.00	50.00 - 80.00	250.00 - 350.00	200.00 - 250.00	150.00 - 250.00	120.00 - 150.00
Meegoda (DEC)	120.00 - 160.00	60.00 - 80.00	320.00 - 380.00	180.00 - 220.00	-	150.00 - 230.00
Moneragala	150.00 - 160.00	50.00 - 60.00	350.00 - 400.00	250.00 - 300.00	100.00 - 150.00	200.00 - 250.00
Dambulla (DEC)	80.00 - 140.00	30.00 - 60.00	220.00 - 300.00	90.00 - 160.00	160.00 - 230.00	180.00 - 200.00
Keppetipola (DEC)	120.00 - 160.00	60.00 - 100.00	-	-	200.00 - 250.00	-
Norochchole (DEC)	-	30.00 - 50.00	200.00 - 300.00	70.00 - 100.00	200.00 - 250.00	100.00 - 140.00
Nuwara Eliya	-	-	-	-	-	-
Kandy	130.00 - 160.00	70.00 - 80.00	280.00 - 320.00	150.00 - 160.00	150.00 - 280.00	200.00 - 260.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	100.00 - 160.00	30.00 - 45.00	200.00 - 260.00	120.00 - 160.00	-	100.00 - 140.00
Tissamaharama	140.00 - 150.00	60.00 - 80.00	340.00 - 360.00	220.00 - 240.00	-	170.00 - 200.00
Jaffna	-	-	-	-	-	-
Bandarawela	140.00 - 155.00	60.00 - 90.00	330.00 - 350.00	180.00 - 220.00	200.00 - 250.00	160.00 - 170.00
Veyangoda	130.00 - 170.00	50.00 - 100.00	300.00 - 360.00	130.00 - 230.00	240.00 - 320.00	170.00 - 230.00

Table 06 (Contd.)

	Long Beans	Ash Plantain	Green Chillies	Lime	Sweet Potatoe	Manioc
Colombo	200.00 - 300.00	120.00 - 150.00	900.00 - 1300.00	200.00 - 300.00	130.00 - 160.00	120.00 - 140.00
Meegoda (DEC)	150.00 - 220.00	110.00 - 130.00	1150.00 - 1500.00	250.00 - 350.00	90.00 - 150.00	100.00 - 120.00
Moneragala	130.00 - 140.00	50.00 - 60.00	1200.00 - 1300.00	240.00 - 260.00	160.00 - 180.00	120.00 - 140.00
Dambulla (DEC)	90.00 - 180.00	80.00 - 110.00	850.00 - 1200.00	220.00 - 280.00	80.00 - 120.00	100.00 - 130.00
Keppetipola (DEC)	-	-	1000.00 - 1200.00	-	140.00 - 180.00	120.00 - 150.00
Norochchole (DEC)	80.00 - 120.00	80.00 - 100.00	1000.00 - 1100.00	-	-	120.00 - 140.00
Nuwara Eliya	-	-	-	-	-	-
Kandy	150.00 - 250.00	120.00 - 140.00	1200.00 - 1350.00	250.00 - 320.00	130.00 - 150.00	120.00 - 130.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	90.00 - 140.00	70.00 - 100.00	1000.00 - 1200.00	200.00 - 250.00	100.00 - 140.00	90.00 - 120.00
Tissamaharama	140.00 - 160.00	120.00 - 130.00	1100.00 - 1250.00	280.00 - 300.00	130.00 - 150.00	120.00 - 140.00
Jaffna	-	-	-	-	-	-
Bandarawela	200.00 - 230.00	120.00 - 130.00	1100.00 - 1200.00	300.00 - 350.00	140.00 - 160.00	120.00 - 130.00
Veyangoda	150.00 - 230.00	130.00 - 150.00	1150.00 - 1500.00	280.00 - 330.00	130.00 - 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	155.00 - 170.00	135.00 - 150.00
Meegoda (DEC)	-	-	-	-	-
Norochchole (DEC)	-	-	-	-	-
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	175.00 - 200.00	150.00 - 175.00	150.00 - 175.00	100.00 - 110.00	80.00 - 90.00
Kandy	180.00 - 200.00	180.00 - 200.00	240.00 - 280.00	125.00 - 135.00	90.00 - 100.00
Hambantota	-	-	-	-	-
Thambuththegama (DEC)	-	-	-	100.00 - 100.00	80.00 - 90.00
Tissamaharama	120.00 - 140.00	120.00 - 140.00	250.00 - 275.00	-	-
Jaffna	-	-	-	-	-
Bandarawela	150.00 - 180.00	150.00 - 180.00	240.00 - 280.00	-	-
Veyangoda	-	-	-	-	-

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

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

Week 30: 24 - 30 July 2026

LOCATIONS	Up Country Varieties																
	Butter Beans	Green Beans		Carrot		Leeks		Beetroot		Knol Khol		Raddish		Cabbage		Tomato	
Colombo	-	350.00	- 600.00	300.00	- 600.00	250.00	- 480.00	350.00	- 600.00	200.00	- 480.00	150.00	- 400.00	180.00	- 400.00	400.00	- 600.00
Gampaha	-	440.00	- 520.00	400.00	- 480.00	320.00	- 400.00	460.00	- 520.00	240.00	- 300.00	180.00	- 220.00	260.00	- 300.00	460.00	- 520.00
Kurunegala	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Nikaweratiya	-	480.00	- 580.00	400.00	- 480.00	400.00	- 480.00	480.00	- 520.00	240.00	- 320.00	120.00	- 160.00	320.00	- 400.00	480.00	- 520.00
Dambulla	-	540.00	- 580.00	360.00	- 400.00	340.00	- 400.00	540.00	- 560.00	300.00	- 340.00	160.00	- 200.00	200.00	- 230.00	380.00	- 460.00
Anuradhapura	-	560.00	- 600.00	480.00	- 520.00	400.00	- 440.00	400.00	- 480.00	220.00	- 260.00	180.00	- 220.00	280.00	- 320.00	580.00	- 620.00
Thambuththegama	-	500.00	- 580.00	380.00	- 500.00	320.00	- 400.00	400.00	- 500.00	200.00	- 280.00	160.00	- 200.00	220.00	- 280.00	440.00	- 550.00
Polonnaruwa	-	480.00	- 580.00	420.00	- 480.00	320.00	- 400.00	460.00	- 560.00	240.00	- 280.00	160.00	- 200.00	280.00	- 320.00	520.00	- 580.00
Kaluthara	-	480.00	- 600.00	360.00	- 440.00	340.00	- 400.00	400.00	- 600.00	300.00	- 320.00	160.00	- 240.00	300.00	- 320.00	480.00	- 500.00
Badulla	-	400.00	- 480.00	400.00	- 480.00	320.00	- 480.00	520.00	- 600.00	320.00	- 480.00	240.00	- 320.00	240.00	- 400.00	400.00	- 480.00
Keppetipola	-	340.00	- 360.00	300.00	- 320.00	240.00	- 260.00	340.00	- 360.00	180.00	- 200.00	100.00	- 130.00	180.00	- 200.00	300.00	- 350.00
Moneragala	-	520.00	- 600.00	320.00	- 360.00	320.00	- 380.00	460.00	- 520.00	200.00	- 240.00	160.00	- 200.00	240.00	- 260.00	340.00	- 400.00
Kegalle	-	450.00	- 480.00	480.00	- 520.00	440.00	- 460.00	480.00	- 520.00	280.00	- 320.00	260.00	- 280.00	260.00	- 280.00	480.00	- 520.00
Ampara	-	440.00	- 480.00	320.00	- 400.00	320.00	- 360.00	440.00	- 520.00	280.00	- 320.00	210.00	- 250.00	250.00	- 280.00	440.00	- 500.00
Dehiattakandiya	-	500.00	- 520.00	480.00	- 520.00	320.00	- 480.00	360.00	- 400.00	260.00	- 320.00	220.00	- 240.00	280.00	- 320.00	480.00	- 520.00
Nuwaraeliya	-	380.00	- 400.00	360.00	- 380.00	300.00	- 320.00	380.00	- 420.00	220.00	- 240.00	150.00	- 180.00	220.00	- 240.00	380.00	- 420.00
Kandy	-	400.00	- 450.00	400.00	- 450.00	300.00	- 320.00	480.00	- 500.00	200.00	- 240.00	160.00	- 200.00	260.00	- 280.00	550.00	- 600.00
Puttalam	-	560.00	- 600.00	520.00	- 560.00	520.00	- 560.00	-	-	400.00	- 450.00	240.00	- 260.00	400.00	- 450.00	580.00	- 600.00
Hambantota	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Rathnapura	-	450.00	- 520.00	350.00	- 400.00	340.00	- 380.00	-	-	240.00	- 280.00	180.00	- 240.00	200.00	- 250.00	440.00	- 480.00
Matara	-	520.00	- 600.00	400.00	- 440.00	300.00	- 340.00	400.00	- 480.00	240.00	- 280.00	180.00	- 200.00	-	-	460.00	- 520.00
Galle	-	500.00	- 560.00	440.00	- 480.00	360.00	- 400.00	400.00	- 440.00	380.00	- 400.00	260.00	- 280.00	300.00	- 340.00	580.00	- 600.00
Tissamaharama	-	450.00	- 470.00	340.00	- 360.00	260.00	- 280.00	440.00	- 450.00	180.00	- 200.00	160.00	- 180.00	200.00	- 230.00	400.00	- 420.00
Meegoda (DEC)	-	480.00	- 520.00	440.00	- 480.00	360.00	- 400.00	-	-	240.00	- 320.00	240.00	- 320.00	280.00	- 320.00	520.00	- 600.00
Embilipitiya	-	380.00	- 480.00	350.00	- 400.00	280.00	- 320.00	600.00	- 600.00	240.00	- 280.00	160.00	- 200.00	280.00	- 320.00	470.00	- 520.00
Jaffna	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Vavuniya	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mannar	-	480.00	- 500.00	380.00	- 400.00	350.00	- 400.00	380.00	- 400.00	-	-	200.00	- 250.00	300.00	- 320.00	450.00	- 460.00
Killinochchi	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mullaittivu	-	500.00	- 560.00	400.00	- 450.00	350.00	- 400.00	450.00	- 480.00	-	-	180.00	- 220.00	300.00	- 350.00	500.00	- 550.00
Batticaloa	-	550.00	- 550.00	450.00	- 480.00	350.00	- 380.00	450.00	- 450.00	250.00	- 250.00	200.00	- 200.00	350.00	- 350.00	350.00	- 350.00
Trincomalee	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Hanguranketha	-	350.00	- 380.00	340.00	- 360.00	260.00	- 280.00	340.00	- 350.00	200.00	- 220.00	120.00	- 140.00	180.00	- 200.00	340.00	- 360.00
Veyangoda	-	460.00	- 480.00	320.00	- 380.00	340.00	- 360.00	-	-	240.00	- 260.00	160.00	- 200.00	280.00	- 320.00	480.00	- 540.00
Galenbindunuwewa	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bandarawela	-	340.00	- 400.00	280.00	- 320.00	240.00	- 280.00	360.00	- 400.00	200.00	- 240.00	140.00	- 160.00	200.00	- 220.00	340.00	- 360.00
Matale	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Table 07 (Contd.)

