

RETAIL MARKET AT A GLANCE

Summary

Rice

The retail prices of all types of rice varieties except for local samba have increased. Compared to the same period of last year, the highest price increase of 26% was recorded for local keeri samba.

(Page No.01)

Other Field Crops

The retail prices of onion varieties, Nuwara Eliya potato, imported potato varieties and most of the pulses have increased. Compared to the same period of last year, highest price decrease of 47% was recorded for both local and imported big onions. Further, highest price increase of 37% was recorded for red cowpea.

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Vegetables

The retail prices of most of the vegetable varieties increased in line with the upward wholesale trend. Considering the up-country vegetable, the highest price increase was reported for carrots while considering low country vegetable varieties the highest price increase was reported for tomatoes. However, compared to the same period of last year, price of most of the vegetable varieties have increased.

(Page No.04-05)

Fruits

The retail prices of most of the fruit varieties have decreased in line with the decrease in wholesale. The highest price decrease was reported for kolikuttu banana by Rs.15.00/kg. However, the price of avocado has increased by Rs.69.00/fruit. Compared to the same period of last year, current prices of most of the fruits have decreased.

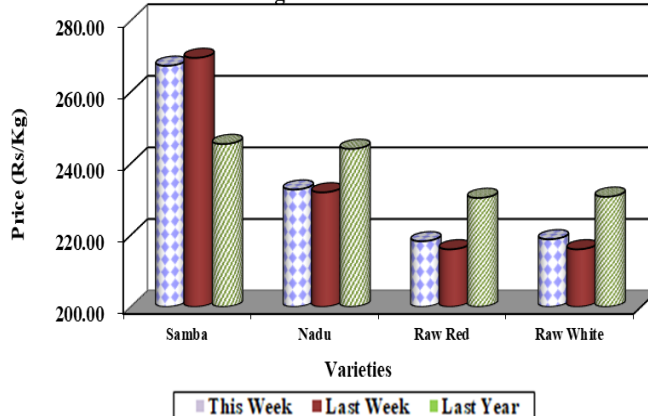
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Fish

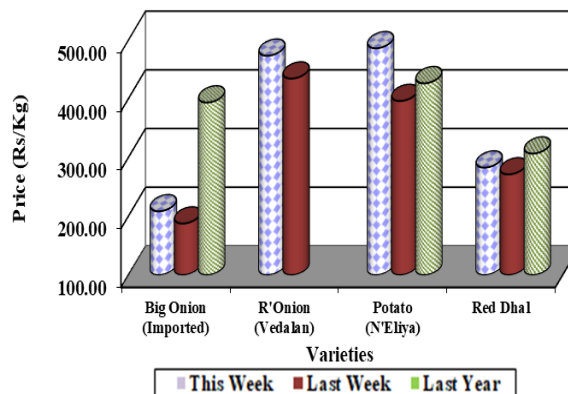
The retail prices of all fish varieties except parwa has increased. The highest price increase was recorded for thora by Rs.516.00/kg. Compared to the same period of last year, the prices of all fish varieties except paraw have increased.

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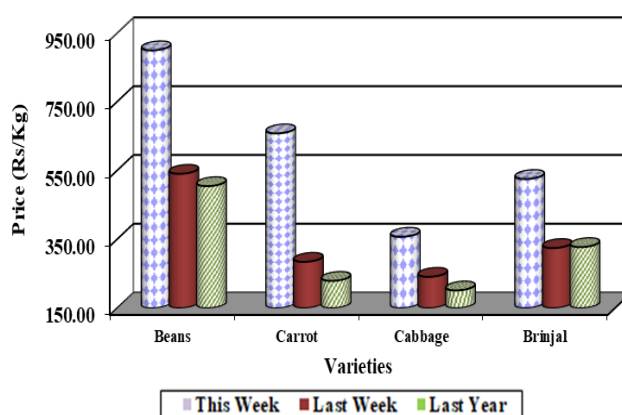
Average Retail Prices of Rice



Average Retail Prices of Other Field Crops



Average Retail Prices of Vegetables



Rice

Wholesale

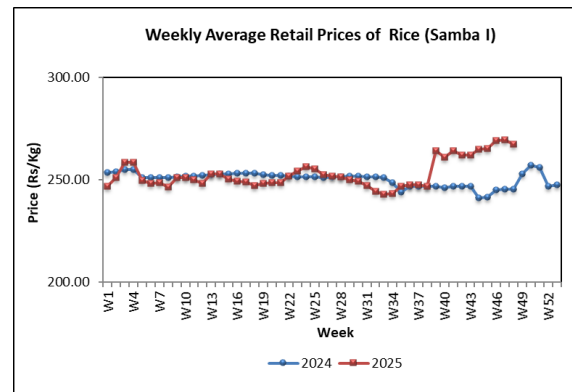
Price of raw red, raw white and imported ponni samba has increased by 2% and price ranged Rs.200.00-210.00/kg, Rs.205.00-215.00/kg and Rs.230.00-235.00/kg. Prices of all other rice varieties have not changed significantly.

Compared to same period of last year, the highest price increase of 28% recorded for keeri samba while the highest price decrease was recorded for imported samba with 16%-40%.

Retail

Prices of all types of rice varieties except for local samba have increased. The highest price increased of Rs.5.00/kg was recorded for imported samba.

Compared to the same period of the last year the highest price increase of 26% was recorded for local keeri samba while the highest price decreased of 16% was recorded for imported samba.



Paddy

A slight increase in prices for the main rice varieties was reported from several major producing regions. During this week. Accordingly, price range of Rs.130.00-140.00/kg for short grain (samba) paddy was reported from the main producing areas. An increase in keeri samba paddy prices by Rs.4.00/kg and Rs.1.00/kg was reported from Dehiattakandiya and Kalawewa areas respectively with the price range recorded of Rs.148.00-160.00/kg. Similarly, an increase of Rs.1.00-3.00/kg in the price of long grain white paddy was reported from several major productions areas with the price ranging between Rs.118.00-126.00/kg. A significant price increases of Rs.14.00/kg for long grain red paddy was reported from the Matara area. A price range of Rs.124.00-130.00/kg for long grain red paddy was reported from the major producing areas in Southern province.

Compared to the same period of last year, the average farmgate prices of short grain and keeri samba paddy have increased 4%-18% with the highest increase observed for keeri samba paddy. However, the prices of long grain white and red paddy varieties have decreased by 5%-13%.

Dried Chilies

Wholesale

The price of imported dried chilies has decreased by 6% and price ranged Rs.800.00-850.00/kg.

Compared to same period of last year, current wholesale price of imported dried chilies has increased by 23%.

Retail

Price of imported dried chilies has decreased by Rs.4.00/kg and price ranged Rs.900.00-1200.00/kg.

Compared to the same period of the last year, current retail price of imported dried chilies has increased by 17%.

Onion

Wholesale

Price of vedalan red onion and imported red onion have increased by 38% and 22% due to unavailability of sufficient

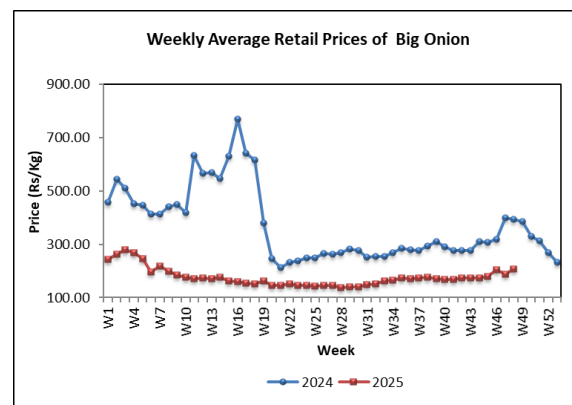
stocks and price ranged Rs.320.00-330.00/kg, Rs.350.00-380.00/kg. Price of imported big onion and local big onion have increased by 24% and 32% due to the unavailability of sufficient stocks at the market and price ranged Rs.160.00-180.00/kg and Rs.200.00-250.00/kg.

Compared to same period of last year current wholesale price of imported red onion has increased by 6% while imported big onion varieties have decreased by 37%.

Retail

Prices of all types of onion varieties have increased. The highest price increase of Rs.48.00/kg was recorded for imported red onions.

Compared to the same period of the last year, the highest price decreased of 47% was recorded for both imported and local big onions.



Potato

Wholesale

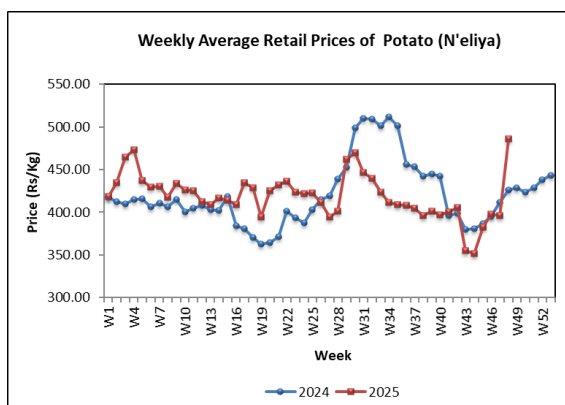
Prices Nuwara Eliya and imported potato varieties have increased by 49% and 33% due to unavailability of sufficient stocks and price ranged Rs.340.00-450.00/kg and Rs.170.00-230.00/kg.

Compared to same period of last year, current wholesale price of Nuwara Eliya and imported potato varieties have increased in the range of 5%-20%.

Retail

The prices of Nuwara-Eliya and imported potatoes have increased. The highest price increased of Rs.90.00/kg was recorded for Nuwara-Eliya potatoes due to low supply of stocks at the market.

Compared to the same period of the last year, highest price increase of 14% was recorded for Nuwara-Eliya potato.



Pulses

Wholesale

Price of white cowpea and red dhal have increased by 2% and 6% due to unavailability of sufficient stocks and price ranged Rs.800.00-870.00/kg and Rs.240.00-250.00/kg. The price of green gram and red cowpea have not changed significantly and price ranged Rs. 500.00-850.00/kg and Rs.800.00-850.00/kg.

Compared to same period of last year current wholesale price of the highest price increase of 46% was recorded for red cowpea and the highest price decrease of 10% recorded for red dhal.

Retail

Prices of all types of pulses varieties have increased. The highest price increased of Rs.75.00/kg was recorded for white cowpea.

Compared to the same period of the last year, highest price increase of 37% was recorded for red cowpea and highest price decreased of 8% was recorded for red dhal.

Vegetable

Wholesale

Due to the rain, floods and landslides occurring in many producing areas, the supply of all varieties of both upcountry and low country vegetable had decreased significantly. As a result, at the beginning of the week, the prices of all types of vegetables had risen to notable levels. However, as the end of the week, those high price ranges showed a considerable decline.

Among the upcountry vegetable varieties, the highest price increase of 248% reported for carrot, and 227% reported for leeks, with decrease supply from Nuwara Eliya, Welimada, and Bandarawela areas. Similarly, prices of cabbage and tomatoes have also increased by 196% and 137% respectively, due to decrease supply from Producing areas. In addition, prices of other vegetable varieties have increased in the range of 79% - 116%.

Considering the low-country vegetables, the all of the vegetable varieties experienced price increase, particularly for cucumber (228%), with decreased supply from Puttalam, Hettipola and Embilipitiya, In addition, prices of ladies fingers and pumpkin have also increased by 124% and 126% respectively, with decrease supply. While the price of other low country

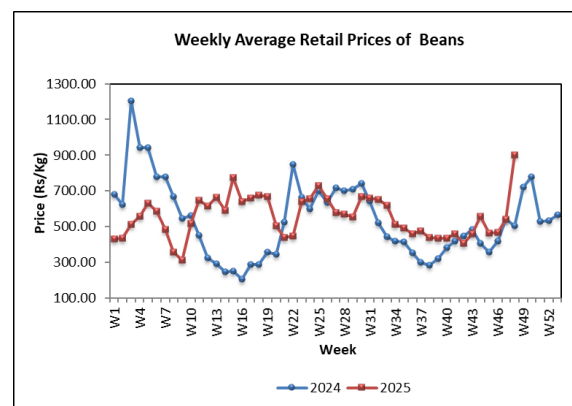
vegetable varieties has increased in the range of 3%-107%. With decrease supply from major producing areas, prices of lime and green chili have increased by 2% and 113% respectively.

Compared to the same period of last year, the prices of all the vegetables have increased, with the highest price increase of 298% reported for carrot and 159% for cabbage. Prices of green chili and lime have also increased by 21% and 30% respectively.

Retail

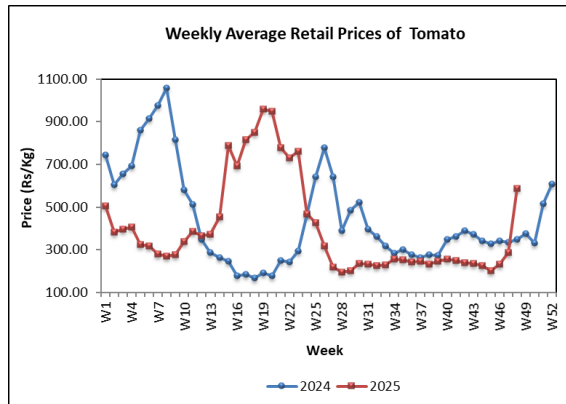
The retail prices of most of the vegetable varieties increased in line with the upward wholesale trend.

Considering the up-country vegetables, the highest price increase was reported for carrots at Rs.374.00/kg. While, the price of beans increased by Rs.359.00/kg.



Considering low-country vegetable varieties, the highest price increase was

reported for tomatoes at Rs.300.00/kg. However, long beans increased by Rs.256.00/kg.



Compared to the same period last year, prices of most of the vegetable varieties have increased, with a notable 187% increase reported for carrot.

Coconut Wholesale

Supplies of Coconut have dropped significantly, due to floods in major producing areas. Therefore, the prices of both large and small nuts have increased by 18% and 27% respectively. Price ranges were Rs.200.00-210.00 for a large nut and Rs.190.00-195.00 for a small nut.

Compared to the same period of last year, the current wholesale prices of both large and small nuts have increased by 33% and 48% respectively.

Retail

Prices of large and small nuts increased by around Rs.8.00/nut and Rs.7.00/nut respectively. The price ranges were Rs.200.00-220.00 for a large nut and Rs.185.00-200.00 for a small nut.

Compared to the same period of last year, the current retail prices of large and small nuts have increased by 27% and 37%, respectively.

Fruits Wholesale

Prices of all fruit varieties have decreased due to low demand. The highest price decrease of 18% was reported for ambul banana. Prices of ambun banana decreased by 10% with the rainfall. However, prices of karthakolomban mango, vilad mango, papaw and avacado increased by 47%, 34%, 28% and 12% respectively with limited supply.

Compared to the same period of last year, prices of most of the fruit varieties have increased while the highest price increase of 149% reported for wood apple.

Retail

The retail prices of most of the fruit varieties have decreased. The highest price decrease was reported for kolikuttu banana by Rs.15.00/kg. Price of Slime apple has decreased by Rs.6.00/fruit. Also, prices for medium size and small size pineapple have decreased by Rs.4.00/fruit and Rs.3.00/fruit respectively. However, the price of Avocado has increased by Rs.69.00/fruit.

Compared to the same period of last year, current prices of most of the fruits have decreased and the highest price decrease was reported for small size pineapple as 31%.

Fresh Fish

Wholesale

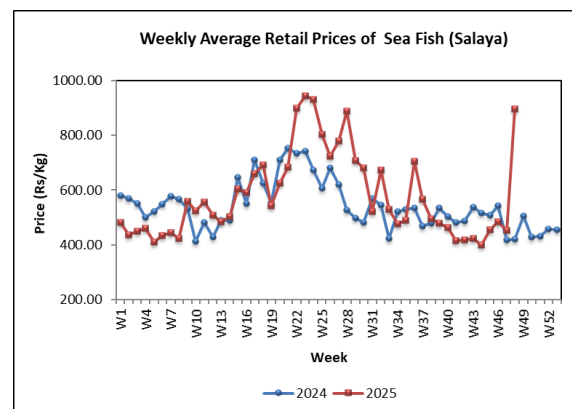
Prices of most fresh fish varieties increased by 3%-295%. The highest price increase was recorded for salaya (295%), with prices ranging from Rs.700.00- 800.00/kg. The second-highest increase was for hurulla (33%), with prices ranging from Rs.800.00- 1000.00/kg. The price of kelawalla has decreased by 40%, with prices ranging from Rs.800.00- 1200.00/kg. The price of mora has

decreased by 31%, with prices ranging from Rs.900.00-1000.00/kg.

Compared to the same period last year, current wholesale prices of most fresh fish varieties have increased by 6%-170%, with the highest increase recorded for salaya.

Retail

Prices of all the fish varieties except paraw has increased. The highest price increase was recorded for Thora by Rs.516.00/kg. The second highest price increase was recorded for salaya by Rs.423.00/kg. The highest price decrease was recorded for paraw by Rs.278.00/kg.



Compared to the same period of last year, the prices of all fish varieties except paraw has increased, highest price increase was recorded for salaya by 112%.

Dried Fish

Wholesale

Prices of most local and imported dried fish varieties decreased by 3%-32%. The highest price decrease was recorded for local maduwa (32%), with prices ranging from Rs.950.00-1000.00/kg. The second highest price decrease was recorded for local sprats (22%), with prices ranging from Rs. 600.00- 700.00/kg. The price of local koduwa increased by 110%, with prices ranging from Rs.1120.00-.1200.00/kg.

Compared to the same period last year, current wholesale prices of most dried fish varieties have increased with the highest increase recorded for local koduwa.

Retail

Prices of all the dried fish varieties except sprats and kattawa have decreased and the highest price decrease was recorded for maduws by Rs.133.00/kg. Second highest price decrease was recorded for anguluwa by Rs.103.00/Kg. The highest price increase was recorded for sprats by Rs.65.00/kg.

Compared to the same period of last year, the prices of all types of dry fish varieties

expect local and imported sprats and salaya have increased. The highest price increase was recorded for kattawa by 19%.

Eggs

Wholesale

Prices of brown and white eggs increased by 16% and 20% respectively. The price range of a brown egg was Rs. 37.00- 39.00, and the price range of a white egg was Rs.35.00-38.00.

Compared to the same period last year, current wholesale prices of brown and white eggs decreased by 6% and 2% respectively.

Retail

The prices of both brown and white eggs types have increased. Price ranged Rs. 36.00 - 40.00 for white eggs and Rs. 40.00- 45.00 for brown eggs. The average price of white egg and brown egg types has been recorded as Rs.39.00 and Rs.42.00 respectively.

Compared to the same period of last year, the prices of white egg has decreased.

Meat

Retail

Prices of all meat types have increased. The highest price decrease was recorded for Chicken broiler by Rs.217.00/kg. The second highest price increase was recorded for chicken curry by Rs.147.00/kg.

Compared to the same period of last year, prices of all meat varieties have increased. The highest price increase was recorded for pork by 120%.

