

RETAIL MARKET AT A GLANCE

Summary

Paddy/Rice

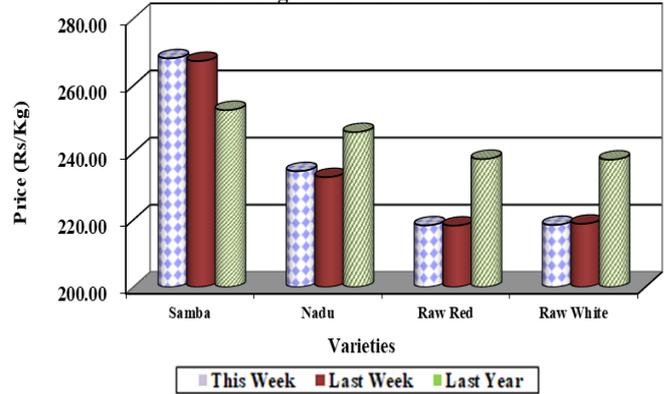
Most rice varieties, such as nadu I, local samba and imported samba has experienced a slight increase (Rs.1.00-2.00/kg) in prices. The largest hike of Rs.2.00/ kg was observed for nadu I. Prices of other rice varieties remained unchanged.

Compared to the previous year, the price of local keeri samba rice has increased by 25%.

The average price of short-grain paddy has risen by Rs. 1.00 to Rs.2.00 per kilogram, with prices ranging between Rs.130.00 and Rs.142.00/kg. Further, the average price of keeri samba paddy has risen by Rs.4.00 to Rs.5.00 per kilogram, with prices ranging between Rs.150.00 and Rs.160.00 /kg.

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Average Retail Prices of Rice

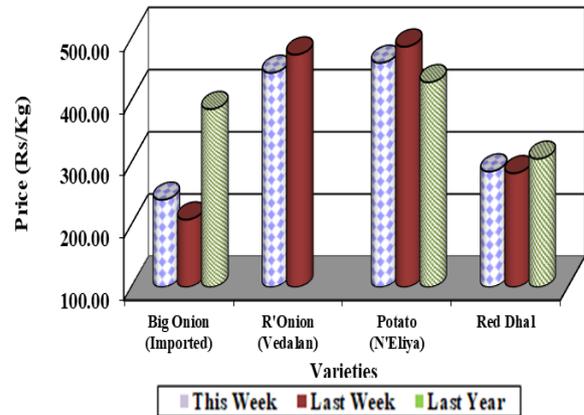


Other Field Crops

Price of *vedalan* red onion has decreased by Rs.29.00/kg and price ranged Rs.380.00-520.00/kg. Price of imported and local big onions have increased by Rs.32.00/kg and Rs.37.00/kg respectively. Meanwhile, Prices of all types of potato varieties have decreased. The highest price decreased of Rs.26.00/kg was recorded for Nuwara Eliya potato.

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Average Retail Prices of Other Field Crops

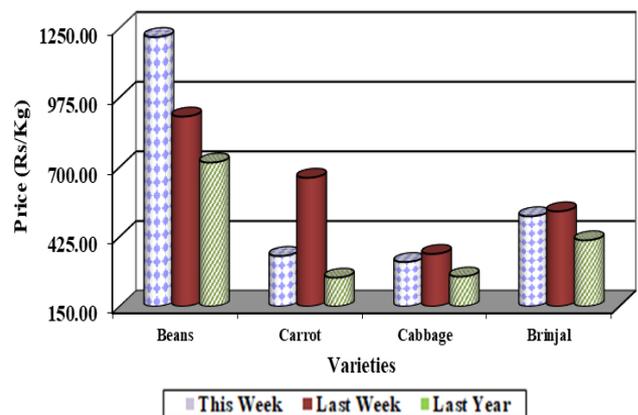


Vegetables

Retail prices of most of the vegetable varieties has decreased in line with the downward wholesale price trend due to improved transportation facilities following the cyclone's impact. Considering up-country vegetables, the highest price decrease was reported for carrot at Rs.309.00/kg. Considering the low-country vegetable varieties, the highest price decrease was reported for capsicum at Rs.155.00/kg.

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Average Retail Prices of Vegetables



Coconut

Prices of large nuts and small nuts has dropped by Rs.5.00/nut and Rs.1.00/nut respectively. The price ranges were Rs.195.00-210.00 for a large nut and Rs.185.00-195.00 for a small nut. Compared to the same period of last year, the current retail prices of large and small nuts have increased by 12% and 24% respectively.

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Rice

Wholesale

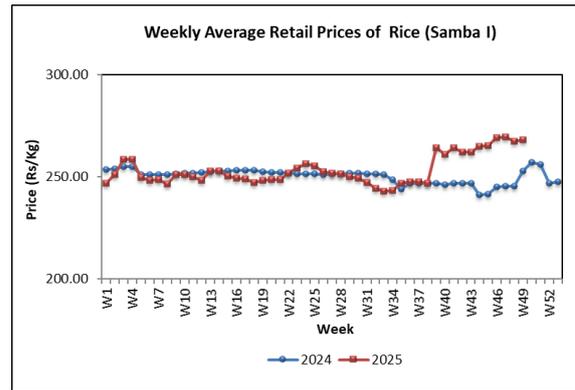
Price of most rice varieties have increased due to increased paddy prices. Price of and samba grade I and grade II have increased by 3% and price ranged Rs.245.00-255.00/kg and Rs.240.00-245.00/kg respectively. Price of both nadu grade I and II and raw white have increased by 2% and price ranged Rs.220.00-230.00, Rs.215.00-218.00 and Rs.210.00-220.00/kg.

Compared to same period of last year, the highest price increase of 25% recorded for keeri samba while the highest price decrease was recorded for nadu rice varieties as 7%.

Retail

Prices of local samba, local nadu and imported samba have increased. There is no significant change in the price of local keeri samba, local raw red and local raw white. The highest price increase of Rs.2.00/kg was recorded for local nadu.

Compared to the same period of the last year the highest price increase of 25% was recorded for local keeri samba while the highest price decreased of 17% was recorded for imported samba.



Paddy

A slight price increase for all the main rice varieties have observed in most of the major producing areas. Accordingly, the price of short grain (samba) paddy has increased by Rs.1.00-2.00/kg and prices ranged Rs.130.00-142.00/kg. Further, price increased of Rs.4.00-5.00/kg was reported for keeri samba paddy in major producing areas and prices ranged Rs.150.00-160.00/kg. Subsequently, the average price of long grain white paddy also increased by Rs.2.00-4.00/kg and reported Rs.120.00-127.00/kg price range in major producing areas. However, price of long grain red paddy has increased by Rs.1.00/kg in Embilipitiya and decreased by Rs.4.00/kg in Matara area while reported Rs.120.00-127.00/kg price range.

Compared to the same period of last year, the average farmgate prices of short grain and keeri samba paddy has increased by 1%-17% while the highest for keeri samba paddy. However, the average farmgate

price of both long grain white and red paddy have decreased by 8%-17%.

Dried Chilies

Wholesale

Price of imported dried chilies has not changed significantly 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 22%.

Retail

Price of imported dried chilies has decreased by Rs.5.00/kg and price ranged Rs.1000.00-1200.00/kg.

Compared to the same period of the last year, current retail price of imported dried chilies has increased by 16%.

Onion

Wholesale

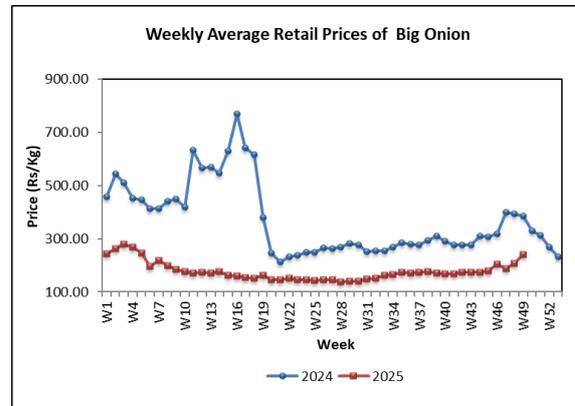
Price of vedalan have decreased by 12% due to availability of sufficient stocks and price ranged Rs.270.00-300.00/kg. Price of imported red onion has increased by 3% and price ranged Rs.350.00-400.00/kg. Price of imported big onion and local big onion have increased by 15% and 14% due to the unavailability of sufficient stocks at

the market and price ranged Rs.175.00-220.00/kg and Rs.250.00-270.00/kg.