LOCATIONS	Low Country Varieties											
	Ladies Fingers	Brinjal	Capsicum	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa	Long Beans		
Colombo	160.00 - 400.00	400.00 - 600.00	600.00 - 900.00	200.00 - 320.00	120.00 - 300.00	350.00 - 800.00	250.00 - 500.00	280.00 - 600.00	250.00 - 500.00	230.00 - 600.00		
Gampaha	220.00 - 280.00	540.00 - 600.00	800.00 - 900.00	240.00 - 280.00	140.00 - 160.00	500.00 - 580.00	360.00 - 400.00	400.00 - 460.00	300.00 - 340.00	340.00 - 400.00		
Kurunegala	-	-	-	-	-	-	-	-	-	-		
Nikaweratiya	240.00 - 320.00	340.00 - 380.00	640.00 - 720.00	200.00 - 240.00	120.00 - 160.00	400.00 - 520.00	280.00 - 320.00	350.00 - 420.00	320.00 - 400.00	240.00 - 320.00		
Dambulla	180.00 - 200.00	540.00 - 600.00	700.00 - 780.00	200.00 - 240.00	160.00 - 200.00	540.00 - 580.00	300.00 - 340.00	300.00 - 400.00	300.00 - 340.00	280.00 - 300.00		
Anuradhapura	240.00 - 300.00	400.00 - 480.00	600.00 - 640.00	240.00 - 280.00	160.00 - 200.00	560.00 - 600.00	240.00 - 300.00	-	280.00 - 320.00	300.00 - 360.00		
Thambuththegama	120.00 - 160.00	440.00 - 500.00	650.00 - 800.00	160.00 - 240.00	80.00 - 100.00	360.00 - 400.00	200.00 - 250.00	500.00 - 580.00	200.00 - 250.00	200.00 - 240.00		
Polonnaruwa	240.00 - 360.00	480.00 - 560.00	760.00 - 820.00	220.00 - 280.00	160.00 - 180.00	480.00 - 560.00	300.00 - 340.00	400.00 - 480.00	320.00 - 360.00	300.00 - 360.00		
Kaluthara	200.00 - 300.00	400.00 - 520.00	800.00 - 1000.00	200.00 - 300.00	180.00 - 200.00	400.00 - 520.00	300.00 - 400.00	380.00 - 400.00	300.00 - 400.00	300.00 - 400.00		
Badulla	240.00 - 320.00	500.00 - 600.00	600.00 - 800.00	240.00 - 320.00	240.00 - 280.00	580.00 - 600.00	480.00 - 520.00	320.00 - 400.00	480.00 - 520.00	240.00 - 320.00		
Keppetipola	200.00 - 220.00	400.00 - 430.00	680.00 - 720.00	200.00 - 220.00	120.00 - 140.00	400.00 - 420.00	280.00 - 300.00	320.00 - 350.00	280.00 - 320.00	280.00 - 330.00		
Moneragala	240.00 - 260.00	440.00 - 480.00	720.00 - 800.00	240.00 - 280.00	120.00 - 160.00	520.00 - 560.00	320.00 - 380.00	200.00 - 240.00	300.00 - 340.00	200.00 - 240.00		
Kegalle	330.00 - 350.00	460.00 - 480.00	680.00 - 720.00	270.00 - 300.00	200.00 - 230.00	480.00 - 520.00	340.00 - 360.00	360.00 - 400.00	360.00 - 400.00	370.00 - 400.00		
Ampara	260.00 - 320.00	360.00 - 400.00	700.00 - 880.00	240.00 - 280.00	140.00 - 180.00	500.00 - 600.00	350.00 - 400.00	440.00 - 460.00	320.00 - 360.00	300.00 - 350.00		
Dehiattakandiya	220.00 - 260.00	400.00 - 480.00	520.00 - 660.00	200.00 - 240.00	160.00 - 240.00	600.00 - 640.00	300.00 - 320.00	320.00 - 420.00	320.00 - 400.00	300.00 - 320.00		
Nuwaraeliya	220.00 - 240.00	440.00 - 460.00	750.00 - 780.00	240.00 - 260.00	150.00 - 180.00	420.00 - 450.00	300.00 - 320.00	350.00 - 360.00	300.00 - 320.00	320.00 - 340.00		
Kandy	200.00 - 240.00	450.00 - 480.00	800.00 - 850.00	240.00 - 260.00	140.00 - 160.00	360.00 - 400.00	240.00 - 260.00	320.00 - 480.00	360.00 - 400.00	300.00 - 320.00		
Puttalam	240.00 - 280.00	480.00 - 560.00	800.00 - 900.00	200.00 - 250.00	240.00 - 280.00	560.00 - 640.00	320.00 - 400.00	-	400.00 - 480.00	400.00 - 480.00		
Rathnapura	200.00 - 250.00	400.00 - 500.00	800.00 - 900.00	210.00 - 240.00	140.00 - 180.00	480.00 - 550.00	350.00 - 400.00	400.00 - 450.00	400.00 - 480.00	350.00 - 380.00		
Hambantota	-	-	-	-	-	-	-	-	-	-		
Matara	180.00 - 220.00	520.00 - 600.00	900.00 - 1000.00	220.00 - 250.00	160.00 - 180.00	480.00 - 540.00	300.00 - 340.00	240.00 - 260.00	380.00 - 400.00	300.00 - 340.00		
Galle	320.00 - 340.00	460.00 - 480.00	700.00 - 800.00	220.00 - 240.00	200.00 - 240.00	360.00 - 400.00	360.00 - 400.00	360.00 - 400.00	400.00 - 480.00	320.00 - 360.00		
Tissamaharama	160.00 - 180.00	400.00 - 420.00	650.00 - 670.00	200.00 - 230.00	120.00 - 140.00	400.00 - 420.00	280.00 - 300.00	-	250.00 - 260.00	200.00 - 220.00		
Meegoda (DEC)	240.00 - 280.00	560.00 - 600.00	760.00 - 800.00	240.00 - 280.00	160.00 - 200.00	600.00 - 680.00	400.00 - 480.00	-	400.00 - 480.00	320.00 - 440.00		
Embilipitiya	160.00 - 200.00	400.00 - 480.00	900.00 - 980.00	270.00 - 300.00	100.00 - 160.00	550.00 - 600.00	280.00 - 320.00	320.00 - 400.00	300.00 - 360.00	300.00 - 350.00		
Jaffna	-	-	-	-	-	-	-	-	-	-		
Vavuniya	-	-	-	-	-	-	-	-	-	-		
Mannar	250.00 - 260.00	600.00 - 650.00	650.00 - 680.00	180.00 - 200.00	200.00 - 230.00	600.00 - 650.00	380.00 - 400.00	-	-	280.00 - 300.00		
Killinochchi	-	-	-	-	-	-	-	-	-	-		
Mullaittivu	250.00 - 300.00	380.00 - 400.00	600.00 - 700.00	-	220.00 - 250.00	550.00 - 600.00	300.00 - 350.00	350.00 - 400.00	-	280.00 - 350.00		
Batticaloa	200.00 - 200.00	-	600.00 - 600.00	200.00 - 200.00	230.00 - 300.00	650.00 - 680.00	250.00 - 250.00	380.00 - 400.00	250.00 - 250.00	300.00 - 300.00		
Trincomalee	-	-	-	-	-	-	-	-	-	-		
Hanguranketha	150.00 160.00	380.00 420.00	600.00 600.00	180.00 200.00	120.00 150.00	380.00 - 420.00	210.00 230.00	340.00 360.00	300.00 320.00	210.00 230.00		
Veyangoda	220.00 - 260.00	480.00 - 560.00	680.00 - 800.00	200.00 - 240.00	140.00 - 160.00	480.00 - 540.00	320.00 - 360.00	360.00 - 400.00	320.00 - 360.00	320.00 - 340.00		
Galenbindunuwewa	-	-	-	-	-	-	-	-	-	-		
Bandarawela	180.00 - 220.00	380.00 - 420.00	650.00 - 720.00	180.00 - 200.00	180.00 - 200.00	380.00 - 420.00	260.00 - 280.00	300.00 - 400.00	240.00 - 260.00	280.00 - 320.00		
Matale	-	-	-	-	-	-	-	-	-	-		

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

Week 30: 24 - 30 July 2026[illegible]

Table 08 (Contd.)

LOCATIONS	Mango		Other Fruits							
	Vilad	Kohu	Papaw	Passion	Wood Apple	Orange	Avocado	Slime Apple	Grapes	King Coconut(Rs/nut)
Colombo	550.00 - 600.00	-	180.00 - 280.00	450.00 - 860.00	550.00 - 1200.00	400.00 - 800.00	450.00 - 800.00	360.00 - 800.00	2000.00 - 3000.00	180.00 - 300.00
Gampaha	-	-	180.00 - 210.00	-	650.00 - 750.00	-	-	-	2800.00 - 3000.00	200.00 - 220.00
Kurunegala	-	-	-	-	-	-	-	-	-	-
Nikaweratiya	-	-	180.00 - 200.00	-	-	-	400.00 - 450.00	-	2400.00 - 2500.00	180.00 - 200.00
Dambulla	350.00 - 400.00	200.00 - 250.00	160.00 - 180.00	560.00 - 600.00	500.00 - 580.00	360.00 - 400.00	300.00 - 360.00	250.00 - 300.00	2800.00 - 2900.00	230.00 - 250.00
Anuradhapura	350.00 - 380.00	-	150.00 - 180.00	700.00 - 800.00	520.00 - 620.00	220.00 - 250.00	400.00 - 520.00	400.00 - 500.00	2500.00 - 2600.00	200.00 - 250.00
Thambuththegama	-	-	100.00 - 150.00	400.00 - 450.00	-	220.00 - 250.00	320.00 - 400.00	-	-	180.00 - 200.00
Polonnaruwa	-	-	150.00 - 200.00	-	-	-	600.00 - 750.00	-	2500.00 - 3000.00	250.00 - 250.00
Kaluthara	-	-	220.00 - 250.00	-	700.00 - 800.00	-	450.00 - 500.00	400.00 - 450.00	2400.00 - 2500.00	200.00 - 220.00
Badulla	350.00 - 450.00	-	300.00 - 320.00	-	600.00 - 700.00	-	400.00 - 500.00	450.00 - 500.00	2800.00 - 3000.00	250.00 - 300.00
Keppetipola	-	180.00 - 192.00	220.00 - 230.00	450.00 - 500.00	720.00 - 750.00	300.00 - 390.00	-	360.00 - 390.00	2400.00 - 3000.00	220.00 - 250.00
Moneragala	-	-	230.00 - 250.00	-	600.00 - 650.00	-	350.00 - 400.00	250.00 - 300.00	2900.00 - 3000.00	160.00 - 200.00
Kegalle	-	-	250.00 - 280.00	700.00 - 720.00	600.00 - 650.00	450.00 - 460.00	450.00 - 460.00	400.00 - 420.00	2600.00 - 2700.00	140.00 - 150.00
Ampara	-	-	200.00 - 230.00	-	-	-	450.00 - 500.00	-	2200.00 - 2400.00	200.00 - 230.00
Dehiattakandiya	-	-	240.00 - 280.00	600.00 - 600.00	-	-	400.00 - 450.00	300.00 - 300.00	2800.00 - 3000.00	150.00 - 200.00
Nuwaraeliya	-	180.00 - 220.00	240.00 - 260.00	550.00 - 600.00	750.00 - 780.00	680.00 - 720.00	340.00 - 360.00	380.00 - 420.00	2600.00 - 3000.00	250.00 - 260.00
Kandy	500.00 - 550.00	230.00 - 250.00	150.00 - 160.00	650.00 - 700.00	500.00 - 550.00	480.00 - 500.00	350.00 - 400.00	300.00 - 350.00	2500.00 - 2700.00	180.00 - 200.00
Puttalam	-	-	280.00 - 320.00	550.00 - 600.00	-	300.00 - 350.00	450.00 - 500.00	-	2800.00 - 3200.00	150.00 - 150.00
Hambantota	-	-	-	-	-	-	-	-	-	-
Rathnapura	400.00 - 500.00	250.00 - 300.00	150.00 - 210.00	-	550.00 - 700.00	400.00 - 500.00	450.00 - 500.00	350.00 - 500.00	2500.00 - 2800.00	150.00 - 160.00
Matara	-	-	150.00 - 170.00	600.00 - 650.00	700.00 - 750.00	400.00 - 500.00	500.00 - 600.00	400.00 - 450.00	2400.00 - 2500.00	200.00 - 220.00
Galle	-	-	200.00 - 280.00	800.00 - 900.00	660.00 - 700.00	-	700.00 - 800.00	380.00 - 400.00	2400.00 - 2600.00	180.00 - 200.00
Tissamaharama	-	-	180.00 - 190.00	-	600.00 - 630.00	-	-	260.00 - 280.00	2600.00 - 2700.00	210.00 - 230.00
Meegoda (DEC)	-	-	180.00 - 220.00	-	600.00 - 800.00	300.00 - 400.00	350.00 - 400.00	280.00 - 350.00	1950.00 - 2600.00	150.00 - 160.00
Embilipitiya	-	-	180.00 - 200.00	450.00 - 500.00	500.00 - 600.00	-	400.00 - 500.00	200.00 - 220.00	2800.00 - 3000.00	200.00 - 220.00
Jaffna	-	-	-	-	-	-	-	-	-	-
Vavuniya	-	-	150.00 - 170.00	-	-	-	-	-	2500.00 - 2650.00	250.00 - 270.00
Mannar	-	-	250.00 - 270.00	400.00 - 450.00	-	280.00 - 300.00	650.00 - 700.00	-	2650.00 - 2700.00	180.00 - 200.00
Killinochchi	-	-	-	-	-	-	-	-	-	-
Mullaittivu	-	-	120.00 - 130.00	-	-	-	-	-	2500.00 - 2600.00	240.00 - 260.00
Batticaloa	450.00 - 500.00	-	200.00 - 220.00	550.00 - 600.00	-	-	600.00 - 600.00	-	2300.00 - 2400.00	200.00 - 200.00
Trincomalee	-	-	-	-	-	-	-	-	-	-
Veyangoda	-	-	160.00 - 200.00	550.00 - 600.00	800.00 - 900.00	-	400.00 - 480.00	-	2500.00 - 2800.00	220.00 - 240.00
Galenbindunuwewa	-	-	-	-	-	-	-	-	-	-
Bandarawela	-	-	200.00 - 220.00	600.00 - 700.00	600.00 - 650.00	-	400.00 - 450.00	350.00 - 380.00	2800.00 - 3000.00	-
Matale	-	-	-	-	-	-	-	-	-	-