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/50kg bag)**Week 48: 28 Nov-04 Dec 2025**

	LOCATIONS	Rice Varieties													
		Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White	
09	Colombo	12000 –	12250	11750 –	11900	15500 –	16500	10750 –	11500	10500 –	10650	10000 –	10500	10250 –	10750
	Divulapitiya	12900 –	13250	12200 –	12500	15300 –	16000	11250 –	11350	10500 –	10700	10000 –	10300	9800 –	10200
	Kurunegala	–		12000 –	12000	–		–		10500 –	10750	–		10200 –	10250
	Nikaweratiya	12700 –	13000	–		15000 –	15500	11200 –	11450	10300 –	10400	–		9500 –	9900
	Badulla	–		–		15750 –	16000	11250 –	11400	–		10250 –	10500	10250 –	10500
	Puttalam	13100 –	13250	12000 –	12250	16900 –	16900	11150 –	11250	10500 –	10750	10500 –	10500	10000 –	10250
	Dambulla	12800 –	12900	11800 –	11850	–		11300 –	11350	10800 –	10900	10350 –	10400	10250 –	10300
	Anuradhapura	13000 –	13500	11750 –	11900	15750 –	16250	11250 –	11350	10750 –	10850	10500 –	10750	10250 –	10500
	Tambuttegama	12750 –	13000	11550 –	12100	–		11400 –	11400	10500 –	10600	10600 –	10750	10000 –	10250
	Polonnaruwa	–		–		–		–		–		–		–	
	Kalutara	–		–		15750 –	16000	11250 –	11400	10750 –	10750	9750 –	10750	10250 –	10750
	Ampara	–		12000 –	12000	–		11500 –	11500	10900 –	11000	9500 –	9750	9500 –	9900
	Kandy	13100 –	13250	12000 –	12250	16000 –	16500	11150 –	11400	10500 –	10750	10500 –	10750	10500 –	10750
	Moneragala	–		11500 –	11750	15750 –	16250	11250 –	11350	–		9750 –	10250	9750 –	10250
	Kegalle	–		–		–		–		–		–		–	
	Dehiattakandiya	13250 –	13500	–		15500 –	16000	11000 –	11250	–		10750 –	10750	10250 –	10750
	Hambantota	–		–		–		–		–		–		–	
	Matara	–		–		–		11200 –	11500	–		10000 –	10250	10400 –	10600
	Galle	–		–		17000 –	17000	11250 –	11400	–		10000 –	10750	10000 –	10750
	Meegoda	–		11750 –	11900	–		10900 –	11100	10400 –	10750	9900 –	10400	9900 –	10400
	Tissamaharama	–		11950 –	11950	–		11350 –	11400	–		9600 –	9650	9750 –	9900
	Embilipitiya	11900 –	12000	–		16000 –	16250	–		10300 –	10400	9700 –	9850	9850 –	10000
	Jaffna	–		11500 –	11750	–		11300 –	11500	–		10000 –	10200	10000 –	10200
	Vavuniya	–		–		–		–		–		–		–	
	Mannar	–		12000 –	12100	15000 –	15700	10750 –	10850	–		10000 –	10250	10300 –	10400
	Killinochchi	–		12000 –	12200	15750 –	16250	11000 –	11250	–		10250 –	10500	10250 –	10500
Mullattivu	–		11600 –	11900	16000 –	16250	10750 –	10800	10500 –	10600	9750 –	10000	10500 –	10800	
Batticaloa	–		11750 –	12000	15250 –	16250	10750 –	11000	–		10000 –	10500	10000 –	10500	
Trincomalee	–		11500 –	11600	–		10750 –	10800	–		10250 –	10500	10250 –	10500	
Galenbindunuwew	–		11900 –	11950	–		11200 –	11450	–		–		10400 –	10800	
Matale	13000 –	13500	–		15500 –	16000	11250 –	11350	11000 –	11000	10000 –	10250	10000 –	10400	

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

Week 48: 28 Nov-04 Dec 2025

	LOCATIONS	Rice Varieties													
		Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White	
10	Colombo	260.00	280.00	-	-	320.00	340.00	230.00	240.00	-	-	210.00	220.00	210.00	220.00
	Gampaha	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	Kurunegala	-	-	240.00	240.00	-	-	225.00	230.00	-	-	215.00	220.00	215.00	220.00
	Nikaweratiya	260.00	265.00	-	-	320.00	330.00	230.00	235.00	210.00	210.00	-	-	200.00	205.00
	Dambulla	260.00	265.00	240.00	245.00	330.00	340.00	229.00	230.00	220.00	225.00	215.00	220.00	210.00	215.00
	Anuradhapura	265.00	275.00	240.00	240.00	320.00	330.00	230.00	230.00	220.00	220.00	215.00	220.00	210.00	220.00
	Thambuththegama	270.00	270.00	240.00	240.00	320.00	320.00	228.00	230.00	-	-	216.00	220.00	212.00	220.00
	Polonnaruwa	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	Kaluthara	260.00	280.00	-	-	320.00	340.00	230.00	230.00	215.00	220.00	195.00	220.00	210.00	220.00
	Badulla	-	-	-	-	330.00	330.00	230.00	230.00	-	-	210.00	220.00	210.00	220.00
	Keppetipola	-	-	240.00	250.00	320.00	330.00	225.00	230.00	216.00	220.00	215.00	218.00	218.00	220.00
	Moneragala	-	-	240.00	240.00	330.00	330.00	230.00	230.00	-	-	200.00	210.00	200.00	210.00
	Kegalle	270.00	270.00	240.00	240.00	320.00	330.00	230.00	230.00	220.00	225.00	220.00	220.00	210.00	220.00
	Ampara	-	-	240.00	240.00	300.00	300.00	230.00	230.00	220.00	225.00	195.00	220.00	220.00	220.00
	Dehiattakandiya	270.00	280.00	-	-	320.00	330.00	230.00	230.00	225.00	225.00	220.00	220.00	210.00	220.00
	Nuwaraeliya	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	Kandy	270.00	275.00	245.00	250.00	330.00	340.00	230.00	230.00	220.00	225.00	218.00	220.00	218.00	220.00
	Puttalam	270.00	270.00	240.00	250.00	340.00	350.00	230.00	230.00	215.00	220.00	220.00	220.00	215.00	220.00
	Hambantota	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	Rathnapura	270.00	280.00	-	-	-	-	228.00	235.00	210.00	215.00	205.00	210.00	215.00	220.00
	Matara	260.00	270.00	240.00	250.00	-	-	230.00	240.00	220.00	225.00	205.00	220.00	210.00	220.00
	Galle	275.00	280.00	240.00	240.00	350.00	350.00	230.00	230.00	-	-	210.00	220.00	210.00	220.00
	Tissamaharama	-	-	240.00	240.00	-	-	230.00	230.00	-	-	195.00	198.00	200.00	205.00
	Meegoda (DEC)	-	-	240.00	245.00	-	-	230.00	230.00	220.00	225.00	210.00	220.00	210.00	220.00
	Embilipitiya	-	-	240.00	240.00	320.00	325.00	225.00	230.00	212.00	220.00	195.00	200.00	208.00	215.00
	Jaffna	-	-	240.00	243.00	-	-	240.00	242.00	-	-	230.00	230.00	215.00	220.00
	Vavuniya	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	Mannar	-	-	249.00	250.00	320.00	330.00	230.00	235.00	-	-	218.00	220.00	218.00	220.00
	Killinochchi	-	-	245.00	250.00	330.00	350.00	226.00	230.00	-	-	210.00	215.00	215.00	220.00
	Mullaittivu	-	-	235.00	242.00	325.00	330.00	-	-	215.00	220.00	198.00	205.00	215.00	220.00
	Batticaloa	-	-	245.00	250.00	330.00	350.00	230.00	240.00	-	-	210.00	220.00	210.00	220.00
	Trincomalee	-	-	240.00	245.00	-	-	225.00	230.00	-	-	215.00	220.00	215.00	220.00
Hanguranketha	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
Veyangoda	-	-	235.00	240.00	300.00	315.00	230.00	230.00	215.00	220.00	220.00	220.00	205.00	220.00	
Galenbindunuwewa	-	-	240.00	240.00	-	-	225.00	230.00	220.00	220.00	220.00	220.00	210.00	220.00	
Bandarawela	-	-	-	-	320.00	340.00	230.00	230.00	-	-	210.00	215.00	210.00	215.00	
Matale	275.00	280.00	-	-	330.00	340.00	228.00	230.00	224.00	226.00	210.00	220.00	210.00	220.00	

Table 04: Selected Markets: Wholesale Price of Subsidiary Food (Rs/50kg)

Week 48: 28 Nov-04 Dec 2025

LOCATION	Dried Chillies	Red Onion		Big Onion	Potato			Pulses		
	Imported	Imported	Local		Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal
Colombo	40000 - 42500	17500 - 19000	16000 - 16500	8000 - 9000	8500 - 11500	-	17000 - 22500	25000 - 42500	40000 - 43500	12000 - 12500
Kurunegala	44000 - 45500	-	-	8000 - 8250	9250 - 9500	-	-	36000 - 37000	47000 - 47500	11500 - 11750
Nikaweratiya	43000 - 44500	12500 - 13000	-	8000 - 8500	8500 - 9250	-	-	30000 - 31500	45000 - 46000	11750 - 12250
Dehiattakandiya	44000 - 48000	13000 - 17500	-	8000 - 11000	9500 - 12500	-	17500 - 20000	27500 - 32500	37500 - 46500	13250 - 13250
Dambulla (DEC)	43500 - 44000	13500 - 14000	-	7750 - 8000	8750 - 9500	-	-	27500 - 29000	34000 - 35000	12500 - 12750
Anuradhapura	43000 - 47500	15000 - 18000	-	8250 - 9000	9000 - 10000	-	-	30000 - 35000	42500 - 45000	12250 - 12750
Thambuththegama	41500 - 42500	-	-	8000 - 8250	7750 - 10750	-	-	-	-	11500 - 11750
Polonnaruwa	-	-	-	-	-	-	-	-	-	-
Kaluthara	45000 - 50000	-	-	-	-	-	-	32500 - 36000	-	12500 - 12750
Puttalam	47500 - 48000	-	14000 - 15000	10000 - 10000	11000 - 12000	-	-	32500 - 34000	46000 - 49000	11750 - 12000
Kandy	45000 - 47500	14000 - 15000	-	9000 - 10000	9000 - 10000	-	-	30000 - 35000	40000 - 42500	12500 - 12600
Matara	47500 - 50000	18000 - 20000	-	8000 - 8300	9750 - 10250	-	-	30000 - 33000	40000 - 43000	12000 - 12500
Hambantota	-	-	-	-	-	-	-	-	-	-
Kegalle	40000 - 40000	13500 - 14500	-	8200 - 9000	-	-	-	31500 - 32000	44500 - 46500	13000 - 13500
Galle	41000 - 52500	17000 - 20000	-	8250 - 8500	9000 - 11000	-	-	34000 - 41000	42500 - 50000	12000 - 13000
Tissamaharama	41500 - 42500	19000 - 20000	-	8000 - 8250	8250 - 8500	-	-	26000 - 27500	-	11500 - 12000
Meegoda (DEC)	41250 - 45000	16000 - 17500	-	8500 - 8750	9250 - 11000	14000 - 14500	-	26000 - 34000	45000 - 47500	12250 - 13000
Jaffna	52000 - 52500	-	-	10500 - 10600	11000 - 11500	-	-	30000 - 31000	-	11500 - 11600
Vavuniya	-	-	-	-	-	-	-	-	-	-
Mannar	40000 - 40000	-	14000 - 15000	8000 - 8400	9000 - 9600	-	-	32500 - 37500	-	12500 - 12750
Killinochchi	45000 - 47000	-	-	11000 - 11000	11000 - 12500	-	-	32500 - 34000	-	12500 - 12750
Mullattivu	46000 - 48000	20000 - 21500	-	10000 - 11000	11000 - 12000	-	-	31000 - 32500	-	12750 - 13000
Batticaloa	40000 - 42500	-	-	9000 - 10000	8000 - 9000	-	17500 - 17500	25000 - 27500	37500 - 37500	-
Trincomalee	43000 - 44000	12000 - 12500	13750 - 14500	8750 - 9250	9500 - 10000	-	-	31500 - 32500	-	12000 - 12500
Galenbindunuwewa	44500 - 49000	14500 - 16750	-	8500 - 9750	9500 - 11500	-	-	29000 - 35000	44000 - 46500	12500 - 12750
Matale	47500 - 50000	12000 - 13000	-	8500 - 9000	10000 - 10500	-	-	34000 - 35000	47500 - 50000	12500 - 13000

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

Week 48: 28 Nov-04 Dec 2025

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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	950.00 – 1200.00	400.00 – 520.00	460.00 – 480.00	180.00 – 240.00	220.00 – 280.00	-	400.00 – 560.00	800.00 – 1200.00	1100.00 – 1300.00	260.00 – 300.00
Gampaha	-	-	-	-	-	-	-	-	-	-
Kurunegala	900.00 – 1000.00	400.00 – 450.00	-	200.00 – 200.00	220.00 – 240.00	-	-	800.00 – 900.00	1100.00 – 1150.00	250.00 – 280.00
Nikaweratiya	960.00 – 1100.00	-	-	180.00 – 200.00	190.00 – 230.00	-	-	650.00 – 750.00	950.00 – 1100.00	255.00 – 275.00
Dambulla	1000.00 – 1000.00	400.00 – 440.00	-	200.00 – 220.00	220.00 – 250.00	-	-	700.00 – 750.00	1000.00 – 1100.00	260.00 – 270.00
Anuradhapura	950.00 – 1000.00	360.00 – 400.00	-	190.00 – 220.00	200.00 – 240.00	-	-	700.00 – 800.00	1000.00 – 1100.00	260.00 – 280.00
Thambuththegama	950.00 – 1050.00	-	-	200.00 – 220.00	220.00 – 260.00	-	-	-	-	248.00 – 255.00
Polonnaruwa	-	-	-	-	-	-	-	-	-	-
Kaluthara	950.00 – 1100.00	380.00 – 440.00	-	220.00 – 240.00	220.00 – 300.00	-	-	650.00 – 800.00	1100.00 – 1200.00	255.00 – 275.00
Badulla	950.00 – 1100.00	380.00 – 440.00	-	230.00 – 240.00	240.00 – 240.00	320.00 – 380.00	-	680.00 – 700.00	900.00 – 950.00	280.00 – 280.00
Keppetipola	950.00 – 1000.00	400.00 – 420.00	-	200.00 – 220.00	-	360.00 – 380.00	-	700.00 – 800.00	850.00 – 900.00	240.00 – 250.00
Moneragala	900.00 – 1000.00	400.00 – 480.00	-	200.00 – 240.00	200.00 – 260.00	-	-	600.00 – 700.00	800.00 – 1000.00	260.00 – 280.00
Kegalle	900.00 – 1000.00	360.00 – 400.00	-	200.00 – 220.00	250.00 – 260.00	300.00 – 300.00	-	700.00 – 760.00	940.00 – 1000.00	300.00 – 320.00
Ampara	900.00 – 980.00	340.00 – 350.00	-	180.00 – 200.00	200.00 – 220.00	280.00 – 320.00	-	650.00 – 800.00	850.00 – 950.00	243.00 – 245.00
Dehiattakandiya	930.00 – 1000.00	480.00 – 480.00	-	180.00 – 250.00	200.00 – 280.00	-	400.00 – 440.00	600.00 – 750.00	850.00 – 980.00	280.00 – 300.00
Nuwaraeliya	-	-	-	-	-	-	-	-	-	-
Kandy	1080.00 – 1100.00	500.00 – 560.00	-	250.00 – 250.00	200.00 – 220.00	-	420.00 – 460.00	780.00 – 900.00	1000.00 – 1100.00	270.00 – 280.00
Puttalam	1000.00 – 1050.00	-	400.00 – 480.00	240.00 – 250.00	260.00 – 300.00	-	-	700.00 – 800.00	1000.00 – 1050.00	250.00 – 280.00
Rathnapura	1000.00 – 1100.00	370.00 – 450.00	-	180.00 – 210.00	210.00 – 240.00	280.00 – 320.00	-	600.00 – 700.00	920.00 – 950.00	260.00 – 280.00
Hambantota	-	-	-	-	-	-	-	-	-	-
Matara	980.00 – 1020.00	400.00 – 520.00	-	180.00 – 190.00	220.00 – 240.00	-	-	650.00 – 750.00	850.00 – 950.00	260.00 – 290.00
Galle	1000.00 – 1100.00	400.00 – 480.00	-	180.00 – 200.00	200.00 – 280.00	-	-	700.00 – 900.00	900.00 – 1200.00	260.00 – 280.00
Tissamaharama	900.00 – 950.00	420.00 – 450.00	-	180.00 – 190.00	210.00 – 230.00	-	380.00 – 380.00	580.00 – 600.00	950.00 – 950.00	260.00 – 270.00
Meegoda (DEC)	900.00 – 1000.00	440.00 – 520.00	-	220.00 – 240.00	240.00 – 300.00	-	380.00 – 400.00	720.00 – 800.00	1000.00 – 1120.00	270.00 – 300.00
Embilipitiya	980.00 – 1050.00	360.00 – 400.00	-	185.00 – 200.00	250.00 – 280.00	360.00 – 400.00	-	600.00 – 720.00	1000.00 – 1080.00	255.00 – 300.00
Jaffna	900.00 – 1100.00	-	-	200.00 – 220.00	230.00 – 240.00	-	-	650.00 – 660.00	-	240.00 – 250.00
Vavuniya	-	-	-	-	-	-	-	-	-	-
Mannar	900.00 – 960.00	350.00 – 350.00	-	200.00 – 220.00	210.00 – 220.00	-	-	750.00 – 850.00	900.00 – 1000.00	260.00 – 270.00
Killinochchi	950.00 – 1000.00	-	-	250.00 – 250.00	260.00 – 280.00	-	-	700.00 – 740.00	-	260.00 – 265.00
Mullaittivu	960.00 – 1000.00	-	420.00 – 450.00	-	240.00 – 260.00	-	-	640.00 – 680.00	-	260.00 – 265.00
Batticaloa	900.00 – 1000.00	-	-	250.00 – 250.00	250.00 – 250.00	-	600.00 – 600.00	700.00 – 750.00	900.00 – 950.00	250.00 – 270.00
Trincomalee	960.00 – 1000.00	360.00 – 370.00	-	240.00 – 250.00	250.00 – 260.00	-	-	720.00 – 750.00	-	260.00 – 265.00
Hanguranketha	-	-	-	-	-	-	-	-	-	-
Veyangoda	980.00 – 1000.00	480.00 – 480.00	-	200.00 – 220.00	240.00 – 280.00	340.00 – 340.00	-	760.00 – 800.00	1000.00 – 1120.00	240.00 – 300.00
Galenbindunuwewa	900.00 – 1000.00	300.00 – 340.00	-	180.00 – 200.00	200.00 – 240.00	-	-	600.00 – 720.00	900.00 – 950.00	255.00 – 260.00
Bandarawela	900.00 – 1000.00	380.00 – 400.00	-	200.00 – 220.00	220.00 – 240.00	320.00 – 340.00	-	750.00 – 850.00	950.00 – 1000.00	250.00 – 280.00
Matale	1000.00 – 1150.00	300.00 – 340.00	-	190.00 – 240.00	240.00 – 260.00	-	-	650.00 – 800.00	960.00 – 1100.00	270.00 – 280.00