Compared to same period of last year current wholesale price of imported red onion has increased by 10% while imported big onion varieties have decreased by 20%.

Retail

Price of vedalan has decreased of Rs.29.00/kg and price of imported red onions has increased of Rs.15.00/kg. The prices of imported and local big onions have increased of Rs.32.00/kg and Rs.37.00/kg respectively.



Compared to the same period of the last year, the highest price decreased of 38% was recorded for imported big onions.

Potato

Wholesale

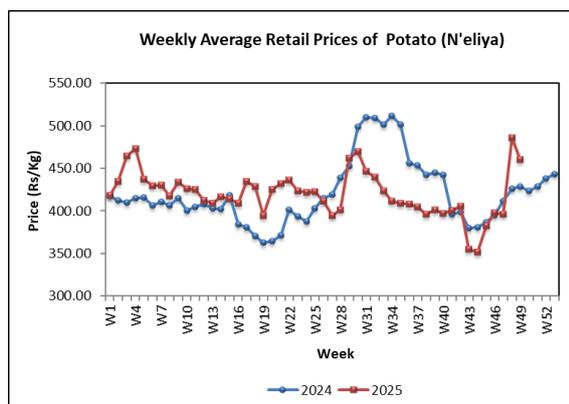
The Price of Nuwara Eliya potato has decreased by 25% due to unavailability

of sufficient stocks and price ranged Rs.250.00-330.00 price of imported potato has not changed significantly and price ranged Rs.170.00-250.00/kg.

Compared to same period of last year, current wholesale price of Nuwara Eliya and imported potato varieties have decreased by 10% and 13% respectively.

Retail

The prices of Nuwara-Eliya and imported potatoes have decreased. The highest price decreased of Rs.26.00/kg was recorded for Nuwara-Eliya potato.



Compared to the same period of the last year, highest price increase of 7% was recorded for Nuwara-Eliya potatoes and highest price decreased of 9% was recorded for imported potato.

Pulses

Wholesale

Price of red cowpea and red dhal have increased by 2% and 5% and price ranged Rs.800.00-900.00/kg and Rs.250.00-260.00/kg. Price of green gram and white cowpea have not changed significantly and price ranged Rs.550.00-870.00/kg and Rs.800.00-850.00/kg.

Compared to same period of last year, current wholesale price of the highest price increase of 47% was recorded for red cowpea and the highest price decrease of 5% recorded for red dhal.

Retail

Current prices of all types of pulses varieties except for red dhal have decreased. The highest price decreased of Rs.60.00/kg was recorded for white cowpea.

Compared to the same period of the last year, highest price increase of 35% was recorded for red cowpea and highest price decreased of 7% was recorded for red dhal.

Vegetable

Wholesale

Due to the favorable weather condition and improved transport facilities following cyclone’s impact, the supply of most of both upcountry and low country vegetables, have increased. As a result, prices of most of the vegetables have decreased.

Among the upcountry vegetable varieties, the highest price decrease of 55% reported for carrot, and 52% reported for leeks, with increased supply from Nuwara Eliya, Welimada, and Bandarawela areas. Similarly, prices of cabbage and tomatoes have also decreased by 28% and 31% respectively, due to increase supply from Producing areas. In addition, prices of beetroot and raddish have decreased by 12% and 17% respectively. However, the prices of beans and knolkhol have increased by 24% and 22% respectively, with decreased supply from Bandarawela, Welimada and Hanguranketha areas.

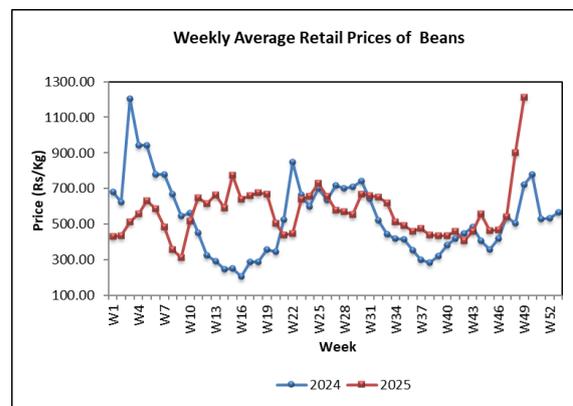
Considering the low-country vegetables, the most of the vegetable varieties experienced price decrease, particularly for capsicum (37%), with increased supply from Thalawakele. In addition, prices of ladies fingers and pumpkin have also decreased by about 32%, with increased

supply. While the price of cucumber, snake gourd and luffa have decreased in the range of 5%-23%. But the prices of brinjals, bitter gourd and ash plantain have increased slightly. Prices of green chilies and lime have decreased, by 39% and 49% respectively.

Compared to the same period of last year, the prices of most of the vegetables have increased, with the highest price increase of 57% reported for beans and 55% for cabbage. Prices of green chilies and lime have decreased by 3% and 32% respectively.

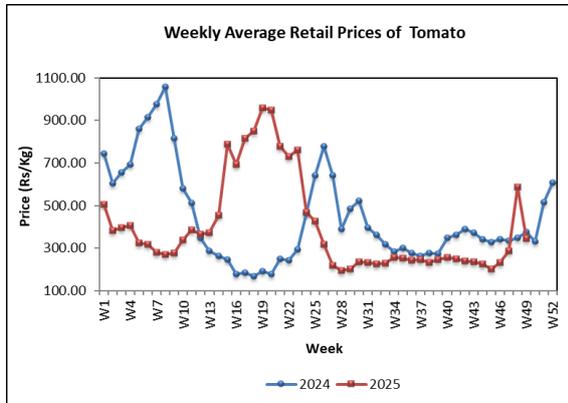
Retail

Retail prices of most of the vegetable varieties decreased. Considering the up-country vegetables, the highest price decrease was reported for carrots at Rs. 309.00/kg. While the price of beans increased by Rs. 314.00/kg.



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

reported for capsicum at Rs.155.00/kg. However, green chilies increased by Rs.79.00/kg.



Compared to the same period last year, prices of most varieties have increased, with a notable 70% increase reported for beans.

Coconut

Wholesale

Supplies of coconut have increased following improved transport facilities following cyclone's impact in major producing areas. Therefore, the prices of both large and small nuts have decreased by 18% and 25% respectively. Price ranges were Rs.155.00-185.00 for a large nut and Rs.130.00-165.00 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 1% and 7% respectively.

Retail

Prices of large and small nuts has decreased by around Rs.5.00/nut and Rs.1.00/nut respectively. The price ranges were Rs.195.00-210.00 for a large nut and Rs.185.00-195.00 for a small nut. Compared to the same period of last year, the current retail prices of large and small nuts have increased by 12% and 24%, respectively.

Fruits

Wholesale

Prices of all fruit varieties have decreased due to low demand. The highest price decrease of 22% was reported for karthakolomban mango. Prices of papaw and seni banana decreased by 14% and 13% respectively with the flood and landslide situation. However, prices of small size pineapple and avocado increased by 11% and 10% respectively with limited supply.

Compared to the same period of last year, prices of most of the fruit varieties have decreased while the highest price decrease of 33% reported for large size of pineapple.

Retail

Retail prices of most of the fruit varieties have decreased. The highest price decrease was reported for imported grapes by Rs.71.00/kg. Price of karthakolomban mango has decreased by Rs.39.00/fruit. Also, prices for papaw has decreased by Rs.14.00/kg. However, the price of Avocado has increased by Rs.157.00/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 passion fruit as 33%.