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

Week 30: 24 - 30 July 2026

Locations	Sea Fish					
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw
Colombo	500.00 – 700.00	1000.00 – 1300.00	1000.00 – 1300.00	1600.00 – 1900.00	2500.00 – 2800.00	1400.00 – 1600.00
Kandy	700.00 – 750.00	1200.00 – 1250.00	900.00 – 1200.00	1600.00 – 1800.00	2800.00 – 2900.00	1500.00 – 1600.00
Kaluthara	800.00 – 850.00	–	1000.00 – 1100.00	1600.00 – 1700.00	–	–
Puttalam	700.00 – 800.00	1000.00 – 1100.00	900.00 – 1000.00	1600.00 – 1750.00	–	1300.00 – 1350.00
Matara	850.00 – 900.00	–	1100.00 – 1200.00	1650.00 – 1700.00	–	–
Hambantota	–	–	–	–	–	–
Galle	700.00 – 800.00	1300.00 – 1400.00	1300.00 – 1400.00	1600.00 – 1700.00	–	1700.00 – 1800.00
Batticaloa	–	–	1200.00 – 1200.00	1600.00 – 1600.00	–	1500.00 – 1500.00
Trincomalee	–	–	–	–	–	–
Mannar	700.00 – 750.00	1100.00 – 1200.00	1000.00 – 1100.00	–	–	1550.00 – 1600.00

Locations	Sea Fish				Eggs	
	Mora	Shrimps	Thalapath	Teppeli	Brown	White
Colombo	1000.00 – 1600.00	1000.00 – 1200.00	2200.00 – 2700.00	–	42.00 – 44.00	40.00 – 42.00
Kandy	1400.00 – 1500.00	1700.00 – 1800.00	2500.00 – 2600.00	–	43.00 – 44.00	41.00 – 43.00
Kaluthara	1300.00 – 1300.00	1750.00 – 1800.00	2000.00 – 2400.00	–	–	–
Puttalam	–	1400.00 – 1500.00	–	–	47.00 – 47.00	44.00 – 45.00
Matara	1300.00 – 1400.00	1800.00 – 1900.00	2200.00 – 2250.00	–	–	42.00 – 43.00
Hambantota	–	–	–	–	–	–
Galle	–	–	2300.00 – 2400.00	–	–	–
Batticaloa	–	1600.00 – 1600.00	2200.00 – 2200.00	–	46.00 – 46.00	44.00 – 44.00
Trincomalee	–	–	–	–	–	–
Mannar	1850.00 – 2000.00	1450.00 – 1500.00	–	–	43.00 – 44.00	41.00 – 42.00

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

Week 30: 24 - 30 July 2026

Locations	Local Dried Fish					
	Sprats	Kattawa	Thora	Mora	Balaya	Anguluwa
Colombo	2400.00 – 2500.00	2400.00 – 2600.00	3500.00 – 4000.00	2250.00 – 2700.00	1600.00 – 1700.00	2800.00 – 2800.00
Kandy	2000.00 – 2100.00	–	–	2800.00 – 2850.00	1700.00 – 1800.00	–
Batticaloa	–	2000.00 – 2000.00	–	–	1700.00 – 1700.00	–
Trincomalee	–	–	–	–	–	–
Mannar	1100.00 – 1200.00	2450.00 – 2500.00	–	2000.00 – 2150.00	1100.00 – 1150.00	950.00 – 1000.00

Locations	Local Dried Fish			Imported Dried Fish		
	Maduwa	Koduwa	Salaya	Sprats	Kattawa	Thora
Colombo	1500.00 – 1900.00	–	1000.00 – 1100.00	1500.00 – 1850.00	1800.00 – 2100.00	3800.00 – 3800.00
Kandy	–	–	1000.00 – 1100.00	1600.00 – 1650.00	2400.00 – 2500.00	–
Batticaloa	–	–	1000.00 – 1000.00	1300.00 – 1300.00	–	–
Trincomalee	–	–	–	–	–	–
Mannar	900.00 – 950.00	–	–	–	–	–

Locations	Imported Dried Fish					
	Mora	Balaya	Anguluwa	Maduwa	Koduwa	Salaya
Colombo	2400.00 – 2500.00	1800 – 1800	2000.00 – 2300.00	1100 – 1100	–	–
Kandy	–	–	–	–	–	–
Batticaloa	–	–	–	–	–	–
Trincomalee	–	–	–	–	–	–
Mannar	–	–	–	–	–	–

Table 11: Selected Markets: Retail Price of Fresh Fish & Eggs (Rs/kg & Rs/eggs)**Week 30: 24 - 30 July 2026**

LOCATIONS	Sea Fish									Eggs										
	Salaya		Hurulla		Balaya		Kelawalla		Thora		Paraw		Mora		Thalapath		Brown		White	
Colombo	600.00 -	1200.00	1100.00 -	1600.00	1200.00 -	1960.00	1800.00 -	3200.00	2600.00 -	4760.00	1600.00 -	3200.00	1200.00 -	3000.00	2500.00 -	3800.00	43.00 -	48.00	41.00 -	46.00
Gampaha	900.00 -	1000.00	-	-	-	-	-	-	-	-	2300.00 -	2400.00	-	-	2900.00 -	3000.00	43.00 -	46.00	40.00 -	43.00
Kurunegala	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Nikaweratiya	1000.00 -	1100.00	1300.00 -	1400.00	1200.00 -	1300.00	2800.00 -	3000.00	3400.00 -	3500.00	-	-	-	-	2800.00 -	3000.00	44.00 -	47.00	44.00 -	47.00
Dambulla	800.00 -	900.00	1400.00 -	1500.00	1100.00 -	1200.00	2800.00 -	2900.00	3000.00 -	3000.00	2000.00 -	2200.00	2300.00 -	2400.00	3000.00 -	3200.00	47.00 -	48.00	45.00 -	46.00
Anuradhapura	960.00 -	1000.00	1500.00 -	1600.00	1500.00 -	1800.00	1800.00 -	2200.00	2950.00 -	3250.00	-	-	1900.00 -	2300.00	2600.00 -	2640.00	43.00 -	45.00	42.00 -	43.00
Thambuththegama	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	44.00 -	45.00	44.00 -	45.00
Polonnaruwa	1000.00 -	1000.00	1400.00 -	1400.00	1800.00 -	1800.00	2600.00 -	2600.00	3000.00 -	3000.00	1800.00 -	1800.00	2000.00 -	2000.00	2800.00 -	2800.00	46.00 -	47.00	43.00 -	45.00
Kaluthara	1000.00 -	1100.00	-	-	2000.00 -	2200.00	3000.00 -	3200.00	-	-	-	-	2200.00 -	2400.00	2800.00 -	3200.00	-	-	42.00 -	45.00
Badulla	600.00 -	700.00	1200.00 -	1400.00	-	-	2600.00 -	2800.00	2700.00 -	3000.00	1200.00 -	2000.00	1600.00 -	1800.00	2800.00 -	3000.00	43.00 -	45.00	42.00 -	45.00
Keppetipola	780.00 -	800.00	1400.00 -	1500.00	1350.00 -	1400.00	2800.00 -	2900.00	3000.00 -	3200.00	1800.00 -	1900.00	1900.00 -	2000.00	2900.00 -	3000.00	45.00 -	46.00	44.00 -	45.00
Moneragala	900.00 -	1000.00	-	-	1200.00 -	1400.00	2600.00 -	2800.00	-	-	-	-	-	-	3000.00 -	3200.00	-	-	42.00 -	43.00
Kegalle	1300.00 -	1350.00	1460.00 -	1500.00	-	-	2550.00 -	3000.00	-	-	2550.00 -	3000.00	2450.00 -	2520.00	3650.00 -	3700.00	45.00 -	46.00	42.00 -	43.00
Ampara	800.00 -	850.00	1400.00 -	1500.00	2000.00 -	2200.00	3000.00 -	3200.00	-	-	-	-	-	-	3000.00 -	3200.00	-	-	43.00 -	45.00
Dehiattakandiya	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	42.00 -	43.00	40.00 -	42.00
Nuwaraeliya	750.00 -	800.00	1400.00 -	1550.00	1400.00 -	1500.00	2900.00 -	3000.00	3200.00 -	3400.00	1900.00 -	2000.00	2000.00 -	2100.00	2900.00 -	2960.00	46.00 -	48.00	44.00 -	46.00
Kandy	950.00 -	1000.00	1350.00 -	1400.00	1400.00 -	1500.00	2800.00 -	3000.00	3500.00 -	3600.00	1900.00 -	2000.00	1750.00 -	1800.00	2800.00 -	3000.00	44.00 -	45.00	43.00 -	45.00
Puttalam	900.00 -	1000.00	1200.00 -	1300.00	1200.00 -	1300.00	2250.00 -	2400.00	-	-	1400.00 -	1500.00	-	-	-	-	50.00 -	50.00	47.00 -	50.00
Hambantota	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Rathnapura	800.00 -	900.00	1400.00 -	1400.00	1700.00 -	1800.00	2800.00 -	3000.00	4200.00 -	4400.00	2900.00 -	3000.00	1800.00 -	2000.00	3000.00 -	3200.00	45.00 -	46.00	42.00 -	44.00
Matara	1000.00 -	1100.00	-	-	1900.00 -	2150.00	2600.00 -	2800.00	-	-	-	-	2100.00 -	2200.00	2800.00 -	2900.00	-	-	43.00 -	45.00
Galle	1000.00 -	1300.00	1600.00 -	1750.00	1500.00 -	1600.00	2300.00 -	2600.00	3000.00 -	3400.00	2700.00 -	2900.00	2400.00 -	2800.00	2700.00 -	3000.00	43.00 -	44.00	40.00 -	42.00
Tissamaharama	700.00 -	800.00	-	-	1100.00 -	1200.00	2400.00 -	2400.00	-	-	-	-	-	-	-	-	-	-	43.00 -	45.00
Meegoda	800.00 -	960.00	-	-	-	-	3200.00 -	3200.00	-	-	-	-	-	-	3800.00 -	3800.00	46.00 -	47.00	43.00 -	46.00
Embilipitiya	900.00 -	950.00	-	-	1700.00 -	1800.00	2600.00 -	2800.00	-	-	-	-	-	-	2950.00 -	3000.00	42.00 -	44.00	39.00 -	43.00
Jaffna	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Vavuniya	1200.00 -	1300.00	1400.00 -	1500.00	1600.00 -	1700.00	3200.00 -	3300.00	3400.00 -	3500.00	1800.00 -	1900.00	3200.00 -	3300.00	-	-	45.00 -	47.00	44.00 -	46.00
Mannar	900.00 -	980.00	1400.00 -	1450.00	1250.00 -	1300.00	-	-	-	-	2350.00 -	2500.00	2350.00 -	2400.00	-	-	45.00 -	46.00	43.00 -	44.00
Killinochchi	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mullaittivu	550.00 -	600.00	1200.00 -	1250.00	1200.00 -	1300.00	1900.00 -	2000.00	2400.00 -	2500.00	1450.00 -	1600.00	2500.00 -	2600.00	-	-	45.00 -	47.00	43.00 -	44.00
Batticaloa	-	-	-	-	-	-	2800.00 -	2800.00	-	-	2400.00 -	2400.00	-	-	3500.00 -	3500.00	48.00 -	48.00	46.00 -	46.00
Trincomalee	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Veyangoda	700.00 -	800.00	-	-	1100.00 -	1200.00	2800.00 -	2800.00	3000.00 -	3500.00	-	-	-	-	3200.00 -	3400.00	46.00 -	47.00	44.00 -	45.00
Galenbindunuwewa	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Bandarawela	850.00 -	850.00	-	-	1800.00 -	1800.00	2900.00 -	3000.00	-	-	-	-	-	-	3100.00 -	3200.00	45.00 -	46.00	46.00 -	48.00
Matale	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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