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

Week 48: 28 Nov-04 Dec 2025

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	700.00 - 900.00	250.00 - 600.00	250.00 - 500.00	300.00 - 600.00	150.00 - 200.00
Meegoda (DEC)	-	830.00 - 900.00	250.00 - 370.00	200.00 - 270.00	290.00 - 330.00	250.00 - 270.00
Dambulla (DEC)	-	700.00 - 800.00	300.00 - 450.00	250.00 - 350.00	150.00 - 200.00	250.00 - 300.00
Keppetipola (DEC)	-	700.00 - 800.00	300.00 - 310.00	150.00 - 160.00	200.00 - 250.00	220.00 - 250.00
Norochchole (DEC)	-	1200.00 - 1200.00	900.00 - 1000.00	700.00 - 700.00	400.00 - 450.00	-
Nuwara Eliya	-	-	-	-	-	-
Kandy	-	700.00 - 800.00	350.00 - 380.00	350.00 - 380.00	250.00 - 270.00	250.00 - 280.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	-	800.00 - 1000.00	400.00 - 500.00	300.00 - 400.00	250.00 - 270.00	-
Jaffna	-	-	-	-	-	-
Bandarawela	-	820.00 - 860.00	200.00 - 250.00	190.00 - 220.00	200.00 - 220.00	210.00 - 230.00
Veyangoda	-	850.00 - 1000.00	320.00 - 380.00	250.00 - 300.00	200.00 - 250.00	300.00 - 320.00

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	150.00 - 200.00	80.00 - 350.00	300.00 - 350.00	250.00 - 300.00	200.00 - 350.00	450.00 - 1800.00
Meegoda (DEC)	130.00 - 160.00	140.00 - 170.00	250.00 - 360.00	200.00 - 280.00	220.00 - 340.00	830.00 - 1050.00
Moneragala	180.00 - 200.00	200.00 - 220.00	200.00 - 250.00	180.00 - 200.00	200.00 - 250.00	700.00 - 1000.00
Dambulla (DEC)	130.00 - 160.00	70.00 - 100.00	340.00 - 380.00	160.00 - 200.00	140.00 - 200.00	600.00 - 800.00
Keppetipola (DEC)	60.00 - 70.00	90.00 - 100.00	180.00 - 200.00	130.00 - 140.00	100.00 - 150.00	##### - 1200.00
Norochchole (DEC)	150.00 - 200.00	400.00 - 450.00	850.00 - 900.00	180.00 - 200.00	350.00 - 400.00	850.00 - 1000.00
Nuwara Eliya	-	-	-	-	-	-
Kandy	120.00 - 140.00	100.00 - 120.00	300.00 - 320.00	230.00 - 250.00	150.00 - 180.00	650.00 - 700.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	160.00 - 220.00	100.00 - 120.00	250.00 - 320.00	160.00 - 200.00	180.00 - 220.00	650.00 - 700.00
Tissamaharama	200.00 - 220.00	480.00 - 520.00	300.00 - 320.00	180.00 - 200.00	320.00 - 330.00	##### - 1100.00
Jaffna	-	-	-	-	-	-
Bandarawela	70.00 - 80.00	110.00 - 150.00	120.00 - 150.00	100.00 - 120.00	160.00 - 200.00	800.00 - 900.00
Veyangoda	140.00 - 150.00	160.00 - 200.00	350.00 - 450.00	160.00 - 200.00	180.00 - 250.00	800.00 - 1000.00

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	100.00 - 160.00	120.00 - 250.00	350.00 - 600.00	350.00 - 450.00	-	320.00 - 600.00
Meegoda (DEC)	120.00 - 140.00	120.00 - 160.00	580.00 - 640.00	380.00 - 400.00	-	320.00 - 400.00
Moneragala	120.00 - 160.00	180.00 - 200.00	550.00 - 600.00	350.00 - 400.00	-	400.00 - 460.00
Dambulla (DEC)	80.00 - 110.00	60.00 - 80.00	480.00 - 550.00	150.00 - 200.00	-	280.00 - 330.00
Keppetipola (DEC)	80.00 - 110.00	100.00 - 110.00	550.00 - 600.00	280.00 - 300.00	-	300.00 - 320.00
Norochchole (DEC)	180.00 - 200.00	60.00 - 200.00	600.00 - 720.00	280.00 - 300.00	-	450.00 - 500.00
Nuwara Eliya	-	-	-	-	-	-
Kandy	120.00 - 130.00	130.00 - 150.00	450.00 - 480.00	230.00 - 250.00	-	300.00 - 320.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	80.00 - 120.00	70.00 - 90.00	400.00 - 500.00	220.00 - 250.00	-	220.00 - 280.00
Tissamaharama	140.00 - 160.00	240.00 - 260.00	650.00 - 660.00	340.00 - 360.00	-	480.00 - 520.00
Jaffna	-	-	-	-	-	-
Bandarawela	125.00 - 135.00	130.00 - 140.00	-	-	-	-
Veyangoda	110.00 - 140.00	100.00 - 130.00	600.00 - 700.00	320.00 - 370.00	-	350.00 - 400.00

Table 06 (Contd.)

	Long Beans	Ash Plantain	Green Chillies	Lime	Sweet Potatoe	Manioc
Colombo	300.00 - 550.00	100.00 - 130.00	200.00 - 800.00	600.00 - 800.00	130.00 - 220.00	80.00 - 130.00
Meegoda (DEC)	360.00 - 400.00	90.00 - 130.00	300.00 - 370.00	450.00 - 550.00	180.00 - 200.00	110.00 - 120.00
Moneragala	300.00 - 350.00	60.00 - 100.00	500.00 - 700.00	500.00 - 550.00	150.00 - 180.00	80.00 - 100.00
Dambulla (DEC)	250.00 - 350.00	100.00 - 120.00	100.00 - 150.00	350.00 - 450.00	140.00 - 160.00	80.00 - 110.00
Keppetipola (DEC)	300.00 - 320.00	80.00 - 90.00	600.00 - 700.00	480.00 - 500.00	170.00 - 180.00	100.00 - 120.00
Norochchole (DEC)	300.00 - 350.00	100.00 - 120.00	700.00 - 800.00	-	-	100.00 - 100.00
Nuwara Eliya	-	-	-	-	-	-
Kandy	300.00 - 320.00	120.00 - 140.00	220.00 - 250.00	550.00 - 600.00	130.00 - 150.00	100.00 - 120.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	350.00 - 400.00	70.00 - 80.00	80.00 - 100.00	400.00 - 500.00	100.00 - 120.00	80.00 - 100.00
Tissamaharama	340.00 - 350.00	100.00 - 120.00	900.00 - 950.00	900.00 - 950.00	240.00 - 260.00	140.00 - 160.00
Jaffna	-	-	-	-	-	-
Bandarawela	320.00 - 350.00	100.00 - 130.00	450.00 - 500.00	800.00 - 900.00	180.00 - 190.00	-
Veyangoda	240.00 - 270.00	110.00 - 130.00	250.00 - 320.00	500.00 - 550.00	170.00 - 200.00	110.00 - 130.00

Locations	Leafy Vegetables (Rs/bundle)			Coconut (Rs/nut)	
	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	60.00 - 60.00	60.00 - 60.00	-	200.00 - 210.00	190.00 - 195.00
Meegoda (DEC)	60.00 - 60.00	60.00 - 60.00	180.00 - 240.00	200.00 - 210.00	180.00 - 190.00
Norochchole (DEC)	40.00 - 40.00	40.00 - 40.00	-	170.00 - 180.00	130.00 - 140.00
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	40.00 - 50.00	40.00 - 50.00	150.00 - 150.00	155.00 - 165.00	135.00 - 140.00
Kandy	40.00 - 45.00	40.00 - 45.00	270.00 - 280.00	170.00 - 180.00	130.00 - 140.00
Hambantota	-	-	-	-	-
Thambuththegama (DEC)	-	-	-	140.00 - 150.00	100.00 - 110.00
Tissamaharama	30.00 - 35.00	30.00 - 35.00	-	-	-
Jaffna	-	-	-	-	-
Bandarawela	-	-	-	-	-
Veyangoda	-	-	-	-	-

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

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

Week 48: 28 Nov-04 Dec 2025

LOCATIONS	Up Country Varieties																
	Butter Beans		Green Beans		Carrot		Leeks		Beetroot		Knol Khol		Raddish		Cabbage		Tomato
Colombo	-		750.00 - 1200.00		500.00 - 800.00		400.00 - 600.00		350.00 - 800.00		350.00 - 560.00		300.00 - 560.00		150.00 - 650.00		350.00 - 800.00
Gampaha	-		-		-		-		-		-		-		-		-
Kurunegala	-		700.00 - 700.00		900.00 - 1000.00		900.00 - 1000.00		350.00 - 350.00		500.00 - 560.00		-		320.00 - 350.00		680.00 - 700.00
Nikaweratiya	-		850.00 - 1000.00		700.00 - 820.00		600.00 - 700.00		320.00 - 480.00		320.00 - 480.00		320.00 - 400.00		350.00 - 450.00		600.00 - 800.00
Dambulla	-		900.00 - 1000.00		1000.00 - 1200.00		900.00 - 1200.00		440.00 - 480.00		400.00 - 440.00		300.00 - 320.00		200.00 - 250.00		600.00 - 700.00
Anuradhapura	-		1000.00 - 1200.00		640.00 - 720.00		580.00 - 640.00		480.00 - 560.00		-		240.00 - 280.00		360.00 - 480.00		480.00 - 520.00
Thambuththegama	-		1000.00 - 1300.00		720.00 - 800.00		500.00 - 600.00		400.00 - 500.00		-		300.00 - 350.00		180.00 - 250.00		450.00 - 550.00
Polonnaruwa	-		-		-		-		-		-		-		-		-
Kaluthara	-		1200.00 - 1400.00		1000.00 - 1200.00		800.00 - 880.00		600.00 - 800.00		-		380.00 - 440.00		600.00 - 800.00		480.00 - 640.00
Badulla	-		1000.00 - 1200.00		280.00 - 320.00		240.00 - 280.00		400.00 - 480.00		380.00 - 400.00		200.00 - 240.00		200.00 - 240.00		240.00 - 260.00
Keppetipola	-		780.00 - 850.00		360.00 - 400.00		230.00 - 250.00		280.00 - 300.00		280.00 - 300.00		120.00 - 130.00		160.00 - 180.00		250.00 - 260.00
Moneragala	-		1000.00 - 1200.00		400.00 - 440.00		440.00 - 480.00		440.00 - 520.00		-		240.00 - 280.00		360.00 - 400.00		340.00 - 400.00
Kegalle	-		1000.00 - 1200.00		1200.00 - 1400.00		-		500.00 - 500.00		-		-		700.00 - 720.00		-
Ampara	-		860.00 - 1200.00		720.00 - 980.00		600.00 - 700.00		-		-		-		420.00 - 480.00		500.00 - 600.00
Dehiattakandiya	-		800.00 - 1000.00		600.00 - 600.00		600.00 - 600.00		400.00 - 500.00		-		300.00 - 300.00		300.00 - 400.00		800.00 - 800.00
Nuwaraeliya	-		-		-		-		-		-		-		-		-
Kandy	-		900.00 - 1000.00		600.00 - 650.00		550.00 - 600.00		400.00 - 450.00		450.00 - 480.00		240.00 - 260.00		320.00 - 360.00		750.00 - 800.00
Puttalam	-		1300.00 - 1400.00		1200.00 - 1300.00		800.00 - 800.00		600.00 - 600.00		-		280.00 - 300.00		600.00 - 600.00		1000.00 - 1000.00
Hambantota	-		-		-		-		-		-		-		-		-
Rathnapura	-		1100.00 - 1200.00		900.00 - 1000.00		850.00 - 940.00		-		-		300.00 - 350.00		600.00 - 660.00		350.00 - 440.00
Matara	-		1000.00 - 1100.00		1000.00 - 1200.00		800.00 - 1000.00		-		-		-		580.00 - 650.00		400.00 - 480.00
Galle	-		1100.00 - 1200.00		1200.00 - 1200.00		700.00 - 900.00		-		-		-		800.00 - 800.00		480.00 - 560.00
Tissamaharama	-		1100.00 - 1200.00		1100.00 - 1200.00		650.00 - 660.00		850.00 - 880.00		500.00 - 520.00		250.00 - 280.00		550.00 - 560.00		350.00 - 380.00
Meegoda (DEC)	-		900.00 - 1000.00		480.00 - 600.00		400.00 - 600.00		540.00 - 600.00		500.00 - 600.00		240.00 - 320.00		480.00 - 560.00		520.00 - 600.00
Embilipitiya	-		1100.00 - 1200.00		350.00 - 400.00		300.00 - 400.00		500.00 - 600.00		240.00 - 280.00		280.00 - 320.00		240.00 - 320.00		280.00 - 320.00
Jaffna	-		800.00 - 900.00		1000.00 - 1100.00		800.00 - 900.00		350.00 - 400.00		-		340.00 - 380.00		280.00 - 300.00		700.00 - 750.00
Vavuniya	-		-		-		-		-		-		-		-		-
Mannar	-		1000.00 - 1200.00		1000.00 - 1200.00		1000.00 - 1100.00		300.00 - 350.00		-		-		400.00 - 450.00		350.00 - 400.00
Killinochchi	-		1200.00 - 1250.00		1200.00 - 1250.00		1200.00 - 1250.00		500.00 - 550.00		-		300.00 - 340.00		400.00 - 440.00		1000.00 - 1050.00
Mullaittivu	-		950.00 - 1000.00		1150.00 - 1200.00		1150.00 - 1250.00		500.00 - 550.00		-		350.00 - 380.00		500.00 - 550.00		-
Batticaloa	-		1200.00 - 1300.00		1000.00 - 1000.00		1000.00 - 1000.00		800.00 - 850.00		600.00 - 650.00		300.00 - 350.00		600.00 - 600.00		600.00 - 600.00
Trincomalee	-		1000.00 1100.00		1150.00 1200.00		1000.00 1100.00		550.00 - 600.00				350.00 - 400.00		360.00 400.00		900.00 1000.00
Hanguranketha	-		-		-		-		-		-		-		-		-
Veyangoda	-		1100.00 - 1300.00		480.00 - 520.00		360.00 - 400.00		320.00 - 360.00		400.00 - 440.00		240.00 - 240.00		240.00 - 280.00		400.00 - 520.00
Galenbindunuwewa	-		950.00 - 1200.00		600.00 - 1700.00		600.00 - 800.00		320.00 - 480.00		260.00 - 300.00		180.00 - 200.00		240.00 - 280.00		650.00 - 800.00
Bandarawela	-		940.00 - 1000.00		400.00 - 480.00		360.00 - 400.00		420.00 - 500.00		360.00 - 400.00		180.00 - 220.00		240.00 - 260.00		320.00 - 400.00
Matale	-		800.00 - 1000.00		600.00 - 800.00		600.00 - 800.00		320.00 - 480.00		320.00 - 480.00		240.00 - 280.00		200.00 - 240.00		700.00 - 800.00

Table 07 (Contd.)