Fresh Fish

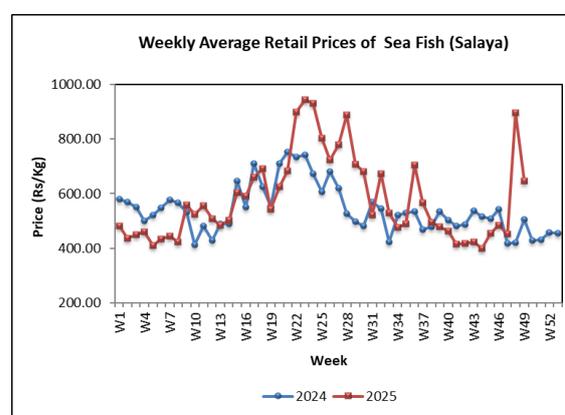
Wholesale

The prices of same fresh fish types have increased in the range of 7%- 48%. The highest price increase was noted for mora as 48%. the second highest price increase was noted for balaya as 40%. Price of salaya has decreased by 52%.

Compared to the same period of last year, current wholesale prices of most of the fresh fish types have decreased in the range of 0.5%-33% and the highest price decrease was noted for kelawalla.

Retail

Prices of all the fish varieties except salaya, hurulla, kelawalla and shrimps have increased. The highest price increase was recorded for paraw by Rs. 329.00/kg. The second highest price increase was recorded for paraw by RS.162.00/kg. The highest price decrease was recorded for salaya by Rs.252.00/kg.



Compared to the same period of last year, the prices of fish varieties have increased, highest price increase was recorded for salaya by 29%.

Dried Fish

Wholesale

Prices of most of the local and dried fish types have increased in the range of 1.5%-100%. The highest price increase of 100% was noted for imported mora. The second highest price increase of 89% was noted for local anguluwa. Price of imported madu has decreased by 44%.

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

Retail

Prices of all the dried fish varieties except salaya has increased, and the highest price increase was recorded for balaya by Rs.236.00/kg. Second highest price increase was recorded for sprats by Rs.196.00/kg. The highest price decrease was recorded for salaya by Rs.75.00/kg.

Compared to the same period of last year, the prices of all types of dry fish varieties except imported sprats and salaya have increased. The highest price increase was recorded for kattawa by 32%.

Eggs

Wholesale

The prices of brown and white eggs have increased by 17% and 15% respectively. Price range of a brown egg was Rs.44.00-45.00 and the price range of a white eggs was Rs.40.00-43.00.

Compared to the same period of last year, current wholesale price of brown and

white eggs have increased by 6% and 7% respectively.

Retail

The prices of both brown and white eggs types have increased by Rs.4.00 per egg. Price ranged Rs.41.00-45.00 for white eggs and Rs.45.00-48.00 for brown eggs. The average price of white egg and brown egg types has been recorded as Rs. 44.00 and Rs.43.00, respectively.

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

Meat

Retail

Prices of all meat types except pork has decreased. The highest price decrease was recorded for chicken broiler by Rs.117.00/kg. The second highest price decrease was recorded for chicken curry by Rs. 107.00/kg respectively.

Compared to the same period of last year, prices of all meat varieties have increased. The highest price increase was recorded for pork by 125%.

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 49: 05 - 11 Dec 2025

LOCATIONS	Rice Varieties													
	Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White	
Colombo	12250	12750	12000	12250	15500	16500	11000	11500	10750	10900	10250	10500	10500	11000
Divulapitiya	12900	13250	12250	12750	15400	16000	11250	11350	10250	10750	10000	10400	9800	10600
Kurunegala	-	-	-	-	-	-	11350	11350	10500	10750	-	-	10250	10350
Nikaweratiya	12700	13000	-	-	15400	15500	11200	11450	10300	10400	-	-	9600	9900
Badulla	-	-	-	-	15900	15900	11400	11400	-	-	10500	10750	10500	10750
Puttalam	13000	13500	-	-	16500	17250	11250	11500	10500	10750	10500	10500	10000	10250
Dambulla	12900	13000	11850	11900	-	-	11350	11400	10900	11000	10500	10600	10300	10500
Anuradhapura	13000	13250	11800	11900	15750	16250	11250	11400	-	-	10500	10750	10250	10500
Tambuttegama	12750	13000	11550	11800	-	-	11400	11400	10500	10600	10600	10800	10000	10250
Polonnaruwa	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Kalutara	12750	13000	-	-	15750	16000	11300	11400	10750	10750	10250	10650	10250	10750
Ampara	-	-	12000	12000	-	-	11500	11500	11000	11100	9500	9750	9750	10000
Kandy	13000	13250	12000	12250	16000	16500	11150	11350	10500	10750	10400	10600	10600	10750
Moneragala	-	-	11500	11750	15750	16250	11250	11350	-	-	10000	10500	10000	10500
Kegalle	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Dehiattakandiya	13000	13500	-	-	15500	16000	11250	11250	11000	11000	10750	10750	10000	10750
Hambantota	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Matara	-	-	-	-	-	-	-	-	10900	11000	10200	10300	10400	10500
Galle	-	-	-	-	17000	17000	11250	11400	11000	11000	10250	10750	10000	10750
Meegoda	-	-	11850	12000	-	-	11000	11250	10700	10900	10150	10500	10000	10500
Tissamaharama	-	-	11950	11950	-	-	11350	11400	-	-	9750	9800	10100	10150
Embilipitiya	-	-	11900	12000	16000	16250	-	-	10300	10400	10000	10250	10250	10400
Jaffna	-	-	11500	11750	-	-	11300	11500	-	-	10000	10200	10000	10200
Vavuniya	12250	12400	-	-	15500	15700	11000	11250	-	-	10300	10500	10500	10900
Mannar	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Killinochchi	12250	12400	-	-	15750	16250	11000	11250	-	-	10250	10400	10500	10750
Mullattivu	12250	12300	12000	12100	16000	16300	11000	11100	10750	10800	9750	10000	10500	11000
Batticaloa	12250	12500	-	-	16250	16500	11000	11500	-	-	10250	10250	10250	10250
Trincomalee	-	-	11750	11900	-	-	-	-	10750	10900	10250	10500	10250	10500
Galenbindunuwew	-	-	11900	11950	-	-	11200	11450	10800	10850	10750	10800	10400	10850
Matale	-	-	-	-	16250	16750	11400	11500	11000	11100	10500	10600	10500	10600