Week 30: 24 - 30 July 2026

LOCATIONS		Dried Fish											
		Sprats-Imported		Kattawa		Thora		Mora		Balaya		Anguluwa	
Colombo	-		3000.00 - 4000.00	4000.00 - 4500.00	3000.00 - 3800.00	2000.00 - 2800.00	3000.00 - 3500.00	1300.00 - 1700.00					
Gampaha	-		-	-	-	2000.00 - 2200.00	2700.00 - 2800.00	1200.00 - 1500.00					
Kurunegala	-		-	-	-	-	-	-					
Nikaweratiya	1600.00 - 1800.00	2800.00 - 3000.00	3000.00 - 3200.00	-	1800.00 - 2000.00	2600.00 - 2800.00	1000.00 - 1200.00						
Dambulla	-	3000.00 - 3200.00	-	3200.00 - 3400.00	2000.00 - 2200.00	2400.00 - 2500.00	1600.00 - 1800.00						
Anuradhapura	-	-	-	-	-	-	-						
Thambuththegama	1800.00 - 2000.00	2800.00 - 2800.00	-	2500.00 - 3300.00	1750.00 - 2000.00	2750.00 - 2800.00	1100.00 - 1250.00						
Polonnaruwa	-	-	-	-	2000.00 - 2200.00	-	-						
Kaluthara	-	-	-	3200.00 - 3300.00	1800.00 - 2200.00	2800.00 - 3000.00	1200.00 - 1200.00						
Badulla	-	-	-	-	-	-	-						
Keppetipola	-	-	-	-	-	-	-						
Moneragala	-	-	-	-	-	-	-						
Kegalle	-	3350.00 - 3400.00	3550.00 - 3600.00	3150.00 - 3200.00	1950.00 - 2000.00	-	1350.00 - 1400.00						
Ampara	1800.00 - 2000.00	3000.00 - 3200.00	3000.00 - 3200.00	2900.00 - 3000.00	1900.00 - 2200.00	-	-						
Dehiattakandiya	-	2800.00 - 2800.00	-	2800.00 - 2800.00	2200.00 - 2600.00	2000.00 - 2200.00	-						
Nuwareliya	-	-	-	-	-	-	-						
Kandy	-	-	-	3300.00 - 3400.00	2300.00 - 2400.00	2700.00 - 2800.00	1400.00 - 1500.00						
Puttalam	2500.00 - 2600.00	3200.00 - 3500.00	-	3000.00 - 3200.00	1450.00 - 1600.00	1500.00 - 1600.00	1000.00 - 1200.00						
Hambantota	-	-	-	-	-	-	-						
Rathnapura	2300.00 - 2400.00	3080.00 - 3200.00	-	3100.00 - 3200.00	1960.00 - 2320.00	2900.00 - 3000.00	1400.00 - 1500.00						
Matara	-	-	-	-	1800.00 - 2200.00	-	-						
Galle	2400.00 - 2700.00	3000.00 - 3200.00	2900.00 - 3000.00	2800.00 - 3000.00	1800.00 - 2400.00	2600.00 - 2800.00	1400.00 - 1800.00						
Tissamaharama	-	-	-	-	-	-	-						
Meegoda	-	-	-	-	2000.00 - 2200.00	-	1200.00 - 1400.00						
Embilipitiya	-	2800.00 - 3000.00	-	-	2400.00 - 2600.00	-	1400.00 - 1450.00						
Jaffna	-	-	-	-	-	-	-						
Vavuniya	2100.00 - 2200.00	2600.00 - 2700.00	2800.00 - 2900.00	2800.00 - 2900.00	1600.00 - 1700.00	1600.00 - 1700.00	-						
Mannar	1250.00 - 1300.00	2750.00 - 2800.00	-	2500.00 - 2600.00	1350.00 - 1400.00	-	-						
Killinochchi	-	-	-	-	-	-	-						
Mullaittivu	1500.00 - 1650.00	2600.00 - 2750.00	2850.00 - 3000.00	2700.00 - 2800.00	1200.00 - 1300.00	-	1200.00 - 1300.00						
Batticaloa	1400.00 - 1500.00	-	-	-	2000.00 - 2000.00	-	1200.00 - 1200.00						
Trincomalee	-	-	-	-	-	-	-						
Veyangoda	-	-	-	-	1700.00 - 1800.00	-	1000.00 - 1200.00						
Galenbindunuwewa	-	-	-	-	-	-	-						
Bandarawela	-	-	-	-	-	-	-						
Matale	-	-	-	-	-	-	-						

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

Week 30: 24 - 30 July 2026

LOCATIONS	Meat	Meat (Chicken)		Meat	
	Beef	Broiler	Curry	Mutton	Pork
Colombo	3000.00 - 3300.00	1300.00 - 1460.00	1150.00 - 1350.00	4200.00 - 4800.00	2700.00 - 2900.00
Gampaha	-	1300.00 - 1360.00	1400.00 - 1400.00	4500.00 - 4500.00	2600.00 - 2600.00
Kurunegala	-	-	-	-	-
Nikaweratiya	2500.00 - 2600.00	1350.00 - 1400.00	-	-	-
Dambulla	-	1300.00 - 1350.00	1400.00 - 1450.00	-	2500.00 - 2600.00
Anuradhapura	-	1300.00 - 1600.00	-	3500.00 - 3600.00	3100.00 - 3200.00
Thambuththegama	-	1250.00 - 1350.00	-	-	2600.00 - 3000.00
Polonnaruwa	2600.00 - 2600.00	1380.00 - 1420.00	1500.00 - 1650.00	4000.00 - 4000.00	2500.00 - 2500.00
Kaluthara	3000.00 - 3000.00	1350.00 - 1380.00	1350.00 - 1400.00	-	2500.00 - 2600.00
Badulla	2600.00 - 2700.00	1450.00 - 1550.00	-	3700.00 - 3700.00	-
Keppetipola	2400.00 - 2400.00	1350.00 - 1400.00	1450.00 - 1500.00	3600.00 - 3600.00	-
Moneragala	2800.00 - 2800.00	1350.00 - 1450.00	1650.00 - 1700.00	-	2950.00 - 3100.00
Kegalle	2800.00 - 2850.00	1430.00 - 1450.00	1340.00 - 1380.00	3950.00 - 4000.00	2800.00 - 2850.00
Ampara	2400.00 - 2600.00	1380.00 - 1420.00	-	-	2800.00 - 3000.00
Dehiattakandiya	-	-	-	-	2400.00 - 2500.00
Nuwaraeliya	2600.00 - 2700.00	1350.00 - 1380.00	1450.00 - 1460.00	3800.00 - 3900.00	2800.00 - 2900.00
Kandy	2700.00 - 2700.00	1240.00 - 1260.00	1220.00 - 1250.00	4000.00 - 4200.00	2900.00 - 3000.00
Puttalam	2700.00 - 2800.00	1450.00 - 1500.00	1700.00 - 1800.00	4500.00 - 4500.00	-
Hambantota	-	-	-	-	-
Rathnapura	2900.00 - 2900.00	1380.00 - 1450.00	1350.00 - 1380.00	4000.00 - 4000.00	2700.00 - 2700.00
Matara	-	1350.00 - 1400.00	-	-	-
Galle	2800.00 - 2900.00	1350.00 - 1350.00	1400.00 - 1450.00	5000.00 - 5100.00	-
Tissamaharama	-	1400.00 - 1450.00	-	-	-
Meegoda	-	1400.00 - 1440.00	1400.00 - 1400.00	-	3000.00 - 3000.00
Embilipitiya	-	1200.00 - 1300.00	1300.00 - 1350.00	4500.00 - 4700.00	2650.00 - 2950.00
Jaffna	-	-	-	-	-
Vavuniya	2300.00 - 2400.00	1400.00 - 1500.00	1600.00 - 1700.00	3800.00 - 3900.00	-
Mannar	2250.00 - 2300.00	1500.00 - 1550.00	1600.00 - 1650.00	-	-
Killinochchi	-	-	-	-	-
Mullaittivu	2300.00 - 2300.00	1500.00 - 1550.00	1600.00 - 1650.00	-	-
Batticaloa	2400.00 - 2500.00	1450.00 - 1500.00	1600.00 - 1650.00	4000.00 - 4000.00	-
Trincomalee	-	-	-	-	-
Veyangoda	2800.00 - 2900.00	-	1200.00 - 1250.00	4300.00 - 4400.00	2600.00 - 2600.00
Galenbindunuwewa	-	-	-	-	-
Bandarawela	2500.00 - 2550.00	-	-	3800.00 - 3900.00	-
Matale	-	-	-	-	-

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

Week 30: 24 - 30 July 2026

COMMODITY	Range	Average Price			Change Compared to		COMMODITY	Range	Average Price			Change Compared to	
		This Week	Last Week	Last Year	Last Week (%)	Last Year (%)			This Week	Last Week	Last Year	Last Week (%)	Last Year (%)
<u>Rice</u>							<u>Coconut</u>						
Local							Large	155.00 · 170.00	163.13	145.00	173.33	12.50	-5.89
Samba 1	230.00 · 235.00	232.14	231.88	236.67	0.12	-1.91	Small	135.00 · 150.00	143.13	125.00	150.00	14.50	-4.58
Samba 2	225.00 · 228.00	226.20	226.50	231.00	-0.13	-2.08							
Keeri Samba	250.00 · 320.00	290.00	286.67	278.33	1.16	4.19	<u>Fruits (Rs/kg)</u>						
Nadu 1	195.00 · 200.00	197.50	197.50	210.00	0.00	-5.95	Plantain						
Nadu 2	190.00 · 192.00	190.67	190.67	203.50	0.00	-6.31	Ambul	150.00 · 220.00	180.83	177.50	98.00	1.88	84.52
Raw (Red)	160.00 · 170.00	165.00	165.63	195.56	-0.38	-15.63	Kolikuttu	400.00 · 420.00	412.50	407.50	213.00	1.23	93.66
Raw (White)	175.00 · 185.00	180.71	180.00	195.00	0.40	-7.33	Seeni	120.00 · 180.00	143.64	140.00	95.45	2.60	50.48
Imported							Anamalu	200.00 · 250.00	230.00	223.33	228.80	2.99	0.52
Samba	220.00 · 225.00	222.50	225.00		-1.11		Ambun	200.00 · 260.00	235.45	231.67	229.20	1.64	2.73
Nadu	-						Papaw	120.00 · 200.00	157.27	130.00	164.44	20.98	-4.36
Raw (Red)	-						Passion Fruit	400.00 · 500.00	468.75	427.78	490.00	9.58	-4.34
Raw (White)	-						Pineapple	240.00 · 300.00	272.50	255.00	272.50	6.86	0.00
<u>Dried Chillies</u>							Pineapple Medium						
Imported	1050.00 · 1250.00	1125.00	1157.14	564.29	-2.78	99.37	Pineapple Small						
<u>Onion</u>							Mango						
Sinnan	-						Betti	400.00 · 400.00	400.00				
Vedalan	320.00 · 350.00	335.00	310.00	263.75	8.06	27.01	Karthakolomban	600.00 · 800.00	700.00	543.75	890.00	28.74	-21.35
Imported	280.00 · 320.00	304.00	275.00	254.29	10.55	19.55	Vilad	500.00 · 600.00	575.00	400.00		43.75	
<u>Biq Onion</u>							Kohu						
Imported	200.00 · 230.00	214.29	178.75	82.86	19.88	158.62	<u>Other</u>						
Local	-						Wood Apple	450.00 · 600.00	538.00	524.00	481.25	2.67	11.79
<u>Potato</u>							Orange	300.00 · 400.00	368.75	388.89	290.00	-5.18	27.16
Welimada	-						Avocado	400.00 · 600.00	511.11	483.33	226.67	5.75	125.49
N'Eliya	310.00 · 330.00	320.00	324.00	350.00	-1.23	-8.57	Slime Apple	180.00 · 300.00	247.50	244.44	277.78	1.25	-10.90
Imported	140.00 · 200.00	164.29	168.57	165.00	-2.54	-0.43	Grapes Imp.,	1350.00 · 1500.00	1428.75	1500.00	1457.14	-4.75	-1.95
<u>Pulses</u>							King Coconut	170.00 · 220.00	193.75	190.00	131.00	1.97	47.90
Green Gram	650.00 · 750.00	698.33	716.67	705.00	-2.56	-0.95							
Cowpea (White)	650.00 · 700.00	675.00	675.00	920.00	0.00	-26.63	<u>Sea Fish</u>						
Cowpea (Red)	620.00 · 680.00	650.00	667.50	920.00	-2.62	-29.35	Salaya	500.00 · 700.00	614.29	806.25	420.00	-23.81	46.26
Red Dhal	215.00 · 230.00	222.50	225.56	244.67	-1.35	-9.06	Hurulla	1000.00 · 1300.00	1128.57	1300.00	825.00	-13.19	36.80
<u>Vegetable</u>							Balaya	1000.00 · 1300.00	1116.67	1000.00	990.00	11.67	12.79
Beans (Butter)	-						Kelawalla	1600.00 · 1900.00	1771.43	1950.00	1500.00	-9.16	18.10
Beans (Green)	250.00 · 350.00	300.00	325.00	605.00	-7.69	-50.41	Thora	2500.00 · 2800.00	2600.00	3112.50	1944.44	-16.47	33.71
Carrot	200.00 · 300.00	253.00	263.00	263.00	-3.80	-3.80	Paraw	1400.00 · 1600.00	1514.29	1641.67	1440.00	-7.76	5.16
Leeks	160.00 · 220.00	190.00	204.00	114.00	-6.86	66.67	Mora	1000.00 · 1600.00	1320.00	1460.00	1200.00	-9.59	10.00
Beetroot	280.00 · 430.00	345.00	351.00	101.54	-1.71	239.77	Shrimps	1000.00 · 1200.00	1100.00	1541.67	1450.00	-28.65	-24.14
Knolkhol	120.00 · 150.00	138.00	119.00	73.00	15.97	89.04	Thalapath	2200.00 · 2700.00	2480.00	2816.67	1890.00	-11.95	31.22
Raddish	80.00 · 150.00	113.00	81.00	69.23	39.51	63.22	<u>Eggs</u>						
Cabbage	120.00 · 150.00	136.00	121.00	134.17	12.40	1.37	Brown	42.00 · 44.00	43.00	41.20	29.20	4.37	47.26
Tomato	250.00 · 350.00	300.00	355.00	121.67	-15.49	146.58	White	40.00 · 42.00	41.00	39.20	27.00	4.59	51.85
Ladies Fingers	50.00 · 100.00	70.91	108.00	75.83	-34.34	-6.49	<u>Dried Fish</u>						
Brinjal	300.00 · 400.00	336.36	350.00	253.33	-3.90	32.78	Sprats	2400.00 · 2500.00	2475.00	2450.00	1780.00	1.02	39.04
Capsicum	550.00 · 750.00	656.00	465.00	500.00	41.08	31.20	Sprats (Imported)	1500.00 · 1850.00	1671.43	1550.00	1045.00	7.83	59.95
Pumpkin	140.00 · 160.00	150.50	158.00	64.17	-4.75	134.55	Kattawa	2400.00 · 2600.00	2500.00	3062.50		-18.37	
Cucumber	50.00 · 80.00	62.73	61.00	56.00	2.83	12.01	Kattawa (Imported)	1800.00 · 2100.00	1983.33	2121.43	1535.00	-6.51	29.21
Bitter Gourd	250.00 · 350.00	303.00	350.00	224.44	-13.43	35.00	Thora	3500.00 · 4000.00	3720.00	2540.00	2375.00	46.46	56.63
Snake Gourd	200.00 · 250.00	220.00	224.00	162.00	-1.79	35.80	Thora (Imported)	3800.00 · 3800.00	3800.00	2400.00		58.33	
Drumstick	150.00 · 250.00	196.67	190.91	354.17	3.02	-44.47	Mora	2250.00 · 2700.00	2557.14	2540.00	2375.00	0.67	7.67
Luffa	120.00 · 150.00	138.00	149.00	123.00	-7.38	12.20	Mora (Imported)	2400.00 · 2500.00	2437.50	2075.00	1825.00	17.47	33.56
Long Beans	200.00 · 300.00	240.00	231.00	233.85	3.90	2.63	Balaya	1600.00 · 1700.00	1650.00	1616.67	1433.33	2.06	15.12
Ash Plantain	120.00 · 150.00	132.00	134.00	60.00	-1.49	120.00	Balaya (Imported)	1800.00 · 1800.00	1800.00	1700.00		5.88	
Green Chillies	900.00 · 1300.00	1110.00	1030.00	221.00	7.77	402.26	Anguluwa	2800.00 · 2800.00	2800.00	1650.00	1170.00	69.70	139.32
Lime	200.00 · 300.00	250.00	303.00	174.00	-17.49	43.68	Anguluwa (Imported)	2000.00 · 2300.00	2150.00	2075.00	1825.00	3.61	17.81
<u>Root Crops</u>							Maduwa	1500.00 · 1900.00	1750.00	1650.00	1170.00	6.06	49.57
Sweet Potato	130.00 · 160.00	144.00	127.00	122.00	13.39	18.03	Maduwa (Imported)	1100.00 · 1100.00	1100.00	1700.00		-35.29	
Manioc	120.00 · 140.00	130.00	128.00	86.67	1.56	50.00	Koduwa						
<u>Leafy Vegetable</u>							Koduwa (Imported)						
Mukunuwenna	120.00 · 130.00	124.29	125.00	127.50	-0.57	-2.52	Salaya	1000.00 · 1100.00	1062.50	1050.00	430.00	1.19	147.09
Kankun	120.00 · 130.00	124.29	125.00	127.50	-0.57	-2.52	Salaya (Imported)						
Gotukola	250.00 · 280.00	265.00	286.00	300.00	-7.34	-11.67							