LOCATIONS	Low Country Varieties											
	Ladies Fingers	Brinjal	Capsicum	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa	Long Beans		
Colombo	320.00 - 600.00	400.00 - 650.00	600.00 - 1600.00	180.00 - 320.00	180.00 - 360.00	500.00 - 1000.00	400.00 - 650.00	-	400.00 - 700.00	500.00 - 720.00		
Gampaha	-	-	-	-	-	-	-	-	-	-		
Kurunegala	240.00 - 260.00	380.00 - 400.00	1000.00 - 1200.00	150.00 - 180.00	200.00 - 220.00	800.00 - 850.00	360.00 - 400.00	-	560.00 - 600.00	-		
Nikaweratiya	280.00 - 380.00	320.00 - 450.00	720.00 - 820.00	180.00 - 250.00	180.00 - 320.00	680.00 - 800.00	380.00 - 480.00	-	450.00 - 600.00	500.00 - 600.00		
Dambulla	300.00 - 340.00	400.00 - 480.00	1000.00 - 1200.00	160.00 - 200.00	200.00 - 240.00	780.00 - 800.00	360.00 - 400.00	-	460.00 - 500.00	440.00 - 480.00		
Anuradhapura	320.00 - 360.00	360.00 - 400.00	800.00 - 1200.00	180.00 - 240.00	200.00 - 280.00	680.00 - 720.00	400.00 - 480.00	-	440.00 - 520.00	440.00 - 520.00		
Thambuththegama	280.00 - 350.00	320.00 - 380.00	800.00 - 1000.00	150.00 - 220.00	160.00 - 220.00	700.00 - 800.00	380.00 - 440.00	-	450.00 - 500.00	520.00 - 600.00		
Polonnaruwa	-	-	-	-	-	-	-	-	-	-		
Kaluthara	400.00 - 480.00	400.00 - 600.00	1500.00 - 2000.00	200.00 - 300.00	320.00 - 400.00	800.00 - 1000.00	600.00 - 600.00	-	600.00 - 640.00	600.00 - 640.00		
Badulla	320.00 - 400.00	240.00 - 260.00	1000.00 - 1150.00	240.00 - 250.00	240.00 - 250.00	580.00 - 600.00	460.00 - 480.00	-	480.00 - 520.00	460.00 - 480.00		
Keppetipola	200.00 - 220.00	180.00 - 220.00	1300.00 - 1450.00	150.00 - 160.00	150.00 - 160.00	650.00 - 680.00	350.00 - 360.00	-	360.00 - 380.00	360.00 - 380.00		
Moneragala	300.00 - 320.00	300.00 - 350.00	800.00 - 1200.00	200.00 - 240.00	240.00 - 300.00	600.00 - 720.00	400.00 - 440.00	-	520.00 - 560.00	400.00 - 440.00		
Kegalle	300.00 - 300.00	550.00 - 600.00	2200.00 - 2200.00	200.00 - 250.00	400.00 - 400.00	850.00 - 900.00	500.00 - 500.00	500.00 - 540.00	400.00 - 400.00	380.00 - 420.00		
Ampara	300.00 - 380.00	380.00 - 500.00	950.00 - 1100.00	160.00 - 220.00	260.00 - 300.00	680.00 - 800.00	360.00 - 420.00	-	400.00 - 460.00	320.00 - 520.00		
Dehiattakandiya	400.00 - 480.00	300.00 - 400.00	800.00 - 800.00	240.00 - 300.00	160.00 - 200.00	800.00 - 800.00	300.00 - 480.00	-	700.00 - 720.00	600.00 - 720.00		
Nuwaraeliya	-	-	-	-	-	-	-	-	-	-		
Kandy	400.00 - 450.00	260.00 - 300.00	850.00 - 900.00	200.00 - 240.00	200.00 - 240.00	550.00 - 600.00	400.00 - 450.00	-	480.00 - 520.00	360.00 - 400.00		
Puttalam	300.00 - 300.00	400.00 - 600.00	1200.00 - 1500.00	300.00 - 300.00	300.00 - 300.00	800.00 - 800.00	400.00 - 400.00	-	600.00 - 600.00	500.00 - 500.00		
Rathnapura	280.00 - 350.00	350.00 - 450.00	1000.00 - 1200.00	200.00 - 280.00	220.00 - 250.00	-	380.00 - 450.00	-	550.00 - 600.00	540.00 - 620.00		
Hambantota	-	-	-	-	-	-	-	-	-	-		
Matara	320.00 - 400.00	400.00 - 480.00	900.00 - 1000.00	180.00 - 200.00	280.00 - 320.00	800.00 - 1000.00	560.00 - 600.00	-	580.00 - 640.00	580.00 - 640.00		
Galle	400.00 - 500.00	480.00 - 600.00	800.00 - 900.00	160.00 - 300.00	300.00 - 400.00	800.00 - 900.00	600.00 - 660.00	-	600.00 - 660.00	600.00 - 700.00		
Tissamaharama	220.00 - 240.00	350.00 - 360.00	1200.00 - 1300.00	180.00 - 200.00	280.00 - 300.00	680.00 - 700.00	380.00 - 400.00	-	550.00 - 580.00	380.00 - 400.00		
Meegoda (DEC)	360.00 - 400.00	400.00 - 480.00	1400.00 - 1600.00	200.00 - 280.00	240.00 - 300.00	720.00 - 920.00	480.00 - 520.00	-	560.00 - 640.00	520.00 - 600.00		
Embilipitiya	280.00 - 320.00	400.00 - 520.00	1000.00 - 1200.00	200.00 - 240.00	160.00 - 240.00	950.00 - 1000.00	480.00 - 520.00	-	520.00 - 600.00	400.00 - 500.00		
Jaffna	240.00 - 260.00	400.00 - 480.00	900.00 - 950.00	100.00 - 120.00	180.00 - 200.00	730.00 - 800.00	300.00 - 330.00	-	-	-		
Vavuniya	-	-	-	-	-	-	-	-	-	-		
Mannar	300.00 - 350.00	550.00 - 600.00	1000.00 - 1200.00	200.00 - 220.00	240.00 - 250.00	850.00 - 900.00	600.00 - 600.00	-	-	550.00 - 600.00		
Killinochchi	280.00 - 320.00	500.00 - 540.00	1000.00 - 1060.00	180.00 - 200.00	200.00 - 220.00	1000.00 - 1060.00	400.00 - 440.00	-	-	700.00 - 740.00		
Mullaittivu	400.00 - 450.00	500.00 - 550.00	1000.00 - 1100.00	100.00 - 120.00	180.00 - 220.00	1150.00 - 1200.00	350.00 - 400.00	-	-	700.00 - 760.00		
Batticaloa	400.00 - 400.00	600.00 - 600.00	1800.00 - 2000.00	200.00 - 200.00	-	800.00 - 1000.00	400.00 - 400.00	400.00 - 400.00	400.00 - 400.00	600.00 - 600.00		
Trincomalee	450.00 - 480.00	480.00 - 500.00	1200.00 - 1300.00	240.00 - 250.00	220.00 - 240.00	760.00 - 800.00	360.00 - 400.00	-	-	760.00 - 800.00		
Hanguranketha	-	-	-	-	-	-	-	-	-	-		
Veyangoda	240.00 - 320.00	280.00 - 320.00	1100.00 - 1300.00	180.00 - 220.00	200.00 - 240.00	800.00 - 880.00	400.00 - 480.00	-	520.00 - 560.00	360.00 - 400.00		
Galenbindunuwewa	300.00 - 350.00	320.00 - 360.00	1100.00 - 1200.00	160.00 - 240.00	160.00 - 240.00	480.00 - 520.00	300.00 - 480.00	-	480.00 - 520.00	300.00 - 340.00		
Bandarawela	240.00 - 280.00	300.00 - 360.00	1000.00 - 1100.00	160.00 - 180.00	200.00 - 240.00	600.00 - 620.00	-	-	-	400.00 - 440.00		
Matale	320.00 - 360.00	320.00 - 400.00	1000.00 - 1500.00	180.00 - 240.00	200.00 - 240.00	720.00 - 800.00	320.00 - 360.00	-	400.00 - 480.00	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	180.00 - 340.00	250.00 - 900.00	800.00 - 1800.00	250.00 - 460.00	180.00 - 260.00	80.00 - 100.00	80.00 - 100.00	-	200.00 - 220.00	185.00 - 200.00		
Gampaha	-	-	-	-	-	-	-	-	-	-		
Kurunegala	230.00 - 240.00	800.00 - 850.00	750.00 - 850.00	260.00 - 300.00	200.00 - 200.00	-	-	-	200.00 - 220.00	100.00 - 150.00		
Nikaweratiya	200.00 - 320.00	500.00 - 600.00	1000.00 - 1300.00	240.00 - 320.00	160.00 - 200.00	50.00 - 50.00	50.00 - 50.00	150.00 - 150.00	180.00 - 200.00	160.00 - 175.00		
Dambulla	200.00 - 240.00	500.00 - 700.00	900.00 - 1000.00	260.00 - 300.00	200.00 - 240.00	80.00 - 100.00	80.00 - 100.00	80.00 - 100.00	180.00 - 200.00	150.00 - 160.00		
Anuradhapura	200.00 - 240.00	600.00 - 800.00	800.00 - 1000.00	200.00 - 240.00	180.00 - 240.00	50.00 - 60.00	50.00 - 60.00	60.00 - 70.00	190.00 - 220.00	160.00 - 180.00		
Thambuththegama	100.00 - 150.00	180.00 - 280.00	650.00 - 750.00	180.00 - 220.00	160.00 - 200.00	-	-	-	160.00 - 170.00	120.00 - 120.00		
Polonnaruwa	-	-	-	-	-	-	-	-	-	-		
Kaluthara	300.00 - 340.00	1500.00 - 1800.00	1200.00 - 1500.00	340.00 - 400.00	200.00 - 200.00	80.00 - 80.00	80.00 - 100.00	100.00 - 120.00	200.00 - 220.00	150.00 - 160.00		
Badulla	240.00 - 240.00	580.00 - 600.00	1200.00 - 1200.00	-	200.00 - 200.00	80.00 - 80.00	80.00 - 80.00	100.00 - 100.00	210.00 - 210.00	170.00 - 170.00		
Keppetipola	140.00 - 150.00	750.00 - 850.00	600.00 - 650.00	180.00 - 200.00	140.00 - 150.00	60.00 - 80.00	60.00 - 80.00	80.00 - 100.00	170.00 - 180.00	150.00 - 160.00		
Moneragala	120.00 - 160.00	600.00 - 800.00	700.00 - 800.00	220.00 - 260.00	120.00 - 140.00	50.00 - 60.00	50.00 - 60.00	60.00 - 80.00	150.00 - 170.00	100.00 - 140.00		
Kegalle	240.00 - 250.00	1500.00 - 1500.00	1200.00 - 1400.00	250.00 - 300.00	180.00 - 220.00	70.00 - 80.00	70.00 - 90.00	40.00 - 60.00	200.00 - 210.00	180.00 - 190.00		
Ampara	240.00 - 280.00	680.00 - 720.00	1000.00 - 1300.00	200.00 - 260.00	120.00 - 160.00	70.00 - 70.00	60.00 - 60.00	200.00 - 200.00	160.00 - 170.00	-		
Dehiattakandiya	200.00 - 300.00	400.00 - 400.00	700.00 - 1000.00	200.00 - 300.00	150.00 - 200.00	50.00 - 50.00	50.00 - 50.00	50.00 - 50.00	-	100.00 - 130.00		
Nuwaraeliya	-	-	-	-	-	-	-	-	-	-		
Kandy	300.00 - 320.00	500.00 - 600.00	1200.00 - 1300.00	300.00 - 320.00	200.00 - 240.00	50.00 - 60.00	50.00 - 60.00	50.00 - 60.00	190.00 - 200.00	150.00 - 160.00		
Puttalam	150.00 - 200.00	1000.00 - 1000.00	-	400.00 - 400.00	180.00 - 200.00	50.00 - 60.00	50.00 - 60.00	40.00 - 50.00	200.00 - 220.00	160.00 - 170.00		
Rathnapura	260.00 - 350.00	1300.00 - 1500.00	1000.00 - 1300.00	250.00 - 280.00	120.00 - 160.00	80.00 - 80.00	80.00 - 80.00	100.00 - 100.00	180.00 - 210.00	150.00 - 175.00		
Hambanthota	-	-	-	-	-	-	-	-	-	-		
Matara	240.00 - 260.00	1200.00 - 1500.00	1000.00 - 1500.00	250.00 - 280.00	220.00 - 240.00	55.00 - 60.00	55.00 - 60.00	90.00 - 120.00	190.00 - 200.00	160.00 - 170.00		
Galle	300.00 - 320.00	1600.00 - 1800.00	1600.00 - 2000.00	340.00 - 360.00	240.00 - 280.00	70.00 - 80.00	60.00 - 60.00	80.00 - 100.00	200.00 - 220.00	160.00 - 180.00		
Tissamaharama	140.00 - 160.00	1000.00 - 1100.00	1000.00 - 1100.00	280.00 - 300.00	180.00 - 200.00	40.00 - 45.00	40.00 - 45.00	70.00 - 80.00	190.00 - 200.00	160.00 - 170.00		
Meegoda (DEC)	240.00 - 300.00	480.00 - 600.00	700.00 - 900.00	300.00 - 320.00	180.00 - 240.00	80.00 - 80.00	80.00 - 80.00	100.00 - 120.00	210.00 - 230.00	190.00 - 200.00		
Embilipitiya	140.00 - 160.00	400.00 - 520.00	900.00 - 1000.00	160.00 - 200.00	140.00 - 160.00	50.00 - 70.00	50.00 - 70.00	100.00 - 120.00	160.00 - 200.00	120.00 - 150.00		
Jaffna	-	450.00 - 500.00	600.00 - 800.00	250.00 - 260.00	150.00 - 170.00	80.00 - 80.00	80.00 - 80.00	80.00 - 80.00	210.00 - 220.00	140.00 - 150.00		
Vavuniya	-	-	-	-	-	-	-	-	-	-		
Mannar	180.00 - 200.00	800.00 - 900.00	800.00 - 850.00	250.00 - 280.00	200.00 - 240.00	80.00 - 85.00	80.00 - 85.00	70.00 - 75.00	195.00 - 200.00	125.00 - 130.00		
Killinochchi	180.00 - 220.00	400.00 - 440.00	500.00 - 550.00	260.00 - 300.00	140.00 - 160.00	70.00 - 80.00	50.00 - 60.00	60.00 - 70.00	180.00 - 200.00	100.00 - 120.00		
Mullaittivu	190.00 - 220.00	550.00 - 600.00	600.00 - 700.00	240.00 - 260.00	180.00 - 220.00	80.00 - 80.00	60.00 - 60.00	50.00 - 50.00	160.00 - 170.00	100.00 - 110.00		
Batticaloa	200.00 - 200.00	600.00 - 700.00	800.00 - 800.00	200.00 - 200.00	200.00 - 200.00	100.00 - 100.00	150.00 - 150.00	100.00 - 100.00	170.00 - 180.00	100.00 - 100.00		
Trincomalee	240.00 250.00	800.00 900.00	800.00 1000.00	260.00 300.00	240.00 250.00	75.00 80.00	75.00 80.00	50.00 55.00	180.00 190.00	110.00 120.00		
Hanguranketha	-	-	-	-	-	-	-	-	-	-		
Veyangoda	180.00 - 240.00	500.00 - 700.00	700.00 - 800.00	240.00 - 280.00	200.00 - 240.00	-	-	-	190.00 - 190.00	170.00 - 180.00		
Galenbindunuwewa	160.00 - 240.00	480.00 - 600.00	1000.00 - 1000.00	300.00 - 350.00	180.00 - 200.00	50.00 - 60.00	-	50.00 - 60.00	150.00 - 165.00	120.00 - 135.00		
Bandarawela	180.00 - 200.00	560.00 - 600.00	1000.00 - 1100.00	240.00 - 250.00	180.00 - 200.00	70.00 - 80.00	70.00 - 80.00	80.00 - 100.00	190.00 - 200.00	160.00 - 180.00		
Matale	200.00 - 240.00	400.00 - 500.00	800.00 - 1000.00	200.00 - 240.00	180.00 - 200.00	60.00 - 70.00	60.00 - 70.00	50.00 - 60.00	170.00 - 180.00	150.00 - 160.00		

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

Week 48: 28 Nov-04 Dec 2025

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LOCATIONS	Banana					Pineapple			Mango	
	Ambul (Rs/kg)	Kolikuttu (Rs/kg)	Seeni (Rs/kg)	Anamalu	Ambun	Large	Medium	Small	Betti	Karthakolomban
Colombo	150.00 - 220.00	250.00 - 350.00	150.00 - 220.00	36.00 - 50.00	50.00 - 70.00	400.00 - 500.00	300.00 - 380.00	230.00 - 280.00	-	150.00 - 200.00
Gampaha	-	-	-	-	-	-	-	-	-	-
Kurunegala	140.00 - 160.00	300.00 - 350.00	150.00 - 160.00	-	48.00 - 50.00	-	350.00 - 360.00	-	-	75.00 - 90.00
Nikaweratiya	150.00 - 180.00	350.00 - 380.00	150.00 - 180.00	-	60.00 - 70.00	500.00 - 550.00	350.00 - 480.00	-	-	200.00 - 250.00
Dambulla	140.00 - 160.00	300.00 - 340.00	160.00 - 180.00	-	56.00 - 60.00	400.00 - 450.00	300.00 - 350.00	150.00 - 200.00	40.00 - 50.00	80.00 - 100.00
Anuradhapura	150.00 - 200.00	300.00 - 400.00	150.00 - 180.00	35.00 - 40.00	43.00 - 50.00	580.00 - 650.00	420.00 - 480.00	300.00 - 380.00	-	50.00 - 80.00
Thambuththegama	120.00 - 150.00	320.00 - 380.00	120.00 - 160.00	25.00 - 25.00	42.00 - 42.00	-	320.00 - 380.00	-	-	160.00 - 200.00
Polonnaruwa	-	-	-	-	-	-	-	-	-	-
Kaluthara	180.00 - 220.00	300.00 - 380.00	200.00 - 220.00	34.00 - 35.00	42.00 - 45.00	390.00 - 455.00	300.00 - 350.00	240.00 - 280.00	-	70.00 - 90.00
Badulla	130.00 - 150.00	200.00 - 250.00	120.00 - 150.00	30.00 - 33.00	41.00 - 46.00	-	250.00 - 350.00	150.00 - 200.00	-	62.00 - 75.00
Keppetipola	160.00 - 170.00	330.00 - 340.00	150.00 - 160.00	32.00 - 35.00	55.00 - 56.00	-	300.00 - 320.00	230.00 - 250.00	45.00 - 50.00	-
Moneragala	100.00 - 120.00	280.00 - 340.00	80.00 - 100.00	18.00 - 20.00	25.00 - 28.00	500.00 - 520.00	420.00 - 420.00	-	-	50.00 - 60.00
Kegalle	130.00 - 170.00	300.00 - 360.00	150.00 - 170.00	35.00 - 40.00	56.00 - 62.00	650.00 - 650.00	350.00 - 450.00	140.00 - 160.00	-	100.00 - 120.00
Ampara	150.00 - 160.00	280.00 - 280.00	130.00 - 140.00	35.00 - 38.00	46.00 - 50.00	450.00 - 480.00	-	-	-	56.00 - 60.00
Dehiattakandiya	180.00 - 200.00	320.00 - 350.00	160.00 - 200.00	-	47.00 - 54.00	530.00 - 680.00	350.00 - 400.00	200.00 - 280.00	-	-
Nuwaraeliya	-	-	-	-	-	-	-	-	-	-
Kandy	180.00 - 200.00	350.00 - 400.00	160.00 - 180.00	28.00 - 39.00	45.00 - 48.00	500.00 - 550.00	300.00 - 350.00	180.00 - 200.00	40.00 - 50.00	80.00 - 100.00
Puttalam	100.00 - 130.00	320.00 - 350.00	100.00 - 140.00	20.00 - 24.00	-	500.00 - 550.00	380.00 - 400.00	280.00 - 320.00	-	120.00 - 125.00
Rathnapura	150.00 - 200.00	300.00 - 400.00	150.00 - 200.00	30.00 - 37.00	41.00 - 58.00	420.00 - 490.00	300.00 - 350.00	240.00 - 280.00	-	100.00 - 160.00
Hambantota	-	-	-	-	-	-	-	-	-	-
Matara	160.00 - 180.00	240.00 - 260.00	150.00 - 160.00	24.00 - 25.00	34.00 - 36.00	520.00 - 580.00	450.00 - 500.00	250.00 - 300.00	-	120.00 - 150.00
Galle	150.00 - 180.00	300.00 - 360.00	120.00 - 160.00	32.00 - 35.00	34.00 - 38.00	600.00 - 600.00	500.00 - 520.00	350.00 - 400.00	80.00 - 90.00	45.00 - 80.00
Tissamaharama	140.00 - 160.00	250.00 - 260.00	120.00 - 140.00	30.00 - 33.00	45.00 - 47.00	420.00 - 450.00	350.00 - 380.00	280.00 300.00	-	55.00 - 60.00
Meegoda (DEC)	150.00 - 160.00	260.00 - 280.00	140.00 - 160.00	42.00 - 50.00	47.00 - 56.00	480.00 - 540.00	360.00 - 400.00	280.00 - 320.00	-	85.00 - 90.00
Embilipitiya	60.00 - 100.00	200.00 - 250.00	90.00 - 120.00	20.00 - 30.00	25.00 - 30.00	450.00 - 500.00	350.00 - 420.00	300.00 - 340.00	30.00 - 50.00	60.00 - 90.00
Jaffna	90.00 - 120.00	240.00 - 300.00	130.00 - 150.00	-	-	440.00 - 450.00	300.00 - 420.00	200.00 - 240.00	-	100.00 - 120.00
Vavuniya	-	-	-	-	-	-	-	-	-	-
Mannar	180.00 - 200.00	350.00 - 400.00	200.00 - 220.00	40.00 - 42.00	46.00 - 48.00	550.00 - 600.00	450.00 - 500.00	350.00 - 400.00	-	140.00 - 150.00
Killinochchi	100.00 - 120.00	300.00 - 330.00	140.00 - 160.00	30.00 - 32.00	34.00 - 36.00	380.00 - 420.00	340.00 - 360.00	280.00 - 320.00	-	70.00 - 90.00
Mullaittivu	100.00 - 130.00	300.00 - 320.00	90.00 - 110.00	29.00 - 32.00	34.00 - 36.00	540.00 - 560.00	440.00 - 460.00	340.00 - 360.00	-	80.00 - 100.00
Batticaloa	150.00 - 160.00	300.00 - 350.00	130.00 - 150.00	35.00 - 36.00	40.00 - 44.00	400.00 - 400.00	340.00 - 350.00	200.00 - 220.00	-	130.00 - 150.00
Trincomalee	160.00 - 180.00	420.00 - 450.00	160.00 - 170.00	-	-	640.00 - 660.00	480.00 - 520.00	340.00 - 350.00	-	100.00 - 120.00
Veyangoda	140.00 - 160.00	220.00 - 240.00	130.00 - 150.00	25.00 - 29.00	40.00 - 46.00	390.00 - 450.00	300.00 - 350.00	230.00 - 270.00	-	65.00 - 80.00
Galenbindunuwewa	140.00 - 160.00	300.00 - 350.00	130.00 - 150.00	-	-	450.00 - 500.00	350.00 - 400.00	300.00 - 300.00	-	75.00 - 88.00
Bandarawela	180.00 - 200.00	350.00 - 400.00	180.00 - 190.00	-	46.00 - 50.00	580.00 - 600.00	450.00 - 500.00	350.00 - 380.00	-	120.00 - 130.00
Matale	160.00 - 180.00	350.00 - 400.00	160.00 - 180.00	32.00 - 36.00	50.00 - 56.00	400.00 - 460.00	300.00 - 360.00	240.00 - 260.00	-	60.00 - 80.00

Table 08 (Contd.)