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

Week 49: 05 - 11 Dec 2025

LOCATIONS	Rice Varieties													
	Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White	
Colombo	260.00	280.00	-	-	320.00	340.00	230.00	240.00	-	-	210.00	220.00	210.00	220.00
Gampaha	-	-	240.00	240.00	-	-	225.00	230.00	-	-	210.00	220.00	215.00	220.00
Kurunegala	-	-	240.00	240.00	-	-	230.00	230.00	225.00	225.00	215.00	220.00	220.00	220.00
Nikaweratiya	260.00	265.00	-	-	320.00	330.00	230.00	235.00	215.00	215.00	-	-	200.00	210.00
Dambulla	260.00	270.00	240.00	245.00	330.00	340.00	230.00	230.00	220.00	225.00	215.00	220.00	210.00	215.00
Anuradhapura	265.00	270.00	240.00	240.00	320.00	330.00	230.00	230.00	-	-	215.00	220.00	210.00	220.00
Thambuththegama	270.00	270.00	240.00	240.00	320.00	320.00	230.00	230.00	227.00	228.00	216.00	220.00	212.00	218.00
Polonnaruwa	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Kaluthara	260.00	280.00	-	-	330.00	340.00	230.00	235.00	215.00	220.00	210.00	216.00	210.00	220.00
Badulla	-	-	-	-	330.00	330.00	230.00	230.00	-	-	220.00	220.00	220.00	220.00
Keppetipola	-	-	255.00	260.00	-	-	228.00	230.00	220.00	225.00	215.00	220.00	218.00	220.00
Moneragala	-	-	240.00	240.00	330.00	330.00	230.00	230.00	-	-	210.00	215.00	210.00	215.00
Kegalle	270.00	270.00	240.00	240.00	330.00	330.00	230.00	230.00	215.00	220.00	220.00	220.00	210.00	220.00
Ampara	-	-	240.00	240.00	-	-	230.00	230.00	220.00	225.00	200.00	220.00	200.00	210.00
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	-	-	250.00	260.00	340.00	350.00	229.00	230.00	220.00	225.00	215.00	218.00	218.00	220.00
Kandy	270.00	275.00	245.00	250.00	335.00	340.00	230.00	230.00	220.00	225.00	218.00	220.00	218.00	220.00
Puttalam	275.00	280.00	250.00	260.00	335.00	350.00	230.00	230.00	220.00	220.00	220.00	220.00	210.00	220.00
Hambantota	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Rathnapura	270.00	275.00	-	-	330.00	330.00	228.00	235.00	214.00	216.00	215.00	220.00	215.00	220.00
Matara	260.00	275.00	240.00	250.00	-	-	230.00	240.00	220.00	225.00	206.00	212.00	210.00	220.00
Galle	270.00	270.00	240.00	245.00	340.00	350.00	230.00	230.00	-	-	210.00	220.00	210.00	220.00
Tissamaharama	-	-	240.00	240.00	-	-	230.00	230.00	-	-	198.00	200.00	205.00	210.00
Meegoda (DEC)	-	-	240.00	245.00	-	-	230.00	230.00	220.00	225.00	215.00	220.00	215.00	220.00
Embilipitiya	-	-	240.00	240.00	320.00	325.00	225.00	230.00	215.00	220.00	200.00	210.00	210.00	215.00
Jaffna	-	-	240.00	245.00	-	-	-	-	-	-	-	-	215.00	220.00
Vavuniya	-	-	250.00	260.00	315.00	325.00	228.00	235.00	-	-	210.00	220.00	218.00	220.00
Mannar	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Killinochchi	-	-	250.00	255.00	330.00	350.00	226.00	230.00	-	-	210.00	215.00	216.00	220.00
Mullaittivu	-	-	245.00	250.00	325.00	330.00	-	-	220.00	225.00	200.00	205.00	220.00	220.00
Batticaloa	-	-	245.00	250.00	330.00	350.00	230.00	240.00	-	-	210.00	220.00	210.00	220.00
Trincomalee	-	-	245.00	250.00	-	-	225.00	230.00	-	-	215.00	220.00	215.00	220.00
Hanguranketha	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Veyangoda	-	-	240.00	240.00	315.00	320.00	230.00	230.00	220.00	225.00	215.00	220.00	210.00	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	235.00	-	-	210.00	215.00	210.00	215.00
Matale	280.00	280.00	250.00	255.00	340.00	345.00	230.00	230.00	225.00	226.00	215.00	220.00	214.00	220.00

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

Week 49: 05 - 11 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 - 20000	13500 - 15000	8750 - 11000	8500 - 12500	-	12500 - 16500	27500 - 43500	40000 - 42500	12500 - 13250
Kurunegala	43500 - 44500	-	-	10250 - 10500	9000 - 9500	-	-	35000 - 36500	45000 - 47000	12750 - 13250
Nikaweratiya	43000 - 44500	-	-	-	8500 - 9250	-	-	30000 - 31500	45000 - 46000	13150 - 13500
Dehiattakandiya	42500 - 50000	20000 - 22500	-	10750 - 13500	9000 - 10000	-	-	27500 - 32500	32500 - 45000	13250 - 14500
Dambulla (DEC)	41000 - 42000	-	-	10000 - 11000	8250 - 8500	-	13000 - 13500	27000 - 29000	33500 - 34000	13250 - 13500
Anuradhapura	42000 - 46000	20000 - 22500	16000 - 18000	10500 - 12000	10000 - 10500	-	16000 - 17000	32500 - 35000	42500 - 45000	13500 - 14000
Thambuththegama	41500 - 42500	-	-	10500 - 10750	8750 - 11500	-	-	-	-	12500 - 12600
Polonnaruwa	-	-	-	-	-	-	-	-	-	-
Kaluthara	45000 - 50000	19000 - 21500	-	10500 - 11000	10000 - 12000	-	-	32000 - 36500	-	12750 - 13250
Puttalam	45000 - 47500	-	14000 - 15000	11250 - 11500	10000 - 12000	-	-	32500 - 35000	46000 - 49000	13500 - 13750
Kandy	45000 - 46500	19000 - 20000	-	10500 - 11000	9000 - 9500	-	13000 - 13500	30000 - 32500	40000 - 41000	13500 - 13750
Matara	47500 - 50000	20000 - 22000	-	11000 - 11500	10000 - 11500	-	-	31000 - 33000	40000 - 43000	13500 - 14000
Hambantota	-	-	-	-	-	-	-	-	-	-
Kegalle	40000 - 42500	18000 - 20000	-	11000 - 12000	9750 - 11500	-	15500 - 17000	35000 - 36000	45000 - 46000	12500 - 14000
Galle	42500 - 44000	19000 - 22500	-	9750 - 11000	9500 - 15000	-	-	34000 - 42000	43500 - 52500	12500 - 13250
Tissamaharama	41500 - 42500	19000 - 20000	-	9500 - 9750	8250 - 8500	-	15000 - 16000	26000 - 27500	-	12500 - 12700
Meegoda (DEC)	42000 - 43000	19000 - 20000	-	10000 - 10500	8000 - 10000	-	12500 - 15000	27500 - 32500	42500 - 45000	13250 - 13750
Jaffna	52000 - 52500	-	10400 - 10600	10500 - 10600	11000 - 11500	-	-	30000 - 31000	-	12500 - 12600
Vavuniya	47000 - 49000	-	-	13000 - 13500	10000 - 10500	-	-	29000 - 29500	-	14000 - 14250
Mannar	-	-	-	-	-	-	-	-	-	-
Killinochchi	44000 - 46000	-	-	-	11500 - 12500	-	-	32000 - 34000	-	13250 - 13500
Mullattivu	46000 - 47500	18500 - 20000	-	10500 - 11500	11000 - 12000	-	-	31000 - 33500	-	12750 - 13000
Batticaloa	40000 - 42500	-	13000 - 14000	10000 - 10000	8000 - 9000	-	12500 - 15000	30000 - 30000	37500 - 37500	12500 - 12500
Trincomalee	42000 - 43000	-	13750 - 15000	8750 - 9000	9500 - 10000	-	-	29000 - 30000	-	13500 - 13800
Galenbindunuwewa	45000 - 48000	-	15000 - 16500	11000 - 13000	9750 - 11750	-	-	28500 - 33500	44000 - 47500	13500 - 14250
Matale	42500 - 45000	-	14000 - 15000	11000 - 11500	8750 - 10000	-	-	32500 - 35000	47500 - 50000	13500 - 14000