This Week: Week 30: 24 - 30 July 2026

Last Week: Week 29: 17 - 23 July 2026

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

Week 30: 24 - 30 July 2026

COMMODITY	Range	Average Price			Change Compared to		COMMODITY	Range	Average Price			Change Compared to	
		This Week	Last Week	Last Year	Last Week	Last Year (%)			This Week	Last Week	Last Year	Last Week	Last Year (%)
<u>Rice</u>							<u>Coconut</u>						
Local							Large	160.00 · 190.00	175.00	174.29	183.85	0.71	-4.81
Samba 1	240.00 · 280.00	254.50	250.00	249.47	4.50	2.01	Small	140.00 · 150.00	143.53	141.76	156.25	1.76	-8.14
Samba 2													
Keeri Samba	280.00 · 400.00	331.25	328.00	290.71	3.25	13.94	<u>Fruits (Rs/fruit)</u>						
Nadu 1	220.00 · 230.00	227.62	227.89	230.00	-0.28	-1.04	Plantain						
Nadu 2							Ambul (Rs/kg)	180.00 · 300.00	258.26	245.00	175.24	13.26	47.38
Raw (Red)	180.00 · 220.00	202.83	204.09	218.75	-1.26	-7.28	Kolikuttu (Rs/kg)	450.00 · 550.00	501.82	494.00	309.52	7.82	62.13
Raw (White)	190.00 · 220.00	208.26	208.64	218.75	-0.38	-4.80	Seeni (Rs/kg)	160.00 · 280.00	226.09	219.20	170.00	6.89	32.99
Imported							Anamalu	280.00 · 380.00	338.57	336.19	347.56	2.38	-2.58
Samba				250.77			Ambun	280.00 · 380.00	343.00	342.08	359.33	0.92	-4.55
Nadu							Papaw(Rs/kg)	180.00 · 280.00	225.38	216.30	231.00	9.09	-2.43
Raw (Red)							Passion Fruit	450.00 · 860.00	682.00	670.50	759.40	11.50	-10.19
Raw (White)							Pineapple Large	350.00 · 500.00	438.33	435.83	327.89	2.50	33.68
<u>Dried Chillies</u>							Pineapple Medium						
Imported	1200.00 · 1500.00	1360.42	1363.16	795.45	-2.74	71.02	Pineapple Small						
<u>Onion</u>							Mango						
Sinnan							Betti						
Vedalan							Karthakolomban	650.00 · 1000.00	737.50	610.53	1031.25	126.97	-28.48
Imported	350.00 · 600.00	481.30	446.36	405.00	34.94	18.84	Vilad	550.00 · 600.00	583.33	575.00	370.00	8.33	57.66
<u>Big Onion</u>							Kohu						
Imported	220.00 · 280.00	254.09	237.73	139.26	16.36	82.46	<u>Other</u>						
Local							Wood Apple	550.00 · 1200.00	887.86	852.00	994.12	35.86	-10.69
<u>Potato</u>							Orange	400.00 · 800.00	617.33	654.44	626.19	-37.11	-1.41
Welimada							Avocado	450.00 · 800.00	644.44	642.50	479.67	1.94	34.35
N'Eliya	360.00 · 480.00	426.25	436.82	469.38	-10.57	-9.19	Slime Apple	360.00 · 800.00	556.47	547.78	528.75	8.69	5.24
Imported	200.00 · 250.00	224.29	224.00	220.00	0.29	1.95	Grapes (Imp., Rs/kg)	2000.00 · 3000.00	2416.67	2440.00	2115.79	-23.33	14.22
<u>Pulses</u>							King Coconut	180.00 · 300.00	230.00	213.89	174.78	16.11	31.59
Green Gram	800.00 · 1000.00	943.81	945.29	912.00	-1.48	3.49	<u>Sea Fish</u>						
Cowpea (White)	750.00 · 1000.00	916.82	970.00	1055.33	-53.18	-13.12	Salaya	600.00 · 1200.00	910.87	1106.32	682.14	-195.45	33.53
Cowpea (Red)	750.00 · 1000.00	922.00	953.75	1066.43	-31.75	-13.54	Hurulla	1100.00 · 1600.00	1318.89	1470.00	1023.08	-151.11	28.91
Red Dhal	240.00 · 300.00	268.40	269.41	285.83	-1.01	-6.10	Balaya	1200.00 · 1960.00	1481.54	1892.94	1600.00	-411.40	-7.40
<u>Vegetable</u>							Kelawalla	1800.00 · 3200.00	2788.00	2855.00	2500.00	-67.00	11.52
Beans (Butter)							Thora	2600.00 · 4760.00	3937.33	3985.00	3366.67	-47.67	16.95
Beans(Green)	350.00 · 600.00	462.50	470.38	670.00	-7.88	-30.97	Paraw	1600.00 · 3200.00	2402.73	2571.88	2318.18	-169.15	3.65
Carrot	300.00 · 600.00	432.58	449.63	389.00	-17.05	11.20	Mora	1200.00 · 3000.00	2263.64	1875.00	2145.45	388.64	5.51
Leeks	250.00 · 480.00	374.19	389.26	273.64	-15.07	36.75	Shrimps	1500.00 · 2700.00	2153.33	1954.74	1988.24	198.60	8.30
Beetroot	350.00 · 600.00	480.00	496.54	262.61	-16.54	82.78	Thalapath	2500.00 · 3800.00	3324.76	3352.50	2878.57	-27.74	15.50
Knolkhol	200.00 · 480.00	349.26	360.42	247.50	-11.16	41.11	<u>Eggs</u>						
Raddish	150.00 · 400.00	253.87	231.60	229.52	22.27	10.61	Brown	43.00 · 48.00	45.46	44.00	32.75	1.46	38.82
Cabbage	180.00 · 400.00	290.97	281.54	315.71	9.43	-7.84	White	41.00 · 46.00	43.53	42.74	30.33	0.79	43.52
Tomato	400.00 · 600.00	522.76	528.46	235.26	-5.70	122.20	<u>Dried Fish</u>						
Ladies Fingers	160.00 · 400.00	293.67	303.57	247.50	-9.90	18.65	Sprats	2600.00 · 3400.00	2958.82	2638.10	1514.29	320.73	95.39
Brinjal	400.00 · 600.00	519.68	562.14	379.57	-42.47	36.91	Sprats (Imported)				2160.00		
Capsicum	600.00 · 900.00	756.88	664.64	703.89	92.23	7.53	Kattawa	3000.00 · 4000.00	3300.00	3341.67	2506.67	-41.67	31.65
Pumpkin	200.00 · 320.00	271.94	279.63	177.14	-7.69	53.51	Thora	4000.00 · 4500.00	4283.33	3950.00		333.33	
Cucumber	120.00 · 300.00	205.94	208.75	185.00	-2.81	11.32	Mora	3000.00 · 3800.00	3300.00	3244.44	2841.67	55.56	16.13
Bitter Gourd	350.00 · 800.00	517.81	567.86	365.24	-50.04	41.77	Balaya	2000.00 · 2800.00	2333.33	2306.67	2225.00	26.67	4.87
Snake Gourd	250.00 · 500.00	381.94	411.54	280.95	-29.60	35.94	Anguluwa	3000.00 · 3500.00	3250.00	3122.22	2700.00	127.78	20.37
Drumstick	280.00 · 600.00	452.42	480.80	489.50	-28.38	-7.57	Maduwa				2000.00		
Luffa	250.00 · 500.00	383.00	383.91	286.92	-0.91	33.49	Koduwa						
Long Beans	230.00 · 600.00	414.07	371.54	373.33	42.54	10.91	Salaya	1300.00 · 1700.00	1525.71	1358.33	937.50	167.38	62.74
Ash Plantain	160.00 · 400.00	276.55	277.78	198.00	-1.23	39.67	<u>Meat</u>						
Green Chillies	1200.00 · 1800.00	1503.33	1498.08	527.62	5.26	184.93	Beef (without Bones)	3000.00 · 3300.00	3145.00	3200.00	2714.29	-55.00	15.87
Lime	350.00 · 800.00	545.15	600.00	417.50	-54.85	30.58	Chicken (Broiler)	1300.00 · 1460.00	1385.29	1409.38	1417.00	-24.08	-2.24
<u>Root Crops</u>							Chicken (Curry)	1150.00 · 1350.00	1236.67	1273.13	1258.89	-36.46	-1.77
Sweet Potato	180.00 · 400.00	284.23	279.20	260.00	5.03	9.32	Mutton	4200.00 · 4800.00	4550.00	4500.00	3840.00	50.00	18.49
Manioc	160.00 · 260.00	216.25	202.08	185.26	14.17	16.73	Pork	2700.00 · 2900.00	2800.00	2800.00	2414.29	0.00	15.98
<u>Leafy Vegetable</u>													
Mukunuwenna	150.00 · 250.00	195.83	196.54	223.85	-0.71	-12.51							
Kankun	150.00 · 250.00	195.83	200.36	225.00	-4.52	-12.96							
Gotukola	350.00 · 400.00	383.33	382.86	482.72	0.48	-20.59							