LOCATIONS	Mango				Other Fruits															
	Vilad		Kohu		Papaw (Rs/kg)		Passion		Wood Apple		Orange		Avocado		Slime Apple		Grapes (Rs/kg)		King Coconut	
Colombo	-		-		240.00 - 350.00		50.00 - 80.00		60.00 - 140.00		130.00 - 200.00		435.00 - 500.00		80.00 - 160.00		1500.00 - 2500.00		150.00 - 200.00	
Gampaha	-		-		-		-		-		-		-		-		-		-	
Kurunegala	-		-		240.00 - 250.00		-		90.00 - 90.00		-		190.00 - 200.00		-		-		-	
Nikaweratiya	-		-		130.00 - 160.00		30.00 - 38.00		30.00 - 40.00		120.00 - 130.00		100.00 - 115.00		40.00 - 50.00		2500.00 - 2600.00		150.00 - 200.00	
Dambulla	60.00 - 80.00		25.00 - 30.00		180.00 - 200.00		30.00 - 35.00		60.00 - 80.00		80.00 - 100.00		180.00 - 200.00		150.00 - 180.00		2700.00 - 2800.00		150.00 - 160.00	
Anuradhapura	-		-		150.00 - 200.00		-		70.00 - 90.00		-		-		-		2300.00 - 2600.00		180.00 - 200.00	
Thambuththegama	30.00 - 35.00		-		100.00 - 180.00		45.00 - 50.00		-		-		-		-		-		150.00 - 150.00	
Polonnaruwa	-		-		-		-		-		-		-		-		-		-	
Kaluthara	-		-		180.00 - 240.00		-		72.00 - 100.00		-		-		70.00 - 100.00		2000.00 - 2400.00		140.00 - 160.00	
Badulla	30.00 - 40.00		12.00 - 16.00		120.00 - 150.00		50.00 - 60.00		75.00 - 100.00		-		-		-		2000.00 - 2500.00		150.00 - 180.00	
Keppetipola	-		30.00 - 35.00		240.00 - 250.00		55.00 - 60.00		70.00 - 75.00		100.00 - 120.00		-		-		2500.00 - 2600.00		180.00 - 200.00	
Moneragala	30.00 - 40.00		-		160.00 - 200.00		-		70.00 - 80.00		-		-		-		2000.00 - 2400.00		150.00 - 160.00	
Kegalle	-		-		200.00 - 220.00		45.00 - 50.00		60.00 - 90.00		-		280.00 - 300.00		90.00 - 100.00		2000.00 - 2200.00		140.00 - 160.00	
Ampara	40.00 - 50.00		-		100.00 - 160.00		-		-		-		-		-		1800.00 - 2200.00		150.00 - 160.00	
Dehiattakandiya	-		-		150.00 - 200.00		-		50.00 - 60.00		80.00 - 80.00		-		-		2500.00 - 2600.00		130.00 - 150.00	
Nuwaraeliya	-		-		-		-		-		-		-		-		-		-	
Kandy	50.00 - 60.00		-		200.00 - 220.00		70.00 - 80.00		80.00 - 100.00		120.00 - 130.00		140.00 - 160.00		120.00 - 130.00		2000.00 - 2500.00		150.00 - 160.00	
Puttalam	60.00 - 70.00		-		120.00 - 150.00		75.00 - 80.00		30.00 - 40.00		50.00 - 60.00		100.00 - 133.00		-		2500.00 - 3000.00		150.00 - 150.00	
Hambantota	-		-		-		-		-		-		-		-		-		-	
Rathnapura	70.00 - 80.00		15.00 - 25.00		150.00 - 200.00		-		100.00 - 150.00		-		-		150.00 - 200.00		2400.00 - 2500.00		120.00 - 150.00	
Matara	-		-		180.00 - 190.00		65.00 - 75.00		75.00 - 80.00		-		260.00 - 280.00		70.00 - 75.00		2000.00 - 2200.00		140.00 - 160.00	
Galle	60.00 - 90.00		-		200.00 - 280.00		75.00 - 90.00		80.00 - 120.00		-		200.00 - 200.00		160.00 - 180.00		2000.00 - 2500.00		180.00 - 200.00	
Tissamaharama	-		-		150.00 - 180.00		75.00 - 80.00		42.00 - 50.00		-		275.00 - 300.00		65.00 - 70.00		2000.00 - 2200.00		170.00 - 180.00	
Meegoda (DEC)	-		-		200.00 - 220.00		40.00 - 60.00		100.00 - 120.00		-		260.00 - 270.00		50.00 - 70.00		1700.00 - 2500.00		100.00 - 120.00	
Embilipitiya	30.00 - 50.00		10.00 - 20.00		150.00 - 170.00		20.00 - 30.00		80.00 - 120.00		70.00 - 100.00		100.00 - 140.00		50.00 - 60.00		1950.00 - 2250.00		160.00 - 180.00	
Jaffna	50.00 - 70.00		-		90.00 - 110.00		50.00 - 60.00		30.00 - 50.00		-		110.00 - 130.00		-		2200.00 - 2300.00		180.00 - 220.00	
Vavuniya	-		-		-		-		-		-		-		-		-		-	
Mannar	60.00 - 70.00		-		220.00 - 220.00		40.00 - 50.00		55.00 - 65.00		100.00 - 120.00		-		-		1800.00 - 2000.00		180.00 - 200.00	
Killinochchi	40.00 - 50.00		-		100.00 - 130.00		50.00 - 60.00		50.00 - 60.00		-		-		-		2850.00 - 2950.00		200.00 - 220.00	
Mullaittivu	30.00 - 35.00		-		90.00 - 100.00		-		30.00 - 35.00		-		-		-		1850.00 - 1950.00		140.00 - 160.00	
Batticaloa	60.00 - 60.00		-		130.00 - 130.00		25.00 - 35.00		40.00 - 40.00		100.00 - 100.00		-		-		1600.00 - 1800.00		150.00 - 160.00	
Trincomalee	50.00 - 60.00		-		100.00 - 120.00		70.00 - 75.00		50.00 - 55.00		80.00 - 85.00		130.00 - 135.00		-		2400.00 - 2500.00		190.00 - 200.00	
Veyangoda	-		-		150.00 - 160.00		50.00 - 55.00		50.00 - 60.00		70.00 - 80.00		150.00 - 160.00		-		1500.00 - 1800.00		140.00 - 160.00	
Galenbindunuwewa	-		-		120.00 - 150.00		-		-		-		-		-		2000.00 - 2500.00		140.00 - 160.00	
Bandarawela	60.00 - 70.00		-		220.00 - 240.00		70.00 - 80.00		80.00 - 90.00		110.00 - 130.00		-		-		2600.00 - 2800.00		180.00 - 200.00	
Matale	30.00 - 35.00		30.00 - 40.00		150.00 - 180.00		35.00 - 40.00		60.00 - 80.00		-		-		80.00 - 100.00		2400.00 - 2600.00		180.00 - 200.00	

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

Week 48: 28 Nov-04 Dec 2025

Locations	Sea Fish					
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw
Colombo	700.00 – 800.00	800.00 – 1000.00	500.00 – 600.00	800.00 – 1200.00	2500.00 – 3000.00	1200.00 – 1800.00
Kandy	350.00 – 400.00	800.00 – 850.00	900.00 – 1100.00	1600.00 – 1800.00	–	1300.00 – 1400.00
Kaluthara	–	–	1000.00 – 1100.00	1300.00 – 1500.00	–	1400.00 – 1400.00
Puttalam	350.00 – 400.00	700.00 – 750.00	750.00 – 800.00	900.00 – 900.00	1500.00 – 1500.00	900.00 – 950.00
Matara	300.00 – 400.00	–	1250.00 – 1400.00	1800.00 – 1900.00	–	–
Hambantota	–	–	–	–	–	–
Galle	–	–	1000.00 – 1100.00	1200.00 – 1400.00	1500.00 – 1600.00	1200.00 – 1400.00
Batticaloa	300.00 – 350.00	700.00 – 700.00	800.00 – 900.00	1200.00 – 1200.00	1500.00 – 1500.00	1100.00 – 1250.00
Trincomalee	450.00 – 500.00	950.00 – 1000.00	1000.00 – 1100.00	1800.00 – 1850.00	2100.00 – 2200.00	1500.00 – 1550.00
Mannar	600.00 – 750.00	–	1100.00 – 1250.00	–	–	1400.00 – 1500.00

Locations	Sea Fish				Eggs	
	Mora	Shrimps	Thalapath	Teppeli	Brown	White
Colombo	900.00 – 1000.00	1450.00 – 1800.00	2200.00 – 2600.00	–	37.00 – 39.00	35.00 – 38.00
Kandy	–	1700.00 – 1800.00	–	–	36.00 – 37.00	34.00 – 36.00
Kaluthara	1200.00 – 1200.00	–	2200.00 – 2400.00	–	–	–
Puttalam	1050.00 – 1100.00	1400.00 – 1500.00	2500.00 – 2500.00	–	37.00 – 37.00	35.00 – 35.00
Matara	–	–	1800.00 – 1900.00	–	–	32.00 – 32.50
Hambantota	–	–	–	–	–	–
Galle	1100.00 – 1200.00	–	–	–	34.00 – 35.00	32.00 – 34.00
Batticaloa	1000.00 – 1000.00	1300.00 – 1400.00	1500.00 – 1600.00	–	35.00 – 35.00	34.00 – 34.00
Trincomalee	1850.00 – 1900.00	1200.00 – 1250.00	–	–	36.00 – 37.00	34.00 – 35.00
Mannar	1550.00 – 1650.00	1500.00 – 1650.00	–	–	35.00 – 36.00	32.00 – 33.00

Table 10: Selected Markets: Wholesale Price of Dried Fish (Rs/50kg)

Week 48: 28 Nov-04 Dec 2025

Locations	Local Dried Fish					
	Sprats	Kattawa	Thora	Mora	Balaya	Anguluwa
Colombo	30000 – 35000	–	–	120000 – 125000	55000 – 65000	85000 – 90000
Kandy	55000 – 57500	–	–	120000 – 125000	70000 – 75000	–
Batticaloa	50000 – 50000	100000 – 112500	–	–	80000 – 90000	–
Trincomalee	55000 – 55500	–	–	–	52500 – 53000	–
Mannar	–	90500 – 110000	–	120000 – 122500	72500 – 75000	78000 – 78000

Locations	Local Dried Fish			Imported Dried Fish		
	Maduwa	Koduwa	Salaya	Sprats	Kattawa	Thora
Colombo	47500 – 50000	56000 – 60000	22500 – 25000	30000 – 40000	75000 – 75000	100000 – 115000
Kandy	57500 – 60000	–	18000 – 20000	45000 – 47500	75000 – 77500	–
Batticaloa	–	–	35000 – 35000	42500 – 45000	–	–
Trincomalee	51000 – 51500	–	28000 – 28500	42500 – 43000	95000 – 95500	–
Mannar	81500 – 83500	–	–	62000 – 65200	–	–

Locations	Imported Dried Fish					
	Mora	Balaya	Anguluwa	Maduwa	Koduwa	Salaya
Colombo	110000 – 110000	–	82500 – 85000	32500 – 35000	–	–
Kandy	–	–	–	–	–	–
Batticaloa	–	–	–	–	–	–
Trincomalee	–	–	–	–	–	–
Mannar	–	–	–	–	–	–

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

Week 48: 28 Nov-04 Dec 2025

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LOCATIONS	Sea Fish									Eggs	
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw	Mora	Thalapath		Brown	White
Colombo	800.00 - 1000.00	1000.00 - 1300.00	800.00 - 2000.00	2200.00 - 3400.00	2800.00 - 4900.00	1400.00 - 2400.00	-	2500.00 - 3400.00		40.00 - 45.00	36.00 - 40.00
Gampaha	-	-	-	-	-	-	-	-		-	-
Kurunegala	-	-	-	-	-	-	-	-		35.00 - 36.00	32.00 - 34.00
Nikaweratiya	600.00 - 700.00	1000.00 - 1150.00	1000.00 - 1150.00	2500.00 - 2700.00	-	1400.00 - 1500.00	-	2600.00 - 2700.00		34.00 - 37.00	34.00 - 37.00
Dambulla	500.00 - 550.00	1100.00 - 1200.00	1100.00 - 1200.00	2300.00 - 2400.00	-	1800.00 - 2000.00	1600.00 - 1800.00	2600.00 - 2800.00		37.00 - 38.00	35.00 - 36.00
Anuradhapura	600.00 - 700.00	1000.00 - 1100.00	1100.00 - 1300.00	2400.00 - 2600.00	-	-	-	2600.00 - 2800.00		-	35.00 - 37.00
Thambuththegama	-	-	-	-	-	-	-	-		36.00 - 37.00	35.00 - 36.00
Polonnaruwa	-	-	-	-	-	-	-	-		-	-
Kaluthara	-	1400.00 - 1400.00	1800.00 - 2000.00	2800.00 - 3000.00	-	-	1800.00 - 2000.00	2800.00 - 3000.00		-	34.00 - 36.00
Badulla	-	1000.00 - 1000.00	2000.00 - 2000.00	2400.00 - 2400.00	2600.00 - 3000.00	1600.00 - 1600.00	1600.00 - 1600.00	-		36.00 - 36.00	33.00 - 34.00
Keppetipola	-	-	-	-	-	-	-	-		40.00 - 42.00	39.00 - 40.00
Moneragala	650.00 - 700.00	-	1100.00 - 1200.00	2600.00 - 2800.00	-	2200.00 - 2400.00	2000.00 - 2200.00	2800.00 - 3000.00		37.00 - 39.00	35.00 - 36.00
Kegalle	700.00 - 700.00	-	1300.00 - 1500.00	2200.00 - 2200.00	-	-	-	2400.00 - 2400.00		37.00 - 42.00	33.00 - 35.00
Ampara	-	-	-	-	-	-	-	-		-	32.00 - 36.00
Dehiattakandiya	400.00 - 500.00	960.00 - 960.00	1200.00 - 1200.00	2000.00 - 2000.00	-	-	1900.00 - 1900.00	-		35.00 - 35.00	34.00 - 35.00
Nuwareliya	-	-	-	-	-	-	-	-		-	-
Kandy	500.00 - 550.00	1100.00 - 1150.00	1100.00 - 1300.00	2400.00 - 2500.00	-	1500.00 - 1600.00	-	-		38.00 - 39.00	36.00 - 38.00
Puttalam	550.00 - 600.00	800.00 - 900.00	900.00 - 1000.00	-	2000.00 - 2000.00	1200.00 - 1350.00	1400.00 - 1450.00	2700.00 - 2700.00		40.00 - 40.00	38.00 - 38.00
Hambantota	-	-	-	-	-	-	-	-		-	-
Rathnapura	500.00 - 500.00	1100.00 - 1100.00	1400.00 - 1400.00	2400.00 - 2400.00	3600.00 - 3600.00	2400.00 - 2400.00	1800.00 - 1800.00	2600.00 - 2600.00		34.00 - 36.00	32.00 - 33.00
Matara	500.00 - 600.00	-	1700.00 - 1800.00	2400.00 - 2600.00	-	-	-	2500.00 - 2600.00		33.00 - 34.00	31.00 - 32.00
Galle	580.00 - 600.00	-	1400.00 - 1600.00	2600.00 - 2800.00	2800.00 - 3000.00	1800.00 - 1800.00	-	2800.00 - 2800.00		35.00 - 35.00	33.00 - 35.00
Tissamaharama	-	-	1100.00 - 1200.00	-	-	-	-	2300.00 - 2400.00		36.00 - 37.00	35.00 - 36.00
Meegoda	900.00 - 900.00	-	-	2800.00 - 2900.00	-	-	-	3400.00 - 3600.00		38.00 - 40.00	35.00 - 38.00
Embilipitiya	-	-	-	2600.00 - 2650.00	-	1950.00 - 2000.00	-	2800.00 - 2900.00		38.00 - 40.00	34.00 - 38.00
Jaffna	500.00 - 650.00	700.00 - 750.00	1000.00 - 1100.00	-	2000.00 - 2200.00	1550.00 - 1650.00	2400.00 - 2550.00	-		42.00 - 43.00	45.00 - 45.00
Vavuniya	-	-	-	-	-	-	-	-		-	-
Mannar	900.00 - 950.00	-	1800.00 - 1850.00	-	-	2000.00 - 2250.00	2400.00 - 2500.00	-		38.00 - 40.00	35.00 - 36.00
Killinochchi	500.00 - 550.00	900.00 - 950.00	1400.00 - 1450.00	-	-	1600.00 - 1700.00	2400.00 - 2500.00	-		40.00 - 41.00	42.00 - 43.00
Mullaittivu	400.00 - 500.00	900.00 - 1000.00	1200.00 - 1250.00	-	-	1750.00 - 1900.00	2250.00 - 2350.00	1950.00 - 2100.00		38.00 - 40.00	35.00 - 37.00
Batticaloa	450.00 - 500.00	1000.00 - 1250.00	2000.00 - 2000.00	2200.00 - 2200.00	2300.00 - 2300.00	2500.00 - 2500.00	1300.00 - 1300.00	2500.00 - 2500.00		40.00 - 40.00	38.00 - 38.00
Trincomalee	600.00 - 650.00	1100.00 - 1200.00	1200.00 - 1250.00	2000.00 - 2200.00	2400.00 - 2500.00	1750.00 - 1800.00	2100.00 - 2200.00	-		38.00 - 40.00	36.00 - 38.00
Veyangoda	700.00 - 800.00	1000.00 - 1000.00	1600.00 - 1800.00	-	2600.00 - 2600.00	-	-	2600.00 - 2700.00		36.00 - 38.00	38.00 - 40.00
Galenbindunuwewa	500.00 - 500.00	1000.00 - 1000.00	1200.00 - 1200.00	2400.00 - 2800.00	2800.00 - 3000.00	1200.00 - 1300.00	-	-		33.00 - 35.00	33.00 - 35.00
Bandarawela	600.00 - 600.00	850.00 - 900.00	1400.00 - 1450.00	2000.00 - 2000.00	-	1800.00 - 1900.00	1400.00 - 1500.00	2400.00 - 2450.00		35.00 - 36.00	34.00 - 35.00
Matale	700.00 - 800.00	1100.00 - 1200.00	1500.00 - 1600.00	2700.00 - 2800.00	3200.00 - 3400.00	1200.00 - 1300.00	1600.00 - 1800.00	2800.00 - 2900.00		39.00 - 40.00	37.00 - 38.00