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

Week 49: 05 - 11 Dec 2025

LOCATIONS	Dried Chillies	Red Onion		Big Onion	Potato			Pulses		
	Imported	Imported	Local		Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal
Colombo	1000.00 - 1200.00	400.00 - 520.00	380.00 - 520.00	200.00 - 260.00	220.00 - 280.00	-	400.00 - 520.00	800.00 - 1100.00	1000.00 - 1300.00	260.00 - 320.00
Gampaha	900.00 - 1000.00	450.00 - 480.00	-	240.00 - 260.00	240.00 - 300.00	-	400.00 - 460.00	670.00 - 980.00	950.00 - 980.00	280.00 - 320.00
Kurunegala	900.00 - 960.00	440.00 - 460.00	-	250.00 - 260.00	250.00 - 260.00	-	440.00 - 440.00	780.00 - 850.00	980.00 - 1050.00	280.00 - 300.00
Nikaweratiya	960.00 - 1100.00	-	-	-	190.00 - 230.00	-	-	650.00 - 750.00	950.00 - 1100.00	275.00 - 300.00
Dambulla	950.00 - 1000.00	-	-	240.00 - 280.00	240.00 - 250.00	-	-	700.00 - 750.00	900.00 - 1000.00	280.00 - 300.00
Anuradhapura	930.00 - 1000.00	480.00 - 500.00	360.00 - 400.00	240.00 - 280.00	220.00 - 250.00	-	400.00 - 440.00	700.00 - 800.00	950.00 - 1000.00	280.00 - 300.00
Thambuththegama	920.00 - 1050.00	-	-	230.00 - 260.00	230.00 - 280.00	-	-	720.00 - 720.00	980.00 - 980.00	275.00 - 300.00
Polonnaruwa	-	-	-	-	-	-	-	-	-	-
Kaluthara	950.00 - 1100.00	480.00 - 500.00	-	250.00 - 250.00	250.00 - 300.00	-	-	650.00 - 800.00	1150.00 - 1200.00	260.00 - 275.00
Badulla	980.00 - 1050.00	400.00 - 400.00	-	280.00 - 280.00	240.00 - 250.00	280.00 - 320.00	-	650.00 - 700.00	850.00 - 900.00	280.00 - 280.00
Keppetipola	900.00 - 900.00	400.00 - 420.00	-	220.00 - 240.00	220.00 - 240.00	260.00 - 280.00	-	700.00 - 760.00	900.00 - 950.00	260.00 - 280.00
Moneragala	900.00 - 1000.00	480.00 - 520.00	-	240.00 - 280.00	240.00 - 260.00	-	-	600.00 - 700.00	800.00 - 1000.00	280.00 - 300.00
Kegalle	900.00 - 1000.00	380.00 - 440.00	-	240.00 - 280.00	220.00 - 260.00	300.00 - 300.00	-	700.00 - 760.00	950.00 - 1000.00	320.00 - 320.00
Ampara	900.00 - 990.00	380.00 - 400.00	-	220.00 - 245.00	215.00 - 260.00	300.00 - 320.00	-	650.00 - 770.00	850.00 - 900.00	268.00 - 275.00
Dehiattakandiya	900.00 - 1100.00	450.00 - 480.00	-	240.00 - 300.00	200.00 - 230.00	-	-	650.00 - 750.00	950.00 - 950.00	270.00 - 300.00
Nuwaraeliya	900.00 - 950.00	440.00 - 460.00	-	240.00 - 260.00	250.00 - 260.00	-	320.00 - 340.00	700.00 - 750.00	900.00 - 950.00	270.00 - 280.00
Kandy	1080.00 - 1100.00	460.00 - 500.00	-	280.00 - 300.00	240.00 - 260.00	-	420.00 - 460.00	750.00 - 850.00	1000.00 - 1100.00	300.00 - 310.00
Puttalam	1000.00 - 1050.00	-	400.00 - 480.00	260.00 - 260.00	240.00 - 260.00	-	-	800.00 - 850.00	1000.00 - 1050.00	290.00 - 300.00
Rathnapura	1000.00 - 1100.00	430.00 - 500.00	-	230.00 - 250.00	250.00 - 280.00	-	-	700.00 - 800.00	960.00 - 1040.00	265.00 - 290.00
Hambantota	-	-	-	-	-	-	-	-	-	-
Matara	1000.00 - 1050.00	440.00 - 500.00	-	230.00 - 260.00	240.00 - 260.00	-	-	650.00 - 750.00	850.00 - 950.00	280.00 - 300.00
Galle	950.00 - 1000.00	450.00 - 560.00	-	220.00 - 240.00	220.00 - 280.00	-	-	700.00 - 900.00	900.00 - 1200.00	265.00 - 300.00
Tissamaharama	900.00 - 960.00	440.00 - 460.00	-	220.00 - 240.00	210.00 - 220.00	360.00 - 380.00	-	580.00 - 600.00	950.00 - 950.00	260.00 - 270.00
Meegoda (DEC)	900.00 - 1000.00	480.00 - 520.00	-	230.00 - 280.00	230.00 - 260.00	350.00 - 360.00	400.00 - 400.00	700.00 - 760.00	960.00 - 1050.00	280.00 - 300.00
Embilipitiya	900.00 - 950.00	400.00 - 420.00	460.00 - 480.00	230.00 - 260.00	250.00 - 280.00	380.00 - 400.00	-	600.00 - 720.00	970.00 - 1050.00	275.00 - 320.00
Jaffna	900.00 - 1100.00	-	320.00 - 350.00	220.00 - 240.00	240.00 - 250.00	-	-	650.00 - 660.00	-	260.00 - 270.00
Vavuniya	1000.00 - 1100.00	-	-	280.00 - 300.00	220.00 - 250.00	-	-	600.00 - 650.00	-	295.00 - 305.00
Mannar	-	-	-	-	-	-	-	-	-	-
Killinochchi	940.00 - 960.00	-	-	-	270.00 - 280.00	-	-	700.00 - 740.00	-	275.00 - 285.00
Mullaittivu	940.00 - 980.00	-	380.00 - 420.00	-	220.00 - 250.00	-	-	640.00 - 700.00	-	260.00 - 265.00
Batticaloa	900.00 - 1000.00	-	-	250.00 - 280.00	250.00 - 280.00	-	480.00 - 530.00	700.00 - 750.00	900.00 - 950.00	260.00 - 270.00
Trincomalee	940.00 - 960.00	-	360.00 - 370.00	240.00 - 250.00	250.00 - 260.00	-	-	680.00 - 720.00	-	280.00 - 285.00
Hanguranketha	-	-	-	-	-	-	-	-	-	-
Veyangoda	980.00 - 1000.00	480.00 - 520.00	-	240.00 - 280.00	240.00 - 280.00	360.00 - 380.00	400.00 - 420.00	700.00 - 900.00	950.00 - 1100.00	260.00 - 320.00
Galenbindunuwewa	925.00 - 1000.00	-	-	240.00 - 280.00	220.00 - 260.00	-	-	600.00 - 700.00	900.00 - 980.00	275.00 - 290.00
Bandarawela	900.00 - 1000.00	420.00 - 450.00	-	230.00 - 250.00	220.00 - 250.00	300.00 - 330.00	-	700.00 - 850.00	900.00 - 950.00	260.00 - 280.00
Matale	960.00 - 1000.00	380.00 - 400.00	-	240.00 - 260.00	185.00 - 220.00	-	-	800.00 - 1000.00	900.00 - 1000.00	280.00 - 285.00

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

Week 49: 05 - 11 Dec 2025

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	800.00 - 1200.00	150.00 - 200.00	160.00 - 200.00	300.00 - 450.00	160.00 - 300.00
Meegoda (DEC)	-	1000.00 - 1100.00	170.00 - 220.00	200.00 - 220.00	320.00 - 350.00	250.00 - 300.00
Dambulla (DEC)	-	700.00 - 800.00	100.00 - 140.00	120.00 - 140.00	200.00 - 300.00	250.00 - 300.00
Keppetipola (DEC)	-	750.00 - 800.00	180.00 - 200.00	150.00 - 180.00	250.00 - 260.00	250.00 - 270.00
Norochchole (DEC)	-	1000.00 - 1000.00	300.00 - 300.00	280.00 - 300.00	300.00 - 350.00	-
Nuwara Eliya	-	800.00 - 900.00	170.00 - 190.00	170.00 - 190.00	220.00 - 230.00	240.00 - 250.00
Kandy	-	850.00 - 900.00	180.00 - 220.00	180.00 - 200.00	260.00 - 300.00	270.00 - 280.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	-	800.00 - 1000.00	230.00 - 260.00	220.00 - 270.00	300.00 - 380.00	-
Jaffna	-	-	-	-	-	-
Bandarawela	-	900.00 - 1000.00	180.00 - 220.00	160.00 - 180.00	270.00 - 290.00	260.00 - 280.00
Veyangoda	-	900.00 - 1100.00	220.00 - 250.00	200.00 - 220.00	250.00 - 300.00	380.00 - 420.00