This Week: Week 30: 24 - 30 July 2026
Last Week: Week 29: 17 - 23 July 2026

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

Week 30: 24 - 30 July 2026

COMMODITY	Range	Average Price	COMMODITY	Range	Average Price	COMMODITY	Range	Average Price
<u>Paddy</u>			<u>Vegetable (Up Country)</u>			<u>Snake Gourd</u>		
Short Grain			Beans			Dambulla	100.00 – 162.50	134.00
A'pura	-		Dambulla	300.00 – 340.00	326.00	Hambantota	-	
P'narawa	114.00 – 117.00	115.60	Welimada	245.00 – 260.00	252.00	Embilipitiya	250.00 – 260.00	255.00
Kalawewa	125.00 – 127.00	125.80	Badulla	-		Matara	-	
Kurunegala	-		Carrot			A'pura	-	
Dehiattakandiya	118.00 – 120.00	119.33	N'Eliya	235.00 – 245.00	240.00	Luffa		
Nikaweratiya	120.00 – 125.00	123.25	Welimada	220.00 – 235.00	226.00	Dambulla	167.50 – 190.00	178.13
Ampara	120.00 – 130.00	125.25	Hanguranketha	220.00 – 240.00	227.00	Hambantota	-	
Long Grain (White)			Leeks			Embilipitiya	170.00 – 180.00	175.00
A'pura	-		N'Eliya	170.00 – 175.00	173.00	Matara	-	
P'narawa	105.00 – 106.00	105.60	Welimada	160.00 – 170.00	166.00	A'pura	-	
Kalawewa	103.00 – 107.00	105.20	Beetroot			Green Chillies		
Kurunegala	-		N'Eliya	240.00 – 245.00	243.00	Dambulla	950.00 – 1100.00	1006.00
Dehiattakandiya	92.00 – 100.00	96.67	Dambulla	270.00 – 280.00	273.33	Hambantota	-	
Embilipitiya	-		Kurunegala	-		Embilipitiya	1300.00 – 1320.00	1310.00
Nikaweratiya	85.00 – 90.00	88.25	Welimada	240.00 – 265.00	253.00	Puttalam	950.00 – 950.00	950.00
Hambantota	-		Hanguranketha	220.00 – 230.00	225.00	A'pura	-	
Ampara	85.00 – 120.00	98.40	Knol Khol			Pumpkin		
Long Grain (Red)			N'Eliya	115.00 – 120.00	117.00	Dambulla	76.00 – 90.00	82.00
Matara	100.00 – 110.00	106.25	Welimada	100.00 – 120.00	109.00	Hambantota	-	
Hambantota	-		Hanguranketha	80.00 – 90.00	83.75	Embilipitiya	160.00 – 180.00	170.00
Embilipitiya	98.00 – 100.00	99.00	Raddish			Matara	90.00 – 110.00	100.00
Keeri Samba			N'Eliya	40.00 – 50.00	46.00	A'pura	-	
A'pura	-		Welimada	40.00 – 55.00	48.00	Moneragala	100.00 – 110.00	104.00
P'narawa	139.00 – 141.00	140.20	Hambantota	-		Cucumber		
Kalawewa	145.00 – 147.00	145.80	Hanguranketha	30.00 – 40.00	35.00	A'pura	-	
Kurunegala	-		Cabbage			Dambulla	30.00 – 45.00	38.00
Dehiattakandiya	140.00 – 142.00	140.67	N'Eliya	80.00 – 100.00	92.00	Hambantota	-	
Red Onion			Welimada	80.00 – 100.00	89.00	Matara	30.00 – 40.00	35.75
Puttalam	190.00 – 266.00	232.75	Badulla	-		Long Beans		
Jaffna	-		Hanguranketha	75.00 – 100.00	85.00	Dambulla	100.00 – 145.00	115.00
Big Onion			Tomato			Hambantota	-	
Dambulla	-		Welimada	200.00 – 220.00	211.00	Embilipitiya	220.00 – 230.00	225.00
Kalawewa	-		Hambantota	-		Matara	120.00 – 140.00	130.00
A'pura	-		Dambulla	280.00 – 320.00	300.00	A'pura	-	
Potato			Hanguranketha	190.00 – 220.00	207.00	Ash Plantain		
N'Eliya	265.00 – 270.00	268.00	<u>Vegetable (Low Country)</u>			Hambantota	-	
Badulla	-		Ladies Fingers			Embilipitiya	90.00 – 100.00	95.00
Welimada	250.00 – 270.00	260.00	A'pura	-		Matara	70.00 – 80.00	76.25
<u>Pulses</u>			Dambulla	62.00 – 76.00	69.80	Lime		
Green Gram			Hambantota	-		Hambantota	-	
Hambantota	-		Embilipitiya	100.00 – 120.00	110.00	Embilipitiya	200.00 – 240.00	220.00
Moneragala	550.00 – 600.00	570.00	Matara	60.00 – 65.00	61.67	Moneragala	160.00 – 200.00	176.00
Embilipitiya	670.00 – 680.00	675.00	Brinjal			<u>Fruits (Rs/kg)</u>		
Nikaweratiya	450.00 – 520.00	487.50	A'pura	-		Banana		
A'pura	-		Dambulla	270.00 – 330.00	302.00	Ambul		
Cowpea			Hambantota	-		Moneragala	60.00 – 70.00	64.00
Hambantota	-		Embilipitiya	320.00 – 340.00	330.00	Embilipitiya	100.00 – 120.00	110.00
Nikaweratiya	-		Matara	260.00 – 300.00	277.50	Hambantota	-	
Moneragala	400.00 – 450.00	420.00	Welimada	320.00 – 340.00	331.00	Kolikuttu		
Embilipitiya	610.00 – 620.00	615.00	Capsicum			Moneragala	220.00 – 250.00	232.00
Maize			Badulla	-		Embilipitiya	300.00 – 320.00	310.00
A'pura	-		Welimada	500.00 – 550.00	525.00	Hambantota	-	
Kalawewa	160.00 – 165.00	161.75	Bitter Gourd			Papaw		
Gingelly			A'pura	-		Moneragala	80.00 – 100.00	88.00
A'pura	-		Dambulla	220.00 – 240.00	228.00	Embilipitiya	100.00 – 110.00	105.00
Kalawewa	680.00 – 800.00	732.50	Hambantota	-		Hambantota	-	
Black Gram			Embilipitiya	450.00 – 460.00	455.00	Pineapple		
A'pura	-		Matara	250.00 – 260.00	256.25	Divulapitiya	-	
Kalawewa	-							

Annex 01 - Colombo Markets: Retail Prices of Rice and Subsidiary Food Crops (Rs/kg)
Week 30: 24 - 30 July 2026

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Rice</u>									
Local									
Samba 1	240.00 - 240.00	260.00 - 280.00	240.00 - 240.00	240.00 - 270.00	240.00 - 280.00	-	260.00 - 280.00	240.00 - 260.00	260.00 - 280.00
Samba 2	-	-	-	-	-	-	-	-	-
Keeri Samba	280.00 - 360.00	-	280.00 - 280.00	300.00 - 300.00	400.00 - 400.00	400.00 - 400.00	350.00 - 350.00	-	280.00 - 280.00
Nadu 1	220.00 - 230.00	220.00 - 230.00	230.00 - 230.00	220.00 - 230.00	220.00 - 230.00	230.00 - 230.00	230.00 - 230.00	220.00 - 220.00	230.00 - 230.00
Nadu 2	-	-	-	-	-	-	-	-	-
Raw (Red)	190.00 - 220.00	180.00 - 190.00	190.00 - 220.00	190.00 - 200.00	200.00 - 200.00	220.00 - 220.00	215.00 - 220.00	180.00 - 200.00	200.00 - 210.00
Raw (White)	200.00 - 220.00	190.00 - 200.00	200.00 - 220.00	190.00 - 220.00	200.00 - 220.00	220.00 - 220.00	220.00 - 220.00	200.00 - 200.00	200.00 - 210.00
Imported									
Samba	-	-	-	-	-	-	-	-	-
Nadu	-	-	-	-	-	-	-	-	-
Raw (Red)	-	-	-	-	-	-	-	-	-
Raw (White)	-	-	-	-	-	-	-	-	-
<u>Dried Chillies</u>									
Imported	1200.00 - 1300.00	1400.00 - 1500.00	1400.00 - 1500.00	1400.00 - 1500.00	1400.00 - 1500.00	1200.00 - 1500.00	1200.00 - 1350.00	1350.00 - 1400.00	1400.00 - 1500.00
<u>Red Onion</u>									
Sinnan	-	-	-	-	-	-	-	-	-
Vedalan	-	-	-	-	-	-	-	-	-
Imported	350.00 - 400.00	480.00 - 600.00	480.00 - 480.00	400.00 - 560.00	560.00 - 600.00	480.00 - 560.00	360.00 - 380.00	400.00 - 480.00	480.00 - 500.00
<u>Big Onion</u>									
Imported	260.00 - 280.00	230.00 - 260.00	240.00 - 240.00	280.00 - 280.00	260.00 - 280.00	280.00 - 280.00	220.00 - 220.00	220.00 - 240.00	240.00 - 280.00
Local	-	-	-	-	-	-	-	-	-
<u>Potato</u>									
Welimada	-	-	-	-	-	-	-	-	-
N'Eliya	360.00 - 360.00	360.00 - 480.00	400.00 - 400.00	400.00 - 480.00	440.00 - 480.00	-	-	400.00 - 400.00	440.00 - 460.00
Imported	200.00 - 230.00	240.00 - 250.00	240.00 - 240.00	240.00 - 240.00	230.00 - 250.00	240.00 - 250.00	200.00 - 220.00	220.00 - 230.00	200.00 - 230.00
<u>Pulses</u>									
Green Gram	800.00 - 950.00	-	960.00 - 1000.00	900.00 - 1000.00	880.00 - 1000.00	1000.00 - 1000.00	800.00 - 950.00	800.00 - 950.00	1000.00 - 1000.00
Cowpea (White)	750.00 - 900.00	-	900.00 - 1000.00	900.00 - 1000.00	800.00 - 1000.00	840.00 - 1000.00	880.00 - 900.00	750.00 - 880.00	1000.00 - 1000.00
Cowpea (Red)	750.00 - 950.00	-	900.00 - 1000.00	900.00 - 1000.00	840.00 - 1000.00	920.00 - 1000.00	880.00 - 900.00	750.00 - 880.00	1000.00 - 1000.00
Red Dhal	240.00 - 260.00	260.00 - 280.00	250.00 - 280.00	260.00 - 300.00	260.00 - 280.00	260.00 - 280.00	260.00 - 280.00	300.00 - 300.00	260.00 - 300.00