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

Week 48: 28 Nov-04 Dec 2025

LOCATIONS		Dried Fish											
		Sprats-Imported		Kattawa		Thora		Mora		Balaya		Anguluwa	
Colombo	1000.00 – 1400.00	2000.00 – 3000.00	-	2500.00 – 3200.00	1300.00 – 2600.00	2200.00 – 3000.00	600.00 – 1100.00						
Gampaha	-	-	-	-	-	-	-						
Kurunegala	-	2300.00 – 2400.00	2800.00 – 2800.00	2800.00 – 2800.00	1400.00 – 1500.00	1800.00 – 2000.00	750.00 – 800.00						
Nikaweratiya	1200.00 – 1400.00	1800.00 – 2000.00	-	-	-	2200.00 – 2400.00	600.00 – 800.00						
Dambulla	1100.00 – 1200.00	2500.00 – 2800.00	-	3000.00 – 3200.00	1600.00 – 1800.00	2000.00 – 2200.00	-						
Anuradhapura	1000.00 – 1200.00	2200.00 – 2400.00	-	2600.00 – 2800.00	1600.00 – 1800.00	2200.00 – 2400.00	600.00 – 1000.00						
Thambuththegama	1000.00 – 1200.00	-	-	2800.00 – 3000.00	1550.00 – 1700.00	2200.00 – 2200.00	600.00 – 600.00						
Polonnaruwa	-	-	-	-	-	-	-						
Kaluthara	1200.00 – 1400.00	2200.00 – 2400.00	-	2700.00 – 2800.00	1400.00 – 1600.00	2400.00 – 2600.00	800.00 – 1000.00						
Badulla	1200.00 – 1200.00	2500.00 – 2500.00	-	2800.00 – 2800.00	1500.00 – 1500.00	1200.00 – 1200.00	800.00 – 800.00						
Keppetipola	1250.00 – 1300.00	2100.00 – 2150.00	-	-	1650.00 – 1700.00	1900.00 – 2000.00	750.00 – 800.00						
Moneragala	1200.00 – 1300.00	2000.00 – 2200.00	-	2600.00 – 2800.00	1600.00 – 1800.00	2200.00 – 2300.00	600.00 – 800.00						
Kegalle	1000.00 – 1200.00	2500.00 – 2600.00	3500.00 – 3800.00	2700.00 – 2800.00	1800.00 – 2000.00	-	-						
Ampara	-	2200.00 – 2600.00	-	2400.00 – 2600.00	1600.00 – 2000.00	1200.00 – 1800.00	600.00 – 600.00						
Dehiattakandiya	1000.00 – 1200.00	2600.00 – 2800.00	3500.00 – 3500.00	2800.00 – 3000.00	1500.00 – 1800.00	1400.00 – 1600.00	-						
Nuwaraeliya	-	-	-	-	-	-	-						
Kandy	1200.00 – 1300.00	2600.00 – 2700.00	3500.00 – 3600.00	2700.00 – 2900.00	1700.00 – 1800.00	2000.00 – 2100.00	750.00 – 800.00						
Puttalam	1000.00 – 1000.00	2200.00 – 2400.00	-	2200.00 – 2400.00	1400.00 – 1600.00	1200.00 – 1400.00	800.00 – 1000.00						
Hambantota	-	-	-	-	-	-	-						
Rathnapura	1040.00 – 1120.00	2000.00 – 2200.00	-	2700.00 – 2800.00	1600.00 – 1700.00	1800.00 – 1960.00	600.00 – 800.00						
Matara	1200.00 – 1300.00	1900.00 – 2100.00	-	-	1500.00 – 1700.00	2000.00 – 2200.00	-						
Galle	1200.00 – 1400.00	2000.00 – 2400.00	2800.00 – 2800.00	2200.00 – 2800.00	1600.00 – 2000.00	2000.00 – 2400.00	900.00 – 1200.00						
Tissamaharama	1300.00 – 1400.00	-	-	2500.00 – 2700.00	1800.00 – 2000.00	2400.00 – 2500.00	-						
Meegoda	1000.00 – 1120.00	1800.00 – 2200.00	-	2400.00 – 2800.00	1700.00 – 1800.00	2000.00 – 2400.00	800.00 – 1000.00						
Embilipitiya	1300.00 – 1400.00	2250.00 – 2450.00	-	2450.00 – 2600.00	1800.00 – 2000.00	2400.00 – 2600.00	900.00 – 1200.00						
Jaffna	1200.00 – 1400.00	1900.00 – 2400.00	3100.00 – 3250.00	3200.00 – 3400.00	1600.00 – 1800.00	1200.00 – 1300.00	800.00 – 1200.00						
Vavuniya	-	-	-	-	-	-	-						
Mannar	-	2450.00 – 2550.00	-	2800.00 – 3000.00	1200.00 – 1250.00	1000.00 – 1250.00	-						
Killinochchi	1200.00 – 1250.00	2400.00 – 2500.00	-	2700.00 – 2800.00	1200.00 – 1300.00	1100.00 – 1200.00	750.00 – 850.00						
Mullaittivu	1300.00 – 1400.00	2400.00 – 2500.00	-	2400.00 – 2500.00	1300.00 – 1450.00	1100.00 – 1200.00	700.00 – 800.00						
Batticaloa	1300.00 – 1300.00	2500.00 – 2800.00	-	-	2000.00 – 2000.00	-	600.00 – 650.00						
Trincomalee	1150.00 – 1200.00	2200.00 – 2300.00	-	-	1350.00 – 1400.00	1200.00 – 1250.00	700.00 – 750.00						
Veyangoda	1000.00 – 1200.00	2000.00 – 2400.00	-	2500.00 – 2600.00	1800.00 – 1800.00	2300.00 – 2400.00	1080.00 – 1200.00						
Galenbindunuwewa	1000.00 – 1400.00	2650.00 – 2800.00	3000.00 – 3200.00	2650.00 – 2800.00	1850.00 – 2000.00	2200.00 – 2600.00	600.00 – 800.00						
Bandarawela	1000.00 – 1300.00	2200.00 – 2400.00	-	2600.00 – 2800.00	1600.00 – 1700.00	2100.00 – 2200.00	800.00 – 900.00						
Matale	1200.00 – 1300.00	2700.00 – 2800.00	-	3000.00 – 3100.00	1600.00 – 1800.00	2800.00 – 2900.00	800.00 – 900.00						

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

Week 48: 28 Nov-04 Dec 2025

LOCATIONS	Meat	Meat (Chicken)		Meat	
	Beef	Broiler	Curry	Mutton	Pork
Colombo	2800.00 – 2900.00	1350.00 – 1500.00	1350.00 – 1350.00	4000.00 – 4000.00	2700.00 – 2900.00
Gampaha	–	–	–	–	–
Kurunegala	–	1250.00 – 1300.00	1350.00 – 1350.00	–	–
Nikaweratiya	2400.00 – 2600.00	1000.00 – 1200.00	–	–	–
Dambulla	–	1300.00 – 1400.00	1350.00 – 1400.00	–	2200.00 – 2300.00
Anuradhapura	2600.00 – 2600.00	1150.00 – 1200.00	–	3800.00 – 3800.00	2800.00 – 3000.00
Thambuththegama	–	1100.00 – 1150.00	–	–	2600.00 – 3000.00
Polonnaruwa	–	–	–	–	–
Kaluthara	–	1280.00 – 1350.00	1350.00 – 1350.00	–	2600.00 – 2600.00
Badulla	2400.00 – 2400.00	1280.00 – 1300.00	–	3400.00 – 3400.00	–
Keppetipola	–	1230.00 – 1250.00	–	3400.00 – 3600.00	–
Moneragala	2600.00 – 2600.00	1280.00 – 1450.00	–	–	3200.00 – 3300.00
Kegalle	2500.00 – 2550.00	1200.00 – 1280.00	1130.00 – 1180.00	3000.00 – 3200.00	2700.00 – 2900.00
Ampara	2400.00 – 2500.00	1250.00 – 1350.00	–	–	2700.00 – 3000.00
Dehiattakandiya	–	1330.00 – 1380.00	–	–	2900.00 – 2950.00
Nuwaraeliya	–	–	–	–	–
Kandy	2500.00 – 2500.00	1200.00 – 1220.00	1250.00 – 1270.00	3400.00 – 3500.00	–
Puttalam	2450.00 – 2500.00	1450.00 – 1500.00	1700.00 – 1800.00	4000.00 – 4000.00	–
Hambantota	–	–	–	–	–
Rathnapura	2600.00 – 2600.00	1200.00 – 1250.00	1250.00 – 1350.00	3600.00 – 3600.00	3300.00 – 3300.00
Matara	–	1370.00 – 1450.00	–	–	–
Galle	2600.00 – 2700.00	1300.00 – 1300.00	–	3600.00 – 3600.00	2400.00 – 2400.00
Tissamaharama	–	1300.00 – 1400.00	–	–	–
Meegoda	–	1280.00 – 1350.00	–	–	3000.00 – 3000.00
Embilipitiya	2450.00 – 2500.00	1180.00 – 1250.00	1150.00 – 1220.00	3350.00 – 3500.00	2900.00 – 3200.00
Jaffna	2200.00 – 2300.00	1300.00 – 1500.00	1600.00 – 1800.00	3500.00 – 3600.00	–
Vavuniya	–	–	–	–	–
Mannar	2200.00 – 2200.00	1250.00 – 1250.00	1550.00 – 1600.00	–	–
Killinochchi	2250.00 – 2300.00	1350.00 – 1400.00	1500.00 – 1550.00	3400.00 – 3500.00	–
Mullaittivu	2200.00 – 2200.00	1400.00 – 1400.00	1600.00 – 1600.00	–	–
Batticaloa	2100.00 – 2200.00	1400.00 – 1400.00	1600.00 – 1600.00	3800.00 – 4000.00	–
Trincomalee	2250.00 – 2300.00	1350.00 – 1400.00	1550.00 – 1600.00	3400.00 – 3500.00	–
Veyangoda	–	1250.00 – 1300.00	–	–	3000.00 – 3000.00
Galenbindunuwewa	2400.00 – 2400.00	1240.00 – 1240.00	1400.00 – 1400.00	–	–
Bandarawela	2500.00 – 2600.00	1250.00 – 1350.00	–	3600.00 – 3600.00	–
Matale	2500.00 – 2600.00	1300.00 – 1350.00	–	3500.00 – 3600.00	2700.00 – 2800.00

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

Week 48: 28 Nov-04 Dec 2025

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	200.00 - 210.00	205.00	173.75	154.00	17.99	33.12
Samba 1	240.00 - 245.00	242.50	241.88	227.50	0.26	6.59	Small	190.00 - 195.00	192.50	151.82	130.00	26.80	48.08
Samba 2	235.00 - 238.00	236.50	236.50	219.00	0.00	7.99							
Keeri Samba	310.00 - 330.00	320.00	320.00	250.00	0.00	28.00	<u>Fruits (Rs/fruit)</u>						
Nadu 1	215.00 - 230.00	219.75	218.25	232.86	0.69	-5.63	Plantain						
Nadu 2	210.00 - 213.00	211.25	211.00	224.67	0.12	-5.97	Ambul (Rs/kg)	80.00 - 100.00	90.00	110.00	75.45	-18.18	19.28
Raw (Red)	200.00 - 210.00	207.00	203.75	225.00	1.60	-8.00	Kolikuttu (Rs/kg)	180.00 - 200.00	190.00	199.00	187.27	-4.52	1.46
Raw (White)	205.00 - 215.00	210.00	205.00	228.00	2.44	-7.89	Seeni (Rs/kg)	100.00 - 120.00	110.00	108.00	110.83	1.85	-0.75
Imported							Anamalu	26.00 - 29.00	27.40	30.20	27.92	-9.27	-1.85
Samba	230.00 - 235.00	232.00	228.00	277.50	1.75	-16.40	Ambun	36.00 - 40.00	38.00	42.40	39.42	-10.38	-3.59
Nadu	-						Papaw(Rs/kg)	180.00 - 220.00	198.00	155.00	126.92	27.74	56.00
Raw (Red)	-						Passion Fruit	35.00 - 40.00	38.33	38.00	64.44	0.88	-40.52
Raw (White)	-						Pineapple Large	300.00 - 330.00	312.50	298.75	457.50	4.60	-31.69
<u>Dried Chillies</u>							Pineapple Medium	230.00 - 260.00	247.50	251.25	351.25	-1.49	-29.54
Imported	800.00 - 850.00	827.14	875.71	675.00	-5.55	22.54	Pineapple Small	180.00 - 200.00	192.50	205.00	280.00	-6.10	-31.25
<u>Onion</u>							Mango						
Sinnan	-		165.00	240.00			Betti	-					
Vedalan	320.00 - 330.00	325.00	235.00		38.30		Karthakolomban	135.00 - 170.00	153.75	104.38	97.92	47.31	57.02
Imported	350.00 - 380.00	363.33	297.86	343.33	21.98	5.83	Vilad	60.00 - 70.00	66.00	49.38	39.17	33.67	68.51
<u>Big Onion</u>							Kohu	-					
Imported	160.00 - 180.00	167.78	135.00	267.14	24.28	-37.20	<u>Other</u>						
Local	200.00 - 250.00	227.50	172.14		32.16		Wood Apple	50.00 - 56.00	52.50	57.63	21.09	-8.89	148.92
<u>Potato</u>							Orange	85.00 - 100.00	91.67	96.67	116.00	-5.17	-20.98
Welimada	-		216.67	305.00			Avocado	350.00 - 400.00	383.75	342.22	432.14	12.13	-11.20
N'Elia	340.00 - 450.00	390.00	261.67	324.17	49.04	20.31	Slime Apple	70.00 - 80.00	76.67	78.57	60.50	-2.42	26.72
Imported	170.00 - 230.00	194.38	145.71	185.71	33.39	4.66	Grapes (Imp., Rs/kg)	1250.00 - 1300.00	1275.00	1250.00	1270.71	2.00	0.34
<u>Pulses</u>							King Coconut	140.00 - 150.00	146.67	143.33	135.56	2.33	8.20
Green Gram	500.00 - 850.00	642.86	641.43	550.00	0.22	16.88	<u>Sea Fish</u>						
Cowpea (White)	800.00 - 870.00	838.00	824.00	578.33	1.70	44.90	Salaya	700.00 - 800.00	740.00	187.50	274.17	294.67	169.91
Cowpea (Red)	800.00 - 850.00	825.00	836.00	566.67	-1.32	45.59	Hurulla	800.00 - 1000.00	880.00	662.50	832.73	32.83	5.68
Red Dhal	240.00 - 250.00	247.00	232.22	273.00	6.36	-9.52	Balaya	500.00 - 600.00	570.00	637.50	803.33	-10.59	-29.05
<u>Vegetable</u>							Kelawalla	800.00 - 1200.00	980.00	1620.00	1338.89	-39.51	-26.80
Beans (Butter)	-						Thora	2500.00 - 3000.00	2700.00	2333.33	2312.50	15.71	16.76
Beans(Green)	700.00 - 900.00	800.00	446.00	394.00	79.37	103.05	Paraw	1200.00 - 1800.00	1566.67	1287.50	1445.00	21.68	8.42
Carrot	250.00 - 600.00	390.00	112.00	98.00	248.21	297.96	Mora	900.00 - 1000.00	966.67	1400.00	1204.17	-30.95	-19.72
Leeks	250.00 - 500.00	360.00	110.00	159.00	227.27	126.42	Shrimps	1450.00 - 1800.00	1620.00	1325.00	1704.17	22.26	-4.94
Beetroot	300.00 - 600.00	408.33	189.17	168.46	115.86	142.39	Thalapath	2200.00 - 2600.00	2420.00	2350.00	2004.17	2.98	20.75
Knolkhol	150.00 - 200.00	182.50	175.56	166.00	3.96	9.94	<u>Eggs</u>						
Raddish	150.00 - 200.00	183.33	96.36	103.00	90.25	77.99	Brown	37.00 - 39.00	37.80	32.50	40.13	16.31	-5.79
Cabbage	80.00 - 350.00	194.29	65.71	75.00	195.65	159.05	White	35.00 - 38.00	36.60	30.50	37.38	20.00	-2.07
Tomato	300.00 - 350.00	327.78	138.18	226.00	137.21	45.03	<u>Dried Fish</u>						
Ladies Fingers	250.00 - 300.00	275.00	123.00	127.00	123.58	116.54	Sprats	600.00 - 700.00	640.00	820.00	1118.00	-21.95	-42.75
Brinjal	200.00 - 350.00	277.78	134.17	198.00	107.04	40.29	Sprats (Imported)	600.00 - 800.00	680.00	760.00	787.50	-10.53	-13.65
Capsicum	450.00 - 1800.00	877.78	627.78	510.00	39.82	72.11	Kattawa	-		1416.67	1153.33		
Pumpkin	100.00 - 160.00	133.33	59.00	111.00	125.99	20.12	Kattawa (Imported)	1500.00 - 1500.00	1500.00	1416.67	1153.33	5.88	30.06
Cucumber	120.00 - 250.00	183.75	56.00	132.00	228.13	39.20	Thora	-					
Bitter Gourd	350.00 - 600.00	494.44	480.00	433.64	3.01	14.02	Thora (Imported)	2000.00 - 2300.00	2180.00				
Snake Gourd	350.00 - 450.00	400.00	221.11	218.00	80.90	83.49	Mora	2400.00 - 2500.00	2440.00	2300.00	1881.67	6.09	29.67
Drumstick	-		500.00	269.17			Mora (Imported)	2200.00 - 2200.00	2200.00	1212.50	950.77	81.44	131.39
Luffa	320.00 - 600.00	464.00	354.55	288.18	30.87	61.01	Balaya	1100.00 - 1300.00	1180.00	1212.50	950.77	-2.68	24.11
Long Beans	300.00 - 550.00	425.00	245.00	201.82	73.47	110.59	Balaya (Imported)	-					
Ash Plantain	100.00 - 130.00	120.00	87.50	114.00	37.14	5.26	Anguluwa	1700.00 - 1800.00	1740.00				
Green Chillies	200.00 - 800.00	460.00	216.36	381.00	112.61	20.73	Anguluwa (Imported)	1650.00 - 1700.00	1675.00	1575.00	1495.83	6.35	11.98
Lime	600.00 - 800.00	730.00	713.64	560.00	2.29	30.36	Maduwa	950.00 - 1000.00	975.00	1433.33	1229.23	-31.98	-20.68
<u>Root Crops</u>							Maduwa (Imported)	650.00 - 700.00	687.50				
Sweet Potato	130.00 - 220.00	178.33	118.57	92.00	50.40	93.84	Koduwa	1120.00 - 1200.00	1184.00	562.50	496.67	110.49	138.39
Manioc	80.00 - 130.00	106.25	81.43	92.00	30.48	15.49	Koduwa (Imported)	-					
<u>Leafy Vegetable</u>							Salaya	450.00 - 500.00	480.00	562.50	496.67	-14.67	-3.36
Mukunuwenna	60.00 - 60.00	60.00	37.50	38.00	60.00	57.89	Salaya (Imported)	-					
Kankun	60.00 - 60.00	60.00	37.50	38.00	60.00	57.89							
Gotukola (Rs/kg)	-		290.00	332.00									