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	100.00 - 200.00	80.00 - 180.00	200.00 - 250.00	100.00 - 250.00	250.00 - 350.00	450.00 - 650.00
Meegoda (DEC)	130.00 - 150.00	140.00 - 180.00	180.00 - 230.00	250.00 - 330.00	380.00 - 460.00	700.00 - 820.00
Moneragala	150.00 - 170.00	250.00 - 260.00	240.00 - 270.00	200.00 - 250.00	250.00 - 300.00	700.00 - 900.00
Dambulla (DEC)	140.00 - 150.00	140.00 - 160.00	180.00 - 210.00	200.00 - 220.00	350.00 - 400.00	700.00 - 800.00
Keppetipola (DEC)	80.00 - 100.00	100.00 - 110.00	160.00 - 200.00	200.00 - 220.00	250.00 - 280.00	600.00 - 650.00
Norochchole (DEC)	150.00 - 200.00	250.00 - 300.00	260.00 - 300.00	300.00 - 320.00	450.00 - 500.00	900.00 - 1000.00
Nuwara Eliya	140.00 - 150.00	140.00 - 150.00	200.00 - 220.00	230.00 - 240.00	-	660.00 - 700.00
Kandy	120.00 - 150.00	120.00 - 140.00	180.00 - 220.00	230.00 - 250.00	250.00 - 300.00	700.00 - 750.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	170.00 - 220.00	180.00 - 220.00	160.00 - 200.00	260.00 - 300.00	400.00 - 450.00	900.00 - 1000.00
Tissamaharama	200.00 - 220.00	250.00 - 280.00	240.00 - 260.00	180.00 - 200.00	320.00 - 330.00	900.00 - 950.00
Jaffna	-	-	-	-	-	-
Bandarawela	90.00 - 110.00	120.00 - 150.00	160.00 - 190.00	220.00 - 230.00	250.00 - 300.00	730.00 - 750.00
Veyangoda	140.00 - 160.00	150.00 - 180.00	200.00 - 250.00	280.00 - 300.00	350.00 - 420.00	800.00 - 950.00

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	50.00 - 130.00	120.00 - 160.00	400.00 - 650.00	350.00 - 400.00	-	320.00 - 400.00
Meegoda (DEC)	70.00 - 80.00	120.00 - 160.00	700.00 - 750.00	400.00 - 430.00	-	420.00 - 450.00
Moneragala	80.00 - 100.00	150.00 - 160.00	550.00 - 650.00	360.00 - 400.00	-	450.00 - 500.00
Dambulla (DEC)	45.00 - 60.00	130.00 - 150.00	600.00 - 650.00	260.00 - 300.00	-	350.00 - 400.00
Keppetipola (DEC)	70.00 - 80.00	150.00 - 160.00	600.00 - 620.00	350.00 - 360.00	-	350.00 - 380.00
Norochchole (DEC)	100.00 - 150.00	150.00 - 200.00	850.00 - 900.00	280.00 - 300.00	-	600.00 - 700.00
Nuwara Eliya	80.00 - 90.00	140.00 - 150.00	600.00 - 650.00	360.00 - 400.00	-	360.00 - 380.00
Kandy	90.00 - 100.00	130.00 - 150.00	550.00 - 600.00	280.00 - 300.00	-	330.00 - 350.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	60.00 - 80.00	130.00 - 150.00	600.00 - 650.00	250.00 - 280.00	-	300.00 - 350.00
Tissamaharama	140.00 - 160.00	200.00 - 220.00	650.00 - 660.00	340.00 - 360.00	-	480.00 - 520.00
Jaffna	-	-	-	-	-	-
Bandarawela	80.00 - 90.00	160.00 - 170.00	550.00 - 600.00	420.00 - 440.00	-	350.00 - 380.00
Veyangoda	70.00 - 80.00	120.00 - 160.00	680.00 - 740.00	350.00 - 400.00	-	400.00 - 440.00

Table 06 (Contd.)

	Long Beans	Ash Plantain	Green Chillies	Lime	Sweet Potatoe	Manioc
Colombo	400.00 - 600.00	100.00 - 150.00	200.00 - 400.00	250.00 - 600.00	160.00 - 200.00	70.00 - 120.00
Meegoda (DEC)	360.00 - 430.00	120.00 - 150.00	300.00 - 380.00	300.00 - 350.00	120.00 - 130.00	110.00 - 120.00
Moneragala	350.00 - 400.00	80.00 - 100.00	800.00 - 900.00	300.00 - 350.00	180.00 - 200.00	80.00 - 100.00
Dambulla (DEC)	350.00 - 400.00	100.00 - 130.00	250.00 - 300.00	200.00 - 230.00	120.00 - 140.00	80.00 - 100.00
Keppetipola (DEC)	400.00 - 420.00	120.00 - 130.00	500.00 - 530.00	400.00 - 430.00	150.00 - 160.00	100.00 - 110.00
Norochhole (DEC)	300.00 - 400.00	100.00 - 120.00	350.00 - 400.00	450.00 - 500.00	-	100.00 - 100.00
Nuwara Eliya	460.00 - 480.00	140.00 - 150.00	400.00 - 450.00	400.00 - 450.00	160.00 - 170.00	110.00 - 120.00
Kandy	350.00 - 400.00	100.00 - 130.00	300.00 - 350.00	300.00 - 350.00	160.00 - 170.00	90.00 - 110.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	420.00 - 480.00	70.00 - 80.00	220.00 - 250.00	400.00 - 450.00	130.00 - 150.00	80.00 - 90.00
Tissamaharama	340.00 - 350.00	100.00 - 120.00	680.00 - 720.00	450.00 - 480.00	180.00 - 200.00	140.00 - 160.00
Jaffna	-	-	-	-	-	-
Bandarawela	400.00 - 450.00	120.00 - 130.00	520.00 - 560.00	400.00 - 450.00	150.00 - 160.00	-
Veyangoda	350.00 - 450.00	110.00 - 130.00	300.00 - 400.00	300.00 - 350.00	120.00 - 150.00	100.00 - 120.00

Locations	Leafy Vegetables (Rs/bundle)			Coconut (Rs/nut)	
	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	60.00 - 60.00	60.00 - 60.00	-	155.00 - 185.00	130.00 - 165.00
Meegoda (DEC)	60.00 - 60.00	60.00 - 60.00	180.00 - 240.00	190.00 - 210.00	175.00 - 180.00
Norochhole (DEC)	40.00 - 40.00	40.00 - 40.00	-	170.00 - 180.00	130.00 - 140.00
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	35.00 - 40.00	35.00 - 40.00	150.00 - 200.00	150.00 - 160.00	135.00 - 140.00
Kandy	60.00 - 65.00	60.00 - 65.00	320.00 - 360.00	150.00 - 160.00	110.00 - 120.00
Hambantota	-	-	-	-	-
Thambuththegama (DEC)	-	-	-	140.00 - 160.00	100.00 - 120.00
Tissamaharama	30.00 - 35.00	30.00 - 35.00	-	-	-
Jaffna	-	-	-	-	-
Bandarawela	-	-	-	-	-
Veyangoda	-	-	-	-	-