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

Week 30: 24 - 30 July 2026

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Vegetable</u>									
Beans	400.00 - 500.00	600.00 - 600.00	480.00 - 500.00	480.00 - 600.00	480.00 - 600.00	400.00 - 600.00	350.00 - 400.00	350.00 - 400.00	400.00 - 480.00
Carrot	300.00 - 400.00	480.00 - 560.00	400.00 - 480.00	480.00 - 600.00	400.00 - 480.00	400.00 - 400.00	350.00 - 350.00	350.00 - 400.00	400.00 - 480.00
Leeks	250.00 - 300.00	480.00 - 480.00	320.00 - 400.00	400.00 - 480.00	300.00 - 480.00	400.00 - 400.00	260.00 - 280.00	350.00 - 400.00	400.00 - 480.00
Beetroot	350.00 - 400.00	560.00 - 600.00	480.00 - 520.00	480.00 - 600.00	480.00 - 600.00	400.00 - 480.00	400.00 - 450.00	400.00 - 480.00	520.00 - 600.00
Knolkhol	200.00 - 250.00	400.00 - 480.00	320.00 - 400.00	320.00 - 480.00	320.00 - 400.00	320.00 - 320.00	280.00 - 300.00	400.00 - 480.00	320.00 - 480.00
Raddish	150.00 - 200.00	320.00 - 400.00	240.00 - 300.00	320.00 - 400.00	200.00 - 300.00	240.00 - 240.00	160.00 - 200.00	200.00 - 240.00	240.00 - 320.00
Cabbage	180.00 - 220.00	400.00 - 400.00	280.00 - 320.00	320.00 - 400.00	260.00 - 320.00	280.00 - 320.00	180.00 - 200.00	300.00 - 320.00	300.00 - 320.00
Tomato	400.00 - 450.00	600.00 - 600.00	550.00 - 600.00	500.00 - 600.00	480.00 - 600.00	400.00 - 600.00	400.00 - 450.00	600.00 - 600.00	500.00 - 600.00
Ladies Fingers	160.00 - 200.00	400.00 - 400.00	280.00 - 320.00	300.00 - 400.00	280.00 - 320.00	320.00 - 400.00	180.00 - 200.00	240.00 - 320.00	320.00 - 400.00
Brinjal	400.00 - 500.00	600.00 - 600.00	500.00 - 600.00	550.00 - 600.00	480.00 - 600.00	400.00 - 450.00	450.00 - 500.00	400.00 - 480.00	560.00 - 600.00
Capsicum	600.00 - 700.00	800.00 - 900.00	720.00 - 800.00	700.00 - 800.00	800.00 - 900.00	800.00 - 800.00	600.00 - 700.00	700.00 - 800.00	700.00 - 800.00
Pumpkin	200.00 - 250.00	320.00 - 320.00	240.00 - 280.00	300.00 - 320.00	240.00 - 280.00	240.00 - 280.00	200.00 - 240.00	300.00 - 320.00	300.00 - 320.00
Cucumber	120.00 - 160.00	280.00 - 300.00	180.00 - 200.00	240.00 - 300.00	160.00 - 240.00	160.00 - 240.00	120.00 - 160.00	200.00 - 240.00	240.00 - 300.00
Bitter Gourd	350.00 - 400.00	600.00 - 720.00	500.00 - 600.00	700.00 - 800.00	480.00 - 500.00	400.00 - 600.00	400.00 - 450.00	450.00 - 480.00	480.00 - 600.00
Snake Gourd	250.00 - 350.00	400.00 - 500.00	400.00 - 480.00	400.00 - 480.00	320.00 - 400.00	300.00 - 400.00	300.00 - 400.00	350.00 - 400.00	480.00 - 500.00
Drumstick	300.00 - 350.00	580.00 - 600.00	400.00 - 480.00	400.00 - 600.00	400.00 - 600.00	400.00 - 400.00	280.00 - 300.00	450.00 - 500.00	480.00 - 600.00
Luffa	250.00 - 320.00	480.00 - 500.00	400.00 - 480.00	400.00 - 500.00	280.00 - 480.00	400.00 - 400.00	280.00 - 300.00	350.00 - 400.00	400.00 - 480.00
Long Beans	230.00 - 300.00	560.00 - 600.00	400.00 - 400.00	480.00 - 600.00	320.00 - 480.00	-	300.00 - 400.00	400.00 - 450.00	400.00 - 480.00
Ash Plantain	160.00 - 200.00	400.00 - 400.00	280.00 - 320.00	300.00 - 400.00	240.00 - 320.00	280.00 - 320.00	180.00 - 200.00	300.00 - 320.00	320.00 - 320.00
Green Chillies	1300.00 - 1400.00	1600.00 - 1700.00	1400.00 - 1600.00	1700.00 - 1800.00	1500.00 - 1600.00	1400.00 - 1400.00	1200.00 - 1300.00	1500.00 - 1600.00	1500.00 - 1600.00
Lime	350.00 - 450.00	500.00 - 600.00	500.00 - 600.00	700.00 - 800.00	480.00 - 600.00	600.00 - 600.00	350.00 - 450.00	500.00 - 600.00	500.00 - 600.00
<u>Root Crops</u>									
Sweet Potato	200.00 - 250.00	360.00 - 400.00	280.00 - 320.00	320.00 - 400.00	280.00 - 320.00	320.00 - 320.00	180.00 - 220.00	180.00 - 200.00	320.00 - 400.00
Manioc	180.00 - 200.00	200.00 - 240.00	220.00 - 240.00	250.00 - 260.00	200.00 - 240.00	260.00 - 260.00	160.00 - 170.00	200.00 - 200.00	220.00 - 220.00
<u>Leafy Vegetable</u>									
Mukunuwenna	150.00 - 150.00	200.00 - 200.00	200.00 - 200.00	250.00 - 250.00	200.00 - 200.00	250.00 - 250.00	150.00 - 150.00	200.00 - 200.00	200.00 - 200.00
Kankun	150.00 - 150.00	200.00 - 200.00	200.00 - 200.00	250.00 - 250.00	200.00 - 200.00	250.00 - 250.00	150.00 - 150.00	200.00 - 200.00	200.00 - 200.00
Gotukola	350.00 - 350.00	400.00 - 400.00	400.00 - 400.00	400.00 - 400.00	400.00 - 400.00	400.00 - 400.00	350.00 - 350.00	350.00 - 400.00	400.00 - 400.00
<u>Coconut</u>									
Large	170.00 - 180.00	170.00 - 180.00	160.00 - 180.00	170.00 - 190.00	160.00 - 170.00	-	170.00 - 170.00	180.00 - 180.00	180.00 - 180.00
Small	140.00 - 150.00	140.00 - 140.00	140.00 - 150.00	140.00 - 150.00	140.00 - 150.00	140.00 - 140.00	140.00 - 140.00	140.00 - 150.00	150.00 - 150.00

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

Week 30: 24 - 30 July 2026

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CROP	PELIYAGODA			MAHARAGAMA			KIRULAPONE			NUGEGODA			NARAHENPITA			DEMATAGODA			THOTALANGA			KADAWATHA			KIRIBATHGODA		
<u>Plantain</u>																											
Ambul	260.00	-	280.00	240.00	-	280.00	280.00	-	280.00	300.00	-	300.00	200.00	-	300.00	250.00	-	250.00	180.00	-	200.00	260.00	-	300.00	200.00	-	250.00
Kolikuttu	480.00	-	550.00	490.00	-	550.00	550.00	-	550.00	500.00	-	500.00	450.00	-	500.00	500.00	-	550.00	450.00	-	460.00	450.00	-	500.00	480.00	-	480.00
Seeni	190.00	-	220.00	240.00	-	270.00	250.00	-	280.00	280.00	-	280.00	200.00	-	250.00	200.00	-	200.00	160.00	-	180.00	220.00	-	250.00	220.00	-	250.00
Anamalu	280.00	-	330.00	360.00	-	380.00	350.00	-	380.00	350.00	-	360.00	350.00	-	360.00	300.00	-	300.00	300.00	-	300.00	320.00	-	350.00		-	
Ambun	280.00	-	330.00	360.00	-	380.00	350.00	-	380.00	350.00	-	360.00	350.00	-	360.00	300.00	-	300.00	300.00	-	350.00	320.00	-	350.00		-	
<u>Pineapple</u>																											
Large	350.00	-	400.00	500.00	-	500.00	500.00	-	500.00	460.00	-	500.00	450.00	-	480.00	460.00	-	460.00	350.00	-	360.00	350.00	-	450.00	350.00	-	400.00
Medium		-			-			-			-			-			-			-			-			-	
Small		-			-			-			-			-			-			-			-			-	
<u>Mango</u>																											
Betti		-			-			-			-			-			-			-			-			-	
Karthakolomban	650.00	-	700.00		-			-		1000.00	-	1000.00		-			-			-		650.00	-	650.00	700.00	-	800.00
Vilad	550.00	-	600.00		-			-			-			-			-			-			-			-	
Kohu		-			-			-			-			-			-			-			-			-	
<u>Other Fruits</u>																											
Wood Apple	550.00	-	600.00	1000.00	-	1000.00	1000.00	-	1000.00	1200.00	-	1200.00	800.00	-	800.00	600.00	-	600.00		-		600.00	-	600.00	1100.00	-	1200.00
Orange	400.00	-	460.00		-		800.00	-	800.00	800.00	-	800.00	600.00	-	600.00	600.00	-	600.00		-		600.00	-	700.00	800.00	-	800.00
Avocado	600.00	-	700.00	500.00	-	600.00	800.00	-	800.00	800.00	-	800.00	500.00	-	600.00		-		450.00	-	450.00	800.00	-	800.00	600.00	-	700.00
Slime Apple	400.00	-	500.00	600.00	-	600.00	700.00	-	800.00	800.00	-	800.00	450.00	-	500.00		-		360.00	-	400.00	600.00	-	600.00	500.00	-	600.00
Grapes	2000.00	-	2200.00	2800.00	-	2800.00	2600.00	-	2600.00	3000.00	-	3000.00	2400.00	-	2500.00	2500.00	-	2500.00	2000.00	-	2000.00	2400.00	-	2500.00	2500.00	-	2500.00
Papaw	180.00	-	200.00	260.00	-	260.00	280.00	-	280.00	250.00	-	280.00	200.00	-	250.00	270.00	-	280.00	180.00	-	200.00	180.00	-	250.00	180.00	-	230.00
Passion	450.00	-	500.00	700.00	-	700.00	800.00	-	860.00	800.00	-	800.00	650.00	-	700.00	800.00	-	800.00	500.00	-	600.00	700.00	-	700.00	800.00	-	800.00
King Coconut	180.00	-	230.00	260.00	-	300.00	220.00	-	220.00	300.00	-	300.00	200.00	-	220.00		-		180.00	-	180.00	220.00	-	250.00	230.00	-	250.00

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

Week 30: 24 - 30 July 2026

	CROP	PELIYAGODA		MAHARAGAMA		KIRULAPONE		NUGEGODA		NARAHENPITA		DEMATAGODA		THOTALANGA		KADAWATHA		KIRIBATHGODA	
30	<u>Sea Fish</u>																		
	Salaya	600.00	800.00	1000.00	1000.00	900.00	1000.00	1200.00	1200.00	900.00	1000.00	650.00	800.00	700.00	880.00	800.00	920.00	880.00	900.00
	Hurulla	1200.00	1300.00	1100.00	1200.00	-	-	1200.00	1400.00	1580.00	1600.00	1100.00	1100.00	1200.00	1300.00	1360.00	1500.00	1300.00	1400.00
	Balaya	1250.00	1350.00	-	-	-	-	-	-	1900.00	1960.00	1400.00	1600.00	1400.00	1800.00	1200.00	1200.00	1200.00	1400.00
	Kelawalla	1800.00	2000.00	3200.00	3200.00	3000.00	3100.00	3100.00	3200.00	2800.00	2980.00	1800.00	1800.00	2600.00	2780.00	2600.00	2800.00	2800.00	2900.00
	Thora	2800.00	3000.00	4400.00	4400.00	4400.00	4400.00	4300.00	4400.00	4000.00	4760.00	2600.00	2800.00	-	-	4000.00	4000.00	-	-
	Paraw	1600.00	1800.00	3000.00	3200.00	2800.00	3000.00	3000.00	3200.00	2000.00	2200.00	2200.00	2800.00	1800.00	1900.00	1600.00	1800.00	1800.00	1960.00
	Mora	1200.00	1300.00	2400.00	2600.00	-	-	2800.00	3000.00	-	-	-	-	2000.00	2200.00	2000.00	2000.00	-	-
	Shrimps Small	1500.00	1600.00	2200.00	2400.00	2600.00	2600.00	2400.00	2600.00	2600.00	2700.00	2400.00	2600.00	1800.00	2000.00	1720.00	2000.00	1800.00	2000.00
	Talapath	2500.00	2600.00	3800.00	3800.00	3200.00	3400.00	3400.00	3800.00	3160.00	3200.00	2800.00	3600.00	3200.00	3400.00	3600.00	3600.00	3200.00	3200.00
	<u>Eggs (Rs/egg)</u>																		
	Brown	44.00	45.00	46.00	48.00	45.00	48.00	43.00	48.00	45.00	46.00	44.00	46.00	44.00	45.00	43.00	45.00	44.00	45.00
	White	41.00	43.00	44.00	46.00	44.00	46.00	43.00	46.00	44.00	45.00	42.00	43.00	42.00	43.00	42.00	43.00	42.00	43.00
	<u>Dried Fish</u>																		
	Sprats	2600.00	2600.00	2900.00	3000.00	3400.00	3400.00	3400.00	3400.00	3400.00	3400.00	2600.00	2600.00	2600.00	3200.00	2800.00	3200.00	3000.00	3400.00
	Kattawa	-	-	3000.00	3000.00	-	-	4000.00	4000.00	-	-	-	-	3200.00	3200.00	3200.00	3200.00	3400.00	3400.00
	Thora	-	-	-	-	-	-	4500.00	4500.00	-	-	-	-	4000.00	4200.00	4400.00	4400.00	4200.00	4400.00
	Mora	3200.00	3200.00	-	-	-	-	3800.00	3800.00	-	-	-	-	3000.00	3200.00	3300.00	3300.00	3400.00	3400.00
	Balaya	-	-	-	-	-	-	2800.00	2800.00	-	-	-	-	2000.00	2200.00	2200.00	2200.00	2400.00	2400.00
	Anguluwa	3000.00	3000.00	-	-	-	-	3500.00	3500.00	-	-	-	-	-	-	-	-	-	-
Salaya	1600.00	1600.00	-	-	-	-	-	-	-	-	-	-	1400.00	1600.00	1600.00	1700.00	1300.00	1480.00	
<u>Meat</u>																			
Beef (without Bones)	-	-	3300.00	3300.00	3200.00	3200.00	3200.00	3200.00	3100.00	3150.00	3000.00	3100.00	3000.00	3200.00	-	-	-	-	
Chicken (Broiler)	1320.00	1350.00	1400.00	1460.00	1390.00	1390.00	1420.00	1420.00	1300.00	1360.00	1300.00	1360.00	1380.00	1400.00	1460.00	1460.00	1450.00	1460.00	
Chicken (Curry)	1150.00	1200.00	1300.00	1350.00	1200.00	1200.00	1200.00	1200.00	1200.00	1250.00	1200.00	1250.00	1200.00	1250.00	1300.00	1300.00	1300.00	1300.00	
Mutton	-	-	4400.00	4400.00	4500.00	4500.00	4500.00	4500.00	4800.00	4800.00	4700.00	4800.00	4400.00	4800.00	4400.00	4400.00	4200.00	4200.00	
Pork	-	-	2800.00	2900.00	-	-	-	-	-	-	-	-	-	-	-	-	2700.00	2700.00	