This Week: Week 48: 28 Nov-04 Dec 2025

Last Week: Week 47: 21 - 27 Nov 2025

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

Week 48: 28 Nov-04 Dec 2025

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	200.00 · 220.00	207.50	199.52	163.36	7.98	27.02
Samba 1	260.00 · 280.00	267.37	269.57	245.51	-2.20	8.90	Small	185.00 · 200.00	191.33	184.21	139.63	7.12	37.03
Samba 2													
Keeri Samba	320.00 · 340.00	333.85	329.44	264.32	4.40	26.30	<u>Fruits (Rs/fruit)</u>						
Nadu 1	230.00 · 240.00	232.78	232.00	244.14	0.78	-4.65	Plantain						
Nadu 2							Ambul (Rs/kg)	150.00 · 220.00	186.50	187.27	175.23	-0.77	6.43
Raw (Red)	210.00 · 220.00	218.33	216.09	230.44	2.25	-5.25	Kolikuttu (Rs/kg)	250.00 · 350.00	303.33	318.18	331.11	-14.85	-8.39
Raw (White)	210.00 · 220.00	218.89	216.09	230.78	2.80	-5.15	Seeni (Rs/kg)	150.00 · 220.00	188.10	185.00	194.88	3.10	-3.48
Imported							Anamalu	36.00 · 50.00	43.47	45.25	44.21	-1.78	-1.67
Samba	240.00 · 260.00	252.50	248.00	302.06	4.50	-16.41	Ambun	50.00 · 70.00	61.29	64.29	63.69	-2.99	-3.76
Nadu							Papaw(Rs/kg)	240.00 · 350.00	281.18	235.71	204.59	45.46	37.43
Raw (Red)							Passion Fruit	50.00 · 80.00	66.92	68.89	96.25	-1.97	-30.47
Raw (White)							Pineapple Large	400.00 · 500.00	428.82	429.13	591.58	-0.31	-27.51
<u>Dried Chillies</u>							Pineapple Medium	300.00 · 380.00	331.18	334.76	459.73	-3.59	-27.96
Imported	950.00 · 1200.00	1094.12	1098.18	935.37	-4.06	16.97	Pineapple Small	230.00 · 280.00	253.89	256.82	365.56	-2.93	-30.55
<u>Onion</u>							Mango						
Sinnan							Betti						
Vedalan	460.00 · 480.00	473.33	434.44		38.89		Karthakolomban	150.00 · 200.00	167.14	138.13	132.16	29.02	26.47
Imported	400.00 · 520.00	448.75	400.45	474.29	48.30	-5.38	Vilad			70.00	73.57		
<u>Big Onion</u>							Kohu						
Imported	180.00 · 240.00	208.24	187.50	393.70	20.74	-47.11	<u>Other</u>						
Local	240.00 · 260.00	250.00	223.33	471.11	26.67	-46.93	Wood Apple	60.00 · 140.00	96.00	95.88	48.49	0.12	98.00
<u>Potato</u>							Orange	130.00 · 200.00	163.75	146.07	166.92	17.68	-1.90
Welimada			337.50	364.29			Avocado	435.00 · 500.00	477.86	408.92	640.00	68.94	-25.33
N'Eliya	400.00 · 560.00	486.00	396.25	426.45	89.75	13.96	Slime Apple	80.00 · 160.00	113.13	119.44	140.53	-6.32	-19.50
Imported	220.00 · 280.00	254.44	221.74	242.17	32.71	5.07	Grapes (Imp., Rs/kg)	1500.00 · 2500.00	1978.57	1969.23	1962.96	9.34	0.80
<u>Pulses</u>							King Coconut	150.00 · 200.00	175.00	166.67	180.67	8.33	-3.14
Green Gram	800.00 · 1200.00	1025.00	956.19	866.41	68.81	18.30							
Cowpea (White)	1100.00 · 1300.00	1207.14	1131.82	891.18	75.32	35.45	<u>Sea Fish</u>						
Cowpea (Red)	1100.00 · 1300.00	1207.14	1140.91	880.88	66.23	37.04	Salaya	800.00 · 1000.00	897.50	451.18	423.00	446.32	112.17
Red Dhal	260.00 · 300.00	282.78	271.20	306.67	11.58	-7.79	Hurulla	1000.00 · 1300.00	1160.00	883.75	879.33	276.25	31.92
<u>Vegetable</u>							Balaya	800.00 · 2000.00	1375.00	978.57	915.00	396.43	50.27
Beans (Butter)							Kelawalla	2200.00 · 3400.00	2823.08	2546.67	2167.14	276.41	30.27
Beans(Green)	750.00 · 1200.00	900.00	540.71	504.84	359.29	78.27	Thora	2800.00 · 4900.00	3528.57	3012.50	3017.65	516.07	16.93
Carrot	500.00 · 800.00	658.33	284.64	229.38	373.69	187.01	Paraw	1400.00 · 2400.00	1858.33	2136.36	1930.00	-278.03	-3.71
Leeks	400.00 · 600.00	530.00	264.62	267.10	265.38	98.43	Mora						
Beetroot	350.00 · 800.00	533.53	285.36	300.00	248.17	77.84	Shrimps	1600.00 · 2600.00	2023.08	1935.29	1943.91	87.78	4.07
Knolkhol	350.00 · 560.00	434.00	371.00	318.67	63.00	36.19	Thalapath	2500.00 · 3400.00	3046.67	2900.00	2870.00	146.67	6.16
Raddish	300.00 · 560.00	454.62	243.46	223.00	211.15	103.86	<u>Eggs</u>						
Cabbage	150.00 · 650.00	357.50	241.11	201.56	116.39	77.36	Brown	40.00 · 45.00	42.17	34.20	42.11	7.97	0.15
Tomato	350.00 · 800.00	587.65	288.00	346.45	299.65	69.62	White	36.00 · 40.00	39.00	32.12	40.00	6.88	-2.50
Ladies Fingers	320.00 · 600.00	472.94	266.07	258.44	206.87	83.00	<u>Dried Fish</u>						
Brinjal	400.00 · 650.00	525.63	324.81	327.58	200.81	60.46	Sprats	1200.00 · 2000.00	1653.85	1588.89	1840.00	64.96	-10.12
Capsicum	600.00 · 1600.00	1023.33	828.00	685.48	195.33	49.29	Sprats (Imported)	1000.00 · 1400.00	1156.25	1158.95	1285.00	-2.70	-10.02
Pumpkin	180.00 · 320.00	257.50	156.15	214.00	101.35	20.33	Kattawa	2000.00 · 3000.00	2423.53	2404.17	2034.78	19.36	19.11
Cucumber	180.00 · 360.00	278.75	203.85	241.25	74.90	15.54	Thora						
Bitter Gourd	500.00 · 1000.00	790.00	643.60	563.55	146.40	40.18	Mora	2500.00 · 3200.00	2845.45	2850.00	2409.52	-4.55	18.09
Snake Gourd	400.00 · 650.00	530.00	364.58	368.71	165.42	43.74	Balaya	1300.00 · 2600.00	1842.86	1846.67	1685.00	-3.81	9.37
Drumstick			787.50	628.52			Anguluwa	2200.00 · 3000.00	2622.22	2725.00	2300.00	-102.78	14.01
Luffa	400.00 · 700.00	568.18	480.00	422.50	88.18	34.48	Maduwa	1200.00 · 1900.00	1566.67	1700.00	1462.50	-133.33	7.12
Long Beans	500.00 · 720.00	615.00	359.13	340.34	255.87	80.70	Koduwa						
Ash Plantain	180.00 · 340.00	271.43	224.00	230.00	47.43	18.01	Salaya	600.00 · 1100.00	900.00	983.33	942.11	-83.33	-4.47
Green Chillies	250.00 · 900.00	651.67	491.79	563.44	159.88	15.66	<u>Meat</u>						
Lime	800.00 · 1800.00	1337.50	1178.57	858.21	158.93	55.85	Beef (without Bones)	2800.00 · 2900.00	2866.67	2733.33	2500.00	133.33	14.67
<u>Root Crops</u>							Chicken (Broiler)	1350.00 · 1500.00	1420.00	1203.33	1169.29	216.67	21.44
Sweet Potato	250.00 · 460.00	362.31	262.14	209.64	100.16	72.82	Chicken (Curry)	1350.00 · 1350.00	1350.00	1202.86	1178.57	147.14	14.55
Manioc	180.00 · 260.00	223.53	204.44	200.36	19.08	11.57	Mutton	4000.00 · 4000.00	4000.00	3900.00	3427.27	100.00	16.71
<u>Leafy Vegetable(Rs/bundle)</u>							Pork	2700.00 · 2900.00	2800.00	2750.00	1271.43	50.00	120.22
Mukunuwenna	80.00 · 100.00	93.33	69.47	72.11	23.86	29.44							
Kankun	80.00 · 100.00	93.33	69.47	72.22	23.86	29.23							
Gotukola			227.78	166.50									

This Week: Week 48: 28 Nov-04 Dec 2025

Last Week: Week 47: 21 - 27 Nov 2025

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

Week 48: 28 Nov-04 Dec 2025

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	145.00 – 162.50	153.75
A'pura	136.00 – 140.00	137.60	Dambulla	550.00 – 650.00	600.00	Hambantota	–	
P'narawa	–		Welimada	680.00 – 700.00	691.00	Embilipitiya	270.00 – 290.00	280.00
Kalawewa	136.00 – 140.00	138.60	Badulla	580.00 – 750.00	660.00	Matara	–	
Kurunegala	134.00 – 135.00	134.33	Carrot			A'pura	240.00 – 260.00	248.00
Dehiattakandiya	130.00 – 135.00	131.67	N'Elia	–		Luffa		
Nikaweratiya	135.00 – 140.00	137.20	Welimada	280.00 – 290.00	286.00	Dambulla	290.00 – 300.00	296.67
Ampara	130.00 – 136.00	134.00	Hanguranketha	–		Hambantota	–	
Long Grain (White)			Leeks			Embilipitiya	420.00 – 440.00	430.00
A'pura	123.00 – 126.00	124.20	N'Elia	–		Matara	–	
P'narawa	–		Welimada	130.00 – 145.00	139.00	A'pura	260.00 – 280.00	268.00
Kalawewa	120.00 – 123.00	122.00	Beetroot			Green Chillies		
Kurunegala	120.00 – 122.00	121.33	N'Elia	–		Dambulla	90.00 – 125.00	108.00
Dehiattakandiya	118.00 – 120.00	119.33	Dambulla	–		Hambantota	–	
Embilipitiya	–		Kurunegala	–		Embilipitiya	300.00 – 320.00	307.50
Nikaweratiya	120.00 – 125.00	122.80	Welimada	200.00 – 225.00	213.00	Puttalam	285.00 – 285.00	285.00
Hambantota	–		Hanguranketha	–		A'pura	100.00 – 150.00	120.00
Ampara	118.00 – 121.00	119.75	Knol Khol			Pumpkin		
Long Grain (Red)			N'Elia	–		Dambulla	67.00 – 90.00	79.60
Matara	126.00 – 130.00	128.67	Welimada	190.00 – 220.00	206.00	Hambantota	–	
Hambantota	–		Hanguranketha	–		Embilipitiya	100.00 – 120.00	107.50
Embilipitiya	124.00 – 126.00	125.00	Raddish			Matara	50.00 – 60.00	55.00
Keeri Samba			N'Elia	–		A'pura	60.00 – 80.00	68.00
A'pura	150.00 – 155.00	152.00	Welimada	45.00 – 55.00	51.00	Moneragala	70.00 – 80.00	74.00
P'narawa	–		Hambantota	–		Cucumber		
Kalawewa	148.00 – 155.00	151.00	Hanguranketha	–		A'pura	80.00 – 100.00	88.00
Kurunegala	150.00 – 155.00	152.50	Cabbage			Dambulla	57.00 – 72.00	66.00
Dehiattakandiya	155.00 – 160.00	156.67	N'Elia	–		Hambantota	–	
Red Onion			Welimada	80.00 – 85.00	82.00	Matara	90.00 – 120.00	103.33
Puttalam	–		Badulla	80.00 – 120.00	100.00	Long Beans		
Jaffna	180.00 – 190.00	184.00	Hanguranketha	–		Dambulla	290.00 – 330.00	306.00
Big Onion			Tomato			Hambantota	–	
Dambulla	162.50 – 182.50	168.50	Welimada	170.00 – 185.00	178.00	Embilipitiya	280.00 – 300.00	292.50
Kalawewa	–		Hambantota	–		Matara	280.00 – 320.00	300.00
A'pura	–		Dambulla	300.00 – 350.00	328.00	A'pura	340.00 – 360.00	348.00
Potato			Hanguranketha	–		Ash Plantain		
N'Elia	–		<u>Vegetable (Low Country)</u>			Hambantota	–	
Badulla	220.00 – 270.00	243.33	Ladies Fingers			Embilipitiya	60.00 – 75.00	68.75
Welimada	280.00 – 290.00	284.00	A'pura	180.00 – 200.00	188.00	Matara	60.00 – 70.00	65.00
<u>Pulses</u>			Dambulla	140.00 – 162.50	148.00	Lime		
Green Gram			Hambantota	–		Hambantota	–	
Hambantota	–		Embilipitiya	170.00 – 180.00	176.25	Embilipitiya	820.00 – 850.00	835.00
Moneragala	400.00 – 450.00	420.00	Matara	170.00 – 200.00	183.33	Moneragala	400.00 – 450.00	420.00
Embilipitiya	420.00 – 430.00	425.00	Brinjal			<u>Fruits (Rs/kg)</u>		
Nikaweratiya	430.00 – 470.00	452.50	A'pura	260.00 – 280.00	268.00	Banana		
A'pura	400.00 – 450.00	420.00	Dambulla	120.00 – 145.00	134.00	Ambul		
Cowpea			Hambantota	–		Moneragala	40.00 – 50.00	44.00
Hambantota	–		Embilipitiya	200.00 – 230.00	215.00	Embilipitiya	30.00 – 50.00	42.00
Nikaweratiya	500.00 – 540.00	522.50	Matara	220.00 – 250.00	233.33	Hambantota	–	
Moneragala	–		Welimada	90.00 – 100.00	96.25	Kolikuttu		
Embilipitiya	750.00 – 760.00	755.00	Capsicum			Moneragala	160.00 – 170.00	164.00
Maize			Badulla	680.00 – 850.00	770.00	Embilipitiya	130.00 – 150.00	142.00
A'pura	–		Welimada	900.00 – 950.00	925.00	Hambantota	–	
Kalawewa	–		Bitter Gourd			Papaw		
Gingelly			A'pura	480.00 – 520.00	496.00	Moneragala	70.00 – 80.00	74.00
A'pura	–		Dambulla	450.00 – 490.00	473.33	Embilipitiya	90.00 – 100.00	95.00
Kalawewa	–		Hambantota	–		Hambantota	–	
Black Gram			Embilipitiya	740.00 – 750.00	745.00	Pineapple		
A'pura	–		Matara	400.00 – 480.00	443.33	Divulapitiya	–	
Kalawewa	–							

Annex 01 - Colombo Markets: Retail Prices of Rice and Subsidiary Food Crops (Rs/kg)
Week 48: 28 Nov-04 Dec 2025

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Rice</u>									
Local									
Samba 1	260.00 - 280.00	260.00 - 260.00	260.00 - 270.00	260.00 - 270.00	260.00 - 270.00	270.00 - 270.00	-	260.00 - 270.00	260.00 - 280.00
Samba 2	-	-	-	-	-	-	-	-	-
Keeri Samba	320.00 - 340.00	330.00 - 330.00	330.00 - 330.00	330.00 - 340.00	330.00 - 340.00	340.00 - 340.00	-	340.00 - 340.00	330.00 - 340.00
Nadu 1	230.00 - 240.00	230.00 - 230.00	230.00 - 230.00	230.00 - 240.00	230.00 - 240.00	230.00 - 230.00	-	230.00 - 230.00	230.00 - 240.00
Nadu 2	-	-	-	-	-	-	-	-	-
Raw (Red)	220.00 - 220.00	220.00 - 220.00	220.00 - 220.00	210.00 - 220.00	220.00 - 220.00	220.00 - 220.00	-	210.00 - 220.00	210.00 - 220.00
Raw (White)	220.00 - 220.00	220.00 - 220.00	220.00 - 220.00	210.00 - 220.00	220.00 - 220.00	220.00 - 220.00	-	210.00 - 220.00	220.00 - 220.00
Imported									
Samba	240.00 - 260.00	250.00 - 250.00	250.00 - 260.00	250.00 - 260.00	240.00 - 260.00	260.00 - 260.00	-	250.00 - 250.00	250.00 - 260.00
Nadu	-	-	-	-	-	-	-	-	-
Raw (Red)	-	-	-	-	-	-	-	-	-
Raw (White)	-	-	-	-	-	-	-	-	-
<u>Dried Chillies</u>									
Imported	950.00 - 1100.00	1200.00 - 1200.00	1100.00 - 1200.00	1000.00 - 1200.00	1200.00 - 1200.00	1200.00 - 1200.00	-	1000.00 - 1100.00	1100.00 - 1200.00
<u>Red Onion</u>									
Sinnan	-	-	-	-	-	-	-	-	-
Vedalan	-	-	-	460.00 - 480.00	-	-	-	-	-
Imported	400.00 - 480.00	400.00 - 460.00	400.00 - 400.00	400.00 - 440.00	520.00 - 520.00	400.00 - 400.00	-	460.00 - 480.00	480.00 - 520.00
<u>Big Onion</u>									
Imported	200.00 - 220.00	200.00 - 220.00	200.00 - 220.00	200.00 - 220.00	220.00 - 240.00	-	-	180.00 - 200.00	180.00 - 200.00
Local	240.00 - 240.00	240.00 - 260.00	-	240.00 - 240.00	260.00 - 260.00	260.00 - 260.00	-	240.00 - 260.00	240.00 - 260.00
<u>Potato</u>									
Welimada	-	-	-	-	-	-	-	-	-
N'Eliya	400.00 - 480.00	460.00 - 480.00	460.00 - 480.00	480.00 - 560.00	540.00 - 560.00	-	-	400.00 - 400.00	480.00 - 550.00
Imported	220.00 - 240.00	240.00 - 260.00	240.00 - 240.00	240.00 - 260.00	260.00 - 280.00	280.00 - 280.00	-	260.00 - 280.00	260.00 - 280.00
<u>Pulses</u>									
Green Gram	800.00 - 1000.00	1100.00 - 1100.00	1000.00 - 1100.00	1100.00 - 1200.00	1000.00 - 1100.00	900.00 - 900.00	-	1000.00 - 1000.00	1000.00 - 1100.00
Cowpea (White)	1100.00 - 1200.00	1200.00 - 1200.00	1200.00 - 1300.00	1100.00 - 1300.00	1200.00 - 1300.00	1100.00 - 1100.00	-	1200.00 - 1200.00	1200.00 - 1300.00
Cowpea (Red)	1100.00 - 1200.00	1200.00 - 1200.00	1200.00 - 1300.00	1100.00 - 1300.00	1200.00 - 1300.00	1100.00 - 1100.00	-	1200.00 - 1200.00	1200.00 - 1300.00
Red Dhal	260.00 - 280.00	280.00 - 300.00	280.00 - 300.00	270.00 - 300.00	270.00 - 300.00	260.00 - 260.00	-	270.00 - 300.00	270.00 - 300.00