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

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

Week 49: 05 - 11 Dec 2025

LOCATIONS	Up Country Varieties																
	Butter Beans		Green Beans		Carrot		Leeks		Beetroot		Knol Khol		Raddish		Cabbage		Tomato
Colombo	-	900.00 - 1800.00	220.00 - 450.00	200.00 - 450.00	400.00 - 800.00	350.00 - 560.00	250.00 - 400.00	180.00 - 400.00	240.00 - 400.00								
Gampaha	-	950.00 - 1000.00	350.00 - 400.00	360.00 - 420.00	360.00 - 400.00	460.00 - 520.00	260.00 - 280.00	320.00 - 400.00	300.00 - 360.00								
Kurunegala	-	960.00 - 1000.00	340.00 - 400.00	300.00 - 360.00	350.00 - 400.00	450.00 - 480.00	260.00 - 300.00	260.00 - 320.00	300.00 - 360.00								
Nikaweratiya	-	1000.00 - 1100.00	400.00 - 480.00	400.00 - 480.00	400.00 - 480.00	420.00 - 480.00	320.00 - 400.00	350.00 - 450.00	400.00 - 450.00								
Dambulla	-	1000.00 - 1200.00	360.00 - 400.00	340.00 - 380.00	300.00 - 400.00	380.00 - 420.00	240.00 - 280.00	320.00 - 400.00	380.00 - 440.00								
Anuradhapura	-	1000.00 - 1200.00	360.00 - 480.00	360.00 - 440.00	480.00 - 600.00	-	280.00 - 320.00	320.00 - 400.00	360.00 - 400.00								
Thambuththegama	-	1200.00 - 1400.00	400.00 - 450.00	400.00 - 450.00	500.00 - 580.00	-	300.00 - 360.00	320.00 - 400.00	300.00 - 380.00								
Polonnaruwa	-	-	-	-	-	-	-	-	-								
Kaluthara	-	940.00 - 1100.00	400.00 - 480.00	400.00 - 480.00	400.00 - 600.00	400.00 - 400.00	240.00 - 320.00	300.00 - 400.00	340.00 - 400.00								
Badulla	-	960.00 - 1000.00	320.00 - 400.00	320.00 - 400.00	320.00 - 400.00	320.00 - 400.00	200.00 - 240.00	200.00 - 240.00	200.00 - 240.00								
Keppetipola	-	850.00 - 860.00	250.00 - 260.00	230.00 - 260.00	320.00 - 330.00	300.00 - 320.00	150.00 - 160.00	160.00 - 170.00	240.00 - 260.00								
Moneragala	-	900.00 - 1000.00	340.00 - 400.00	320.00 - 400.00	400.00 - 460.00	-	200.00 - 240.00	320.00 - 400.00	320.00 - 400.00								
Kegalle	-	980.00 - 1040.00	500.00 - 560.00	500.00 - 520.00	440.00 - 550.00	600.00 - 650.00	340.00 - 400.00	380.00 - 440.00	460.00 - 500.00								
Ampara	-	940.00 - 1000.00	340.00 - 480.00	340.00 - 400.00	440.00 - 480.00	-	220.00 - 280.00	240.00 - 360.00	380.00 - 400.00								
Dehiattakandiya	-	1000.00 - 1050.00	480.00 - 560.00	380.00 - 420.00	480.00 - 540.00	-	280.00 - 320.00	280.00 - 340.00	480.00 - 540.00								
Nuwaraeliya	-	1000.00 - 1100.00	260.00 - 280.00	260.00 - 280.00	320.00 - 340.00	320.00 - 350.00	220.00 - 230.00	240.00 - 260.00	320.00 - 350.00								
Kandy	-	1200.00 - 1300.00	320.00 - 400.00	300.00 - 320.00	400.00 - 450.00	450.00 - 480.00	240.00 - 260.00	320.00 - 360.00	360.00 - 400.00								
Puttalam	-	1300.00 - 1400.00	400.00 - 400.00	400.00 - 400.00	400.00 - 500.00	-	280.00 - 300.00	350.00 - 400.00	400.00 - 400.00								
Hambantota	-	-	-	-	-	-	-	-	-								
Rathnapura	-	1000.00 - 1100.00	400.00 - 450.00	300.00 - 360.00	400.00 - 450.00	280.00 - 350.00	230.00 - 280.00	250.00 - 320.00	270.00 - 350.00								
Matara	-	1000.00 - 1200.00	320.00 - 400.00	320.00 - 400.00	480.00 - 600.00	-	-	280.00 - 400.00	320.00 - 400.00								
Galle	-	1200.00 - 1200.00	400.00 - 480.00	320.00 - 400.00	480.00 - 520.00	-	280.00 - 320.00	400.00 - 420.00	320.00 - 400.00								
Tissamaharama	-	1100.00 - 1200.00	340.00 - 360.00	340.00 - 360.00	460.00 - 500.00	400.00 - 420.00	250.00 - 280.00	300.00 - 320.00	280.00 - 300.00								
Meegoda (DEC)	-	1200.00 - 1200.00	360.00 - 400.00	360.00 - 400.00	560.00 - 640.00	480.00 - 600.00	240.00 - 320.00	360.00 - 360.00	360.00 - 440.00								
Embilipitiya	-	950.00 - 1000.00	300.00 - 400.00	400.00 - 480.00	480.00 - 600.00	280.00 - 320.00	240.00 - 320.00	320.00 - 400.00	280.00 - 320.00								
Jaffna	-	900.00 - 1000.00	400.00 - 450.00	440.00 - 460.00	320.00 - 350.00	-	350.00 - 380.00	350.00 - 380.00	400.00 - 450.00								
Vavuniya	-	-	400.00 - 450.00	400.00 - 500.00	400.00 - 450.00	-	400.00 - 450.00	250.00 - 300.00	400.00 - 450.00								
Mannar	-	-	-	-	-	-	-	-	-								
Killinochchi	-	1000.00 - 1050.00	380.00 - 420.00	380.00 - 420.00	340.00 - 360.00	-	200.00 - 240.00	380.00 - 420.00	380.00 - 420.00								
Mullaittivu	-	950.00 - 1000.00	380.00 - 420.00	390.00 - 420.00	350.00 - 400.00	-	280.00 - 330.00	390.00 - 420.00	420.00 - 460.00								
Batticaloa	-	900.00 - 900.00	-	250.00 - 300.00	400.00 - 450.00	-	-	300.00 - 350.00	300.00 - 400.00								
Trincomalee	-	950.00 - 1000.00	400.00 - 450.00	400.00 - 440.00	350.00 - 400.00	-	350.00 - 400.00	350.00 - 380.00	550.00 - 600.00								
Hanguranketha	-	-	-	-	-	-	-	-	-								
Veyangoda	-	1200.00 - 1300.00	320.00 - 400.00	320.00 - 360.00	360.00 - 400.00	480.00 - 560.00	220.00 - 260.00	280.00 - 320.00	360.00 - 400.00								
Galenbindunuwewa	-	1000.00 - 1200.00	320.00 - 450.00	320.00 - 440.00	440.00 - 500.00	-	240.00 - 320.00	260.00 - 320.00	360.00 - 450.00								
Bandarawela	-	1000.00 - 1100.00	320.00 - 400.00	300.00 - 340.00	400.00 - 450.00	360.00 - 400.00	160.00 - 200.00	220.00 - 240.00	280.00 - 320.00								
Matale	-	900.00 - 1000.00	360.00 - 400.00	320.00 - 400.00	400.00 - 480.00	400.00 - 480.00	200.00 - 240.00	300.00 - 320.00	300.00 - 360.00								

Table 07 (Contd.)