Annex 05 : Food Composition of Selected Food Commodities

Commodity	Energy (kcal/100g)	Protein (g/100g)	Total fat (g/100g)	Retinol Eq (µ g/100g)	Vit B2 (mg/100g)	Vit B6 (mg/100g)	Folate (µg/100g)	Vit C (mg/100g)	Calcium (mg/100g)	Magnesium (mg/100g)	Iron (mg/100g)	Zinc (mg/100g)
Rice												
Rice - (white Kekulu - normal)	361	9.88	1.52	-	0.03	0.09	10.67	-	6.94	26.29	1.22	1.5
Rice - (white Kekulu Samba)	355	8.81	1.53	-	0.03	0.09	8.11	-	9.82	30.48	0.92	1.7
Rice - (Red Kekulu - normal)	366	8.64	2.12	-	0.05	0.1	8.39	-	4.73	31.7	0.88	1.84
Rice -Samba	369	6.86	2.45	-	0.05	0.13	12.79	-	8.71	37.26	1.18	1.49
Rice - Nadu White	366	7.76	1.48	-	0.03	0.12	9.35	-	4.57	20.1	0.64	1.61
Dried chilies												
Onion	233	12.68	6.41	437	0.84	0.42	46.83	NA	107	231	5.39	1.65
Big onions	48	1.67	0.24	0.16	0.01	0.1	32.99	7.58	14.82	16.94	0.45	0.25
Red onions	55	2.13	0.15	0.18	0.02	0.13	30.15	14.26	20.37	19.32	0.31	0.28
Potatoes												
	71	1.67	0.25		0.01	0.09	14.31	20.5	9.83	23.84	0.46	0.29
Pulses												
Green gram	290	21.97	0.93	19.5	0.28	0.33	135	NA	98.96	146	4.15	2.86
White cowpea	320	21.25	1.14	1.36	0.09	0.26	249	NA	84.1	213	5.04	3.57
Red cowpea	320	20.24	1.08	0.96	0.11	0.27	273	NA	81.83	194	4.95	3.4
Red Dhal	319	23.09	0.77	1.06	1.6	0.22	55	NA	41.27	66.63	7.45	3.34
Vegetables												
Beans	46	3.95	0.15	6.64	0.1	0.3	45.2	7.02	35.68	45.56	0.7	0.59
Carrot	30	0.85	0.45	1240	0.03	0.1	24.71	5.93	27.65	11.7	0.59	0.25
Leeks	30	1.74	0.49	18.56	0.02	0.19	42.63	4.65	29.28	11.77	1.49	0.43
Beetroot	31	2.12	0.15	1.52	0.01	0.09	108	4.51	20.29	34.88	0.77	0.29
Knolkhol	16	1.69	0.34		0.05	0.19	12.7	77.64	40.09	19.35	0.23	0.18
Radish	29	0.75	0.11		0.02	0.09	18.09	12.13	35.64	13.56	0.38	0.16
Cabbage	21	1.35	0.14	3.35	0.05	0.14	52.66	29.62	56.85	18.47	0.33	0.16

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

Coconuts nuts	390	3.67	39.92	-	0.05	0.11	14.86	-				
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Root Crop												
Sweet potato	108	1.27	0.33	NA	0.04	0.09	14.44	22.2	28.93	21.05	0.51	0.14
Manioc	78	0.92	0.19	NA	0.07	0.2	0.1	1.95	25.31	19.08	19.78	23.73
Nelum ala/Lotus root	79	1.94	0.93	NA	0.05	0.19	26.49	26.63	37.71	26.58	3.34	0.35
Kiriala	87	3.96	0.15	1.19	0.03	0.16	20.17	2.71	30.79	41.52	0.6	0.42
Iniala	103	3.2	0.3	33.14	0.01	0.22	22.19	13.03	40.99	28.98	1.31	0.29
Leafy Vegetables												
Mukunuwanna	28	3.15	0.55	92.25	0.09	0.27	96.14	3.24	135	45.38	1.7	1.03
Gotukola	15	0.64	0.47	226	0.07	0.23	70.11	6.74	96.31	41.42	1.25	0.66
Kankun	15	0.47	0.37	1614	0.08	0.4	33.69	19.82	49.21	18.35	1.32	0.44
Kathurumurunga	70	8.01	1.35	2097	0.33	0.22	120	121	901	96.64	4.36	0.53
Nivithi	22	2.2	0.47	959	0.06	0.11	74.05	10.26	163	61.37	1.49	0.67
Thampala	32	3.55	0.72	1474	0.21	0.22	74.27	82	258	209	3.5	1.4
Sarana	20	2.42	0.21	1149	0.03	0.13	58.54	9.89	59.57	42.93	0.13	0.75
Kohila leaves	33	4.1	0.83	300	0.02	0.17	56.76	5.56	19.5	20.32	0.25	0.3
Onion leaves	27	2.01	0.26	NA	0.04	0.18	56.8	23.38	35.21	74.95	3.15	0.77
Cabbage leaves	30	3.63	0.27	8.66	0.05	0.24	63.46	40.76	170	18.47	2.67	0.35
Salad leaves	19	1.05	0.24	NA	0.1	0.06	37.48	11.64	58.23	36.89	2.07	0.27
Cauliflower	23	2.09	0.48	0.14	0.06	0.11	46.67	50.17	22.44	18.52	0.76	0.27
Jackfruit pods	25	2.14	0.34	NA	0.03	0.04	30.7	24.77	37.32	26.08	0.3	0.17
Jackfruit seeds	77	5.66	0.44	NA	0.02	0.08	58.91	15.24	40.87	50.14	0.52	0.42
Meat												
Chicken	176	23.14	9.24	6.88	0.07	0.49	10.09	-	15.06	20.18	0.75	0.64
Beef	160	23.3	7.45	2.15	0.08	0.32	1.93	-	4.8	28.54	2.41	3.31
Mutton	138	20.37	6.23	2.7	0.13	0.28	1.73	-	7.58	19.5	1.62	5.05
Pork	161	18.83	9.5	1.9	0.09	0.28	8.15	-	6.58	8.9	0.79	0.8
Fish												
Balaya	96	21.28	1.12	21.01	0.15	0.12	7.89		6.45	26.02	0.68	0.46
Seer	136	22.28	5.18	81.9	0.07	0.16	15.45		9.85	36.73	0.41	0.74

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

Dried Fish

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

Eggs

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

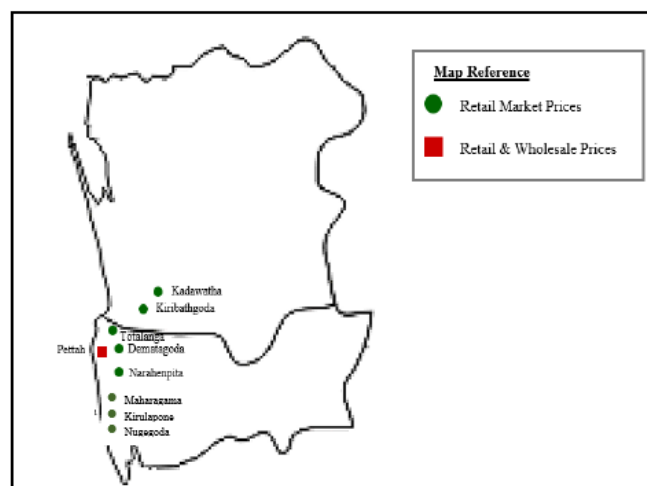
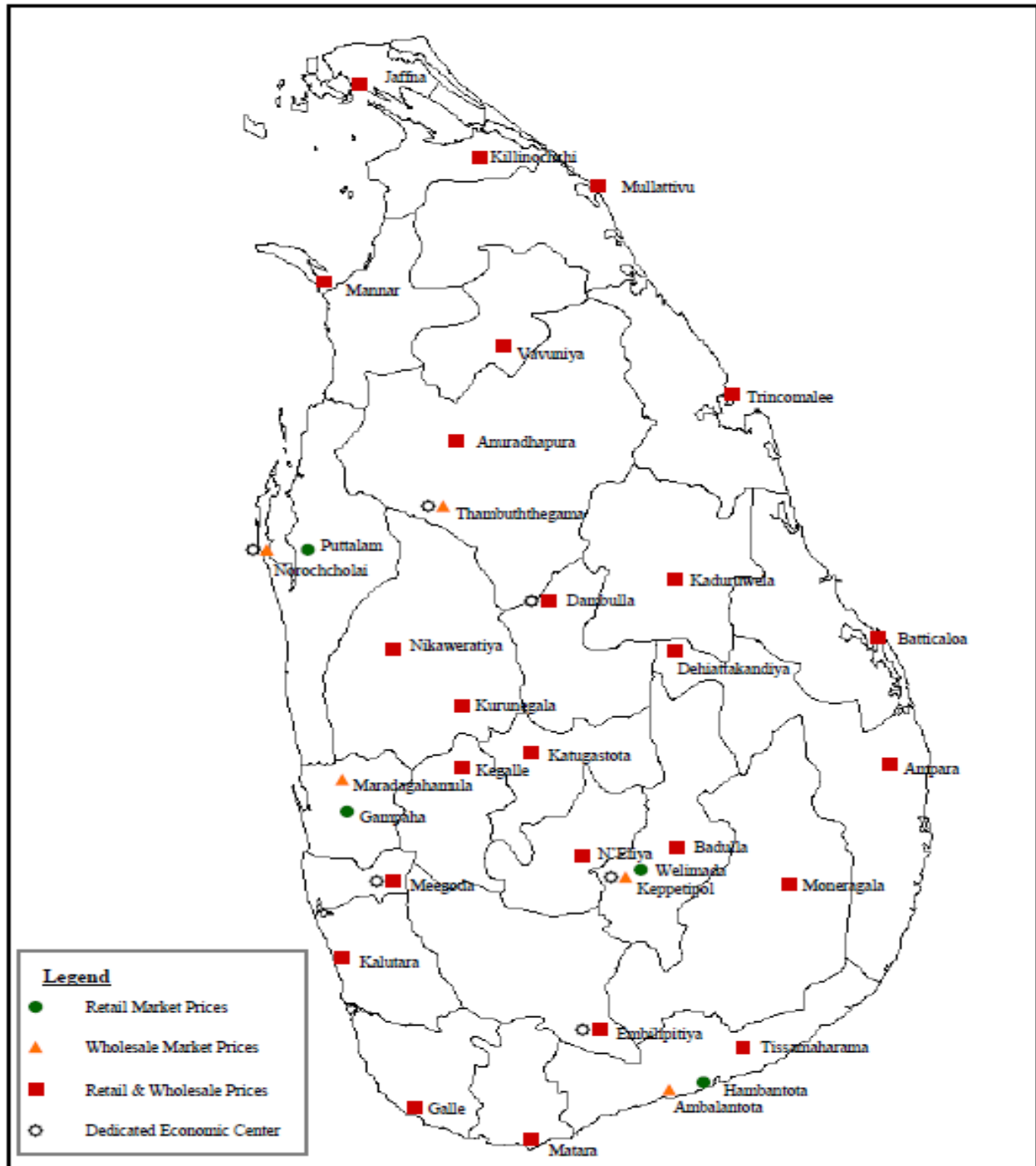
Fruits

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

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

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

Price Collecting Areas





HARTI



Ministry of Agriculture

Food Systems and Market Research Division & Data Management Division

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දෛනික චළච්චි තොග මිල,
ජංගම දුරකථනයෙන්

හෙක්ටර් කොච්ඡාකඩුව ගොවි කරියතු පර්යේෂණ
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ජාතික ජංගම දුරකථන ජාලයෙන්

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අමතන්න.

මොබිටෙල් අද මිල - අඟ ප්‍රශ්න
මොබිටෙල් ජංගම දුරකථන ජාලයෙන්
එදවරේ ගොත මිල දැනගන්න.

විකාසයාට 02/2/-
විකාසයාට 02/2/-