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

Week 48: 28 Nov-04 Dec 2025

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Vegetable</u>									
Beans	750.00 - 800.00	1200.00 - 1200.00	800.00 - 900.00	1000.00 - 1100.00	900.00 - 900.00	800.00 - 800.00	-	900.00 - 1000.00	900.00 - 1000.00
Carrot	500.00 - 600.00	720.00 - 720.00	600.00 - 600.00	500.00 - 520.00	600.00 - 700.00	800.00 - 800.00	-	700.00 - 800.00	800.00 - 800.00
Leeks	400.00 - 460.00	600.00 - 600.00	600.00 - 600.00	600.00 - 600.00	480.00 - 550.00	500.00 - 550.00	-	540.00 - 560.00	600.00 - 600.00
Beetroot	350.00 - 360.00	560.00 - 560.00	560.00 - 600.00	800.00 - 800.00	450.00 - 500.00	400.00 - 480.00	-	360.00 - 400.00	800.00 - 800.00
Knolkhol	350.00 - 400.00	560.00 - 560.00	-	-	500.00 - 500.00	-	-	-	-
Raddish	300.00 - 350.00	560.00 - 560.00	520.00 - 560.00	480.00 - 500.00	380.00 - 420.00	-	-	-	560.00 - 560.00
Cabbage	150.00 - 160.00	-	600.00 - 650.00	600.00 - 600.00	350.00 - 360.00	250.00 - 260.00	-	180.00 - 240.00	650.00 - 650.00
Tomato	350.00 - 400.00	800.00 - 800.00	480.00 - 520.00	600.00 - 640.00	480.00 - 560.00	500.00 - 550.00	-	800.00 - 800.00	800.00 - 800.00
Ladies Fingers	320.00 - 360.00	560.00 - 560.00	480.00 - 520.00	600.00 - 600.00	450.00 - 480.00	360.00 - 400.00	-	450.00 - 480.00	550.00 - 600.00
Brinjal	400.00 - 460.00	650.00 - 650.00	480.00 - 480.00	600.00 - 600.00	480.00 - 500.00	600.00 - 600.00	-	450.00 - 480.00	650.00 - 650.00
Capsicum	600.00 - 700.00	1600.00 - 1600.00	1500.00 - 1600.00	1000.00 - 1000.00	1100.00 - 1200.00	900.00 - 900.00	-	-	800.00 - 800.00
Pumpkin	180.00 - 200.00	200.00 - 200.00	240.00 - 280.00	240.00 - 280.00	260.00 - 280.00	320.00 - 320.00	-	320.00 - 320.00	320.00 - 320.00
Cucumber	180.00 - 200.00	320.00 - 320.00	340.00 - 360.00	320.00 - 360.00	180.00 - 200.00	320.00 - 320.00	-	320.00 - 340.00	320.00 - 320.00
Bitter Gourd	500.00 - 600.00	900.00 - 900.00	1000.00 - 1000.00	1000.00 - 1000.00	680.00 - 700.00	-	-	-	960.00 - 960.00
Snake Gourd	400.00 - 450.00	560.00 - 560.00	-	600.00 - 650.00	550.00 - 560.00	-	-	-	600.00 - 600.00
Drumstick	-	-	-	-	-	-	-	-	-
Luffa	400.00 - 450.00	680.00 - 680.00	680.00 - 700.00	600.00 - 600.00	-	600.00 - 600.00	-	-	500.00 - 640.00
Long Beans	500.00 - 600.00	720.00 - 720.00	600.00 - 720.00	600.00 - 600.00	560.00 - 560.00	-	-	-	650.00 - 650.00
Ash Plantain	180.00 - 200.00	300.00 - 300.00	280.00 - 300.00	240.00 - 280.00	260.00 - 280.00	340.00 - 340.00	-	-	320.00 - 340.00
Green Chillies	250.00 - 300.00	-	-	800.00 - 860.00	800.00 - 800.00	450.00 - 450.00	-	800.00 - 800.00	900.00 - 900.00
Lime	800.00 - 1000.00	1600.00 - 1600.00	1800.00 - 1800.00	1600.00 - 1600.00	1200.00 - 1300.00	1000.00 - 1000.00	-	1100.00 - 1200.00	1600.00 - 1800.00
<u>Root Crops</u>									
Sweet Potato	250.00 - 260.00	440.00 - 440.00	300.00 - 400.00	460.00 - 460.00	320.00 - 340.00	350.00 - 350.00	-	320.00 - 320.00	360.00 - 450.00
Manioc	180.00 - 200.00	220.00 - 220.00	240.00 - 260.00	260.00 - 260.00	200.00 - 220.00	220.00 - 240.00	-	220.00 - 240.00	220.00 - 240.00
<u>Leafy Vegetable</u>									
Mukunuwenna	-	100.00 - 100.00	80.00 - 80.00	100.00 - 100.00	-	-	-	-	-
Kankun	-	100.00 - 100.00	80.00 - 80.00	100.00 - 100.00	-	-	-	-	-
Gotukola	-	-	-	-	-	-	-	-	-
<u>Coconut</u>									
Large	-	220.00 - 220.00	220.00 - 220.00	200.00 - 205.00	-	205.00 - 210.00	-	200.00 - 210.00	200.00 - 205.00
Small	195.00 - 195.00	190.00 - 200.00	200.00 - 200.00	190.00 - 190.00	190.00 - 195.00	185.00 - 190.00	-	185.00 - 190.00	185.00 - 190.00

Annex 03 - Colombo Markets: Retail Prices of Fruits (Rs/fruit)

Week 48: 28 Nov-04 Dec 2025

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CROP	PELIYAGODA			MAHARAGAMA			KIRULAPONE			NUGEGODA			NARAHENPITA			DEMATAGODA			THOTALANGA	KADAWATHA			KIRIBATHGODA		
<u>Plantain</u>																									
Ambul (Rs/Kg)	150.00	-	200.00	200.00	-	200.00	200.00	-	220.00	200.00	-	220.00	150.00	-	200.00	180.00	-	200.00	-	150.00	-	160.00	170.00	-	180.00
Kolikuttu (Rs/Kg)	250.00	-	300.00	320.00	-	330.00	350.00	-	350.00	300.00	-	350.00	300.00	-	350.00	300.00	-	350.00	-	280.00	-	300.00	250.00	-	250.00
Seeni (Rs/Kg)	150.00	-	200.00	200.00	-	220.00	200.00	-	220.00	200.00	-	220.00	180.00	-	200.00	180.00	-	200.00	-	150.00	-	160.00	150.00	-	180.00
Anamalu	36.00	-	43.00	50.00	-	50.00	50.00	-	50.00	43.00	-	50.00	43.00	-	50.00	43.00	-	43.00	-	40.00	-	43.00	36.00	-	43.00
Ambun	50.00	-	60.00	70.00	-	70.00	70.00	-	70.00	70.00	-	70.00	60.00	-	70.00	60.00	-	60.00	-	56.00	-	60.00	50.00	-	60.00
<u>Pineapple</u>																									
Large	400.00	-	450.00	400.00	-	450.00	450.00	-	500.00	400.00	-	450.00	420.00	-	450.00	400.00	-	450.00	-	400.00	-	450.00	400.00	-	420.00
Medium	320.00	-	350.00	320.00	-	340.00	350.00	-	380.00	300.00	-	350.00	320.00	-	350.00	300.00	-	350.00	-	300.00	-	350.00	300.00	-	350.00
Small	250.00	-	280.00	260.00	-	270.00	280.00	-	280.00	250.00	-	280.00	250.00	-	280.00	230.00	-	250.00	-	240.00	-	250.00	240.00	-	250.00
<u>Mango</u>																									
Betti		-			-			-			-			-			-		-		-			-	
Karthakolomban	150.00	-	170.00		-		170.00	-	200.00	170.00	-	200.00	150.00	-	170.00	150.00	-	170.00	-	150.00	-	170.00	150.00	-	170.00
Vilad		-			-			-			-			-			-		-		-			-	
Kohu		-			-			-			-			-			-		-		-			-	
<u>Other Fruits</u>																									
Wood Apple	60.00	-	70.00		-		120.00	-	120.00	120.00	-	140.00	140.00	-	140.00	100.00	-	120.00	-	90.00	-	100.00	80.00	-	100.00
Orange	130.00	-	150.00		-		170.00	-	200.00	200.00	-	200.00	170.00	-	200.00	135.00	-	200.00	-	135.00	-	170.00	180.00	-	180.00
Avocado	500.00	-	500.00		-			-		435.00	-	435.00	470.00	-	500.00		-		-	470.00	-	500.00	470.00	-	470.00
Slime Apple	90.00	-	100.00	120.00	-	120.00	120.00	-	160.00	120.00	-	160.00	100.00	-	120.00	80.00	-	100.00	-	80.00	-	100.00	120.00	-	140.00
Grapes (Rs/Kg)	1500.00	-	1600.00	2300.00	-	2300.00	2000.00	-	2000.00	2500.00	-	2500.00	1800.00	-	2000.00	2000.00	-	2000.00	-	1800.00	-	1800.00	2000.00	-	2200.00
Papaw (Rs/Kg)	240.00	-	300.00		-		350.00	-	350.00	280.00	-	350.00	240.00	-	280.00	260.00	-	300.00	-	300.00	-	300.00	240.00	-	250.00
Passion	50.00	-	50.00		-		80.00	-	80.00	80.00	-	80.00	50.00	-	60.00	50.00	-	60.00	-	50.00	-	50.00	70.00	-	70.00
King Coconut	170.00	-	200.00	150.00	-	150.00	180.00	-	180.00	180.00	-	200.00	160.00	-	160.00	200.00	-	200.00	-	160.00	-	160.00	160.00	-	180.00

Annex 04 - Colombo Markets: Retail Prices of Sea Fish and Dried Fish (Rs/kg)
Week 48: 28 Nov-04 Dec 2025

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Sea Fish</u>									
Salaya	900.00 - 1000.00	1000.00 - 1000.00	800.00 - 1000.00	1000.00 - 1000.00	920.00 - 920.00	800.00 - 800.00	-	800.00 - 800.00	800.00 - 900.00
Hurulla	1000.00 - 1200.00	1200.00 - 1300.00	-	-	1100.00 - 1100.00	-	-	-	-
Balaya	800.00 - 900.00	2000.00 - 2000.00	2000.00 - 2000.00	-	-	1600.00 - 1800.00	-	-	900.00 - 1000.00
Kelawalla	2200.00 - 2400.00	3000.00 - 3000.00	2400.00 - 3000.00	3400.00 - 3400.00	-	2400.00 - 2400.00	-	2800.00 - 2900.00	3200.00 - 3200.00
Thora	2800.00 - 3000.00	4000.00 - 4000.00	-	4000.00 - 4000.00	4900.00 - 4900.00	3000.00 - 3000.00	-	-	-
Paraw	1400.00 - 1800.00	2400.00 - 2400.00	1700.00 - 2400.00	1800.00 - 1800.00	1400.00 - 1400.00	2400.00 - 2400.00	-	1800.00 - 2000.00	1400.00 - 1400.00
Mora	-	-	-	-	-	-	-	-	-
Shrimps Small	1600.00 - 1700.00	2600.00 - 2600.00	2400.00 - 2400.00	2200.00 - 2200.00	1900.00 - 1900.00	2200.00 - 2200.00	-	2000.00 - 2200.00	1700.00 - 1800.00
Talapath	2500.00 - 2600.00	3200.00 - 3200.00	3200.00 - 3200.00	3000.00 - 3000.00	3400.00 - 3400.00	3000.00 - 3000.00	-	3200.00 - 3200.00	2900.00 - 3000.00
<u>Eggs (Rs/egg)</u>									
Brown	40.00 - 42.00	-	-	42.00 - 42.00	45.00 - 45.00	42.00 - 42.00	-	-	42.00 - 42.00
White	39.00 - 40.00	36.00 - 36.00	36.00 - 36.00	40.00 - 40.00	40.00 - 40.00	40.00 - 40.00	-	40.00 - 40.00	40.00 - 40.00
<u>Dried Fish</u>									
Sprats	1200.00 - 1300.00	1400.00 - 1800.00	1600.00 - 1800.00	1800.00 - 2000.00	2000.00 - 2000.00	-	-	2000.00 - 2000.00	2000.00 - 2000.00
Kattawa	2000.00 - 2200.00	2200.00 - 2400.00	2400.00 - 2800.00	2600.00 - 3000.00	2200.00 - 3000.00	2600.00 - 2600.00	-	2000.00 - 2000.00	2400.00 - 2600.00
Thora	-	-	-	-	-	-	-	-	-
Mora	2500.00 - 2500.00	2800.00 - 2800.00	3000.00 - 3000.00	2800.00 - 3200.00	-	3000.00 - 3000.00	-	2800.00 - 2800.00	3000.00 - 3200.00
Balaya	1300.00 - 1600.00	1900.00 - 1900.00	2600.00 - 2600.00	2200.00 - 2300.00	-	2200.00 - 2200.00	-	1600.00 - 1600.00	2000.00 - 2200.00
Anguluwa	2200.00 - 2200.00	2800.00 - 2800.00	2600.00 - 2600.00	2600.00 - 2800.00	-	3000.00 - 3000.00	-	-	2200.00 - 2800.00
Salaya	600.00 - 600.00	1100.00 - 1100.00	-	1100.00 - 1100.00	1100.00 - 1100.00	-	-	-	-
<u>Meat</u>									
Beef (without Bones)	-	2900.00 - 2900.00	2800.00 - 2800.00	-	-	-	-	2900.00 - 2900.00	-
Chicken (Broiler)	1460.00 - 1460.00	1450.00 - 1450.00	1420.00 - 1420.00	1400.00 - 1400.00	1400.00 - 1400.00	1350.00 - 1350.00	-	1400.00 - 1400.00	1500.00 - 1500.00
Chicken (Curry)	-	1350.00 - 1350.00	-	-	-	-	-	-	-
Mutton	-	4000.00 - 4000.00	4000.00 - 4000.00	-	-	-	-	4000.00 - 4000.00	4000.00 - 4000.00
Pork	-	2900.00 - 2900.00	-	-	-	-	-	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

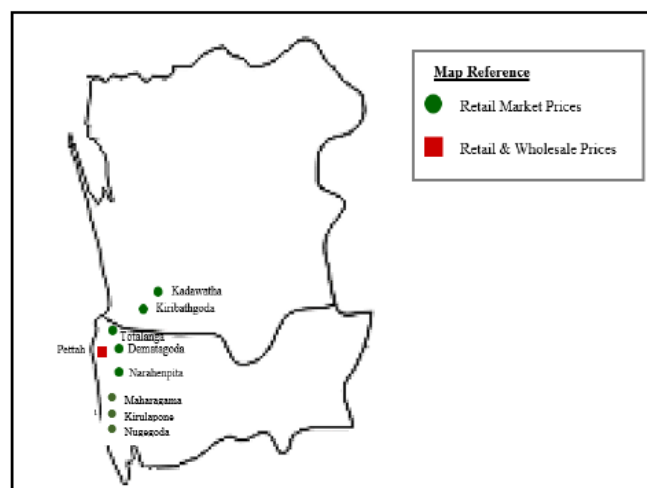
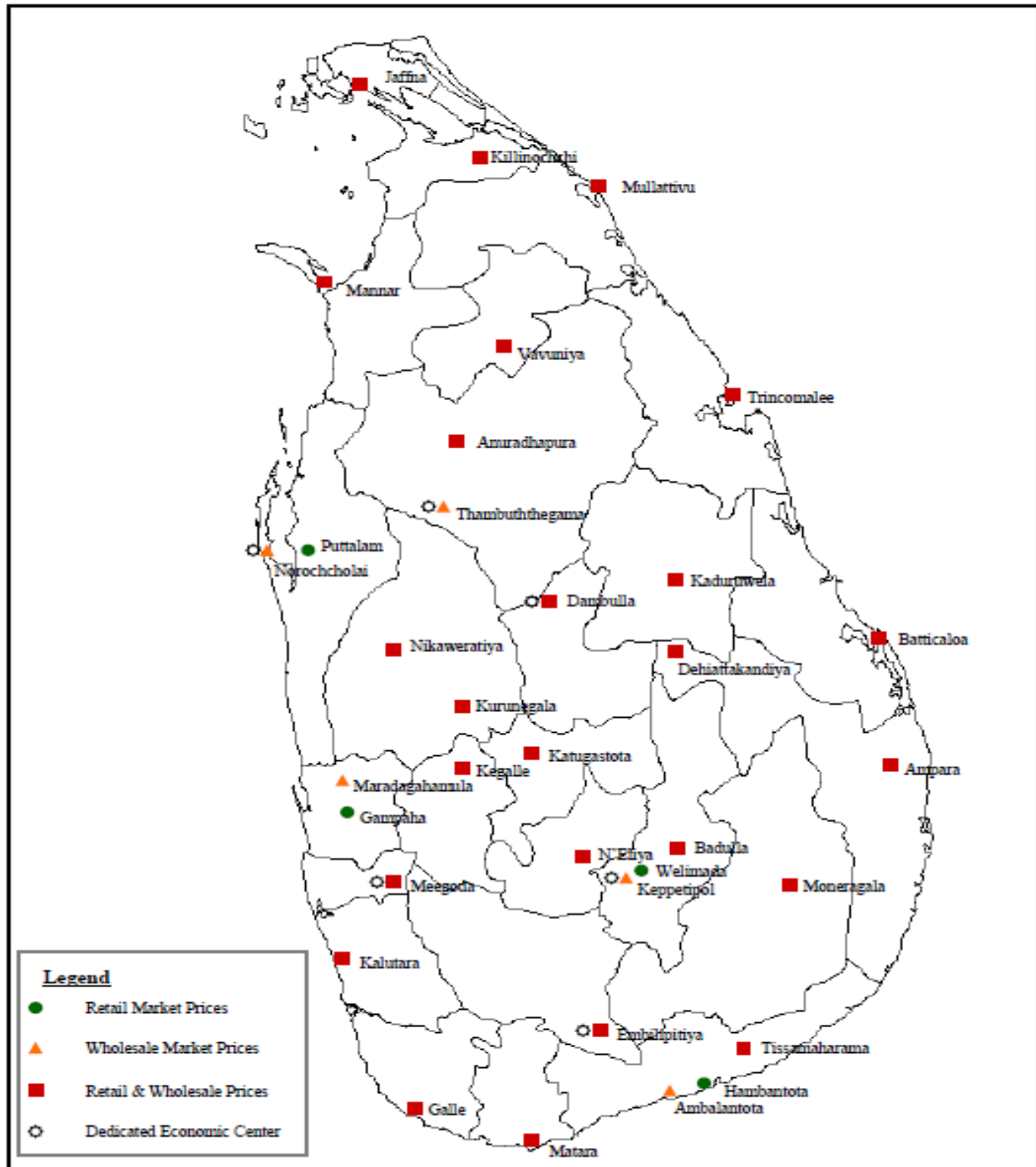
Fruits

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

Hector Kobbekaduwa Agrarian Research and Training Institute

No. 114, Wijerama Mawatha, Colombo 07.

Phone: 011-2696981 Fax: 011-2682283

E-mail: mfpaharti@yahoo.com

Web: www.harti.gov.lk

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