LOCATIONS	Low Country Varieties										
	Ladies Fingers	Brinjal	Capsicum	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa	Long Beans	
Colombo	300.00 - 460.00	380.00 - 600.00	700.00 - 1000.00	140.00 - 340.00	220.00 - 340.00	550.00 - 900.00	450.00 - 600.00	-	540.00 - 650.00	460.00 - 650.00	
Gampaha	340.00 - 400.00	340.00 - 380.00	800.00 - 1000.00	200.00 - 260.00	200.00 - 240.00	700.00 - 800.00	460.00 - 520.00	-	420.00 - 480.00	420.00 - 540.00	
Kurunegala	380.00 - 400.00	480.00 - 560.00	900.00 - 1000.00	140.00 - 180.00	200.00 - 260.00	760.00 - 800.00	460.00 - 480.00	-	500.00 - 560.00	500.00 - 540.00	
Nikaweratiya	320.00 - 420.00	320.00 - 450.00	900.00 - 1000.00	160.00 - 200.00	200.00 - 250.00	720.00 - 800.00	380.00 - 480.00	-	520.00 - 600.00	500.00 - 600.00	
Dambulla	300.00 - 340.00	400.00 - 480.00	1200.00 - 1300.00	160.00 - 180.00	200.00 - 240.00	860.00 - 940.00	400.00 - 460.00	-	460.00 - 480.00	520.00 - 560.00	
Anuradhapura	320.00 - 400.00	440.00 - 520.00	800.00 - 1200.00	160.00 - 200.00	200.00 - 260.00	760.00 - 800.00	400.00 - 480.00	-	520.00 - 600.00	540.00 - 600.00	
Thambuththegama	440.00 - 480.00	600.00 - 660.00	1200.00 - 1400.00	150.00 - 200.00	200.00 - 240.00	850.00 - 900.00	450.00 - 480.00	-	500.00 - 580.00	680.00 - 720.00	
Polonnaruwa	-	-	-	-	-	-	-	-	-	-	
Kaluthara	320.00 - 400.00	480.00 - 600.00	800.00 - 1200.00	200.00 - 300.00	200.00 - 320.00	580.00 - 800.00	600.00 - 640.00	-	540.00 - 640.00	580.00 - 640.00	
Badulla	320.00 - 400.00	320.00 - 320.00	800.00 - 800.00	200.00 - 240.00	260.00 - 320.00	580.00 - 600.00	480.00 - 520.00	-	480.00 - 520.00	400.00 - 400.00	
Keppetipola	260.00 - 280.00	320.00 - 350.00	700.00 - 800.00	140.00 - 150.00	220.00 - 230.00	660.00 - 680.00	420.00 - 430.00	-	420.00 - 450.00	460.00 - 470.00	
Moneragala	320.00 - 360.00	320.00 - 400.00	800.00 - 1200.00	160.00 - 200.00	200.00 - 260.00	640.00 - 800.00	400.00 - 480.00	-	520.00 - 600.00	400.00 - 480.00	
Kegalle	440.00 - 460.00	440.00 - 500.00	1000.00 - 1200.00	220.00 - 260.00	240.00 - 280.00	840.00 - 880.00	340.00 - 360.00	-	540.00 - 560.00	600.00 - 650.00	
Ampara	320.00 - 360.00	480.00 - 620.00	1000.00 - 1050.00	200.00 - 240.00	200.00 - 240.00	800.00 - 840.00	400.00 - 420.00	-	440.00 - 480.00	450.00 - 500.00	
Dehiattakandiya	280.00 - 340.00	400.00 - 480.00	1000.00 - 1000.00	200.00 - 240.00	240.00 - 320.00	880.00 - 900.00	400.00 - 520.00	-	560.00 - 600.00	660.00 - 720.00	
Nuwaraeliya	320.00 - 340.00	-	750.00 - 800.00	160.00 - 180.00	240.00 - 260.00	700.00 - 750.00	480.00 - 500.00	-	460.00 - 480.00	560.00 - 580.00	
Kandy	360.00 - 400.00	400.00 - 450.00	900.00 - 1000.00	160.00 - 180.00	260.00 - 280.00	750.00 - 800.00	400.00 - 450.00	-	520.00 - 550.00	600.00 - 650.00	
Puttalam	350.00 - 400.00	550.00 - 600.00	1200.00 - 1200.00	250.00 - 250.00	250.00 - 280.00	1000.00 - 1000.00	320.00 - 400.00	-	750.00 - 800.00	550.00 - 600.00	
Rathnapura	300.00 - 360.00	400.00 - 500.00	1000.00 - 1200.00	180.00 - 220.00	200.00 - 260.00	800.00 - 880.00	450.00 - 530.00	-	620.00 - 650.00	600.00 - 660.00	
Hambantota	-	-	-	-	-	-	-	-	-	-	
Matara	320.00 - 400.00	400.00 - 600.00	1000.00 - 1200.00	160.00 - 200.00	280.00 - 320.00	720.00 - 800.00	560.00 - 600.00	-	560.00 - 600.00	520.00 - 600.00	
Galle	320.00 - 400.00	400.00 - 480.00	1100.00 - 1200.00	160.00 - 260.00	240.00 - 320.00	700.00 - 850.00	580.00 - 600.00	-	600.00 - 660.00	600.00 - 660.00	
Tissamaharama	220.00 - 240.00	350.00 - 380.00	1000.00 - 1100.00	180.00 - 200.00	240.00 - 250.00	680.00 - 700.00	380.00 - 420.00	-	550.00 - 580.00	380.00 - 400.00	
Meegoda (DEC)	480.00 - 560.00	560.00 - 600.00	1200.00 - 1200.00	160.00 - 200.00	250.00 - 300.00	900.00 - 1000.00	600.00 - 640.00	-	600.00 - 680.00	600.00 - 760.00	
Embilipitiya	300.00 - 400.00	400.00 - 500.00	1000.00 - 1200.00	150.00 - 200.00	180.00 - 240.00	950.00 - 1000.00	480.00 - 520.00	-	450.00 - 520.00	520.00 - 600.00	
Jaffna	300.00 - 320.00	550.00 - 600.00	720.00 - 820.00	100.00 - 120.00	200.00 - 240.00	750.00 - 800.00	300.00 - 330.00	-	-	-	
Vavuniya	320.00 - 350.00	400.00 - 450.00	950.00 - 1000.00	150.00 - 180.00	200.00 - 240.00	1200.00 - 1300.00	400.00 - 500.00	-	400.00 - 450.00	800.00 - 850.00	
Mannar	-	-	-	-	-	-	-	-	-	-	
Killinochchi	300.00 - 330.00	550.00 - 600.00	800.00 - 840.00	160.00 - 200.00	200.00 - 230.00	1000.00 - 1050.00	340.00 - 360.00	-	-	500.00 - 550.00	
Mullaittivu	380.00 - 420.00	580.00 - 640.00	800.00 - 850.00	130.00 - 150.00	180.00 - 220.00	950.00 - 1000.00	380.00 - 420.00	-	-	750.00 - 800.00	
Batticaloa	400.00 - 450.00	400.00 - 400.00	700.00 - 700.00	150.00 - 150.00	-	800.00 - 800.00	400.00 - 400.00	-	450.00 - 480.00	450.00 - 500.00	
Trincomalee	360.00 - 400.00	550.00 - 600.00	950.00 - 1000.00	200.00 - 240.00	250.00 - 280.00	600.00 - 650.00	350.00 - 400.00	-	-	500.00 - 550.00	
Hanguranketha	-	-	-	-	-	-	-	-	-	-	
Veyangoda	360.00 - 440.00	480.00 - 520.00	1100.00 - 1300.00	180.00 - 220.00	200.00 - 240.00	880.00 - 920.00	480.00 - 520.00	-	560.00 - 600.00	560.00 - 600.00	
Galenbindunuwewa	280.00 - 340.00	400.00 - 480.00	950.00 - 1000.00	200.00 - 260.00	200.00 - 240.00	800.00 - 1000.00	400.00 - 480.00	-	480.00 - 600.00	480.00 - 480.00	
Bandarawela	280.00 - 320.00	340.00 - 400.00	880.00 - 1000.00	140.00 - 160.00	200.00 - 240.00	660.00 - 700.00	480.00 - 520.00	-	420.00 - 480.00	500.00 - 540.00	
Matale	320.00 - 360.00	480.00 - 520.00	1000.00 - 1200.00	140.00 - 160.00	200.00 - 240.00	800.00 - 880.00	400.00 - 480.00	-	480.00 - 520.00	400.00 - 480.00	

Table 07 (Contd.)

LOCATIONS	Low Country Varieties					Leafy Vegetable			Coconut (Rs/nut)	
	Ash Plantain	Green Chillies	Lime	Sweet Potato	Manioc	Mukunuwenna	Kankun	Gotukola	Large	Small
Colombo	160.00 - 340.00	550.00 - 950.00	600.00 - 1200.00	200.00 - 360.00	160.00 - 240.00	80.00 - 120.00	80.00 - 120.00	260.00 - 360.00	195.00 - 210.00	185.00 - 195.00
Gampaha	160.00 - 220.00	600.00 - 800.00	800.00 - 950.00	-	160.00 - 180.00	70.00 - 70.00	60.00 - 70.00	40.00 - 60.00	180.00 - 200.00	130.00 - 150.00
Kurunegala	180.00 - 220.00	500.00 - 600.00	550.00 - 700.00	250.00 - 250.00	150.00 - 160.00	50.00 - 60.00	50.00 - 60.00	50.00 - 60.00	190.00 - 200.00	140.00 - 160.00
Nikaweratiya	200.00 - 320.00	500.00 - 600.00	700.00 - 800.00	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 - 220.00	600.00 - 800.00	500.00 - 600.00	260.00 - 280.00	200.00 - 240.00	60.00 - 80.00	60.00 - 80.00	80.00 - 80.00	180.00 - 190.00	140.00 - 150.00
Anuradhapura	200.00 - 240.00	600.00 - 800.00	700.00 - 800.00	200.00 - 280.00	200.00 - 240.00	50.00 - 60.00	50.00 - 60.00	50.00 - 60.00	180.00 - 200.00	140.00 - 170.00
Thambuththegama	150.00 - 180.00	400.00 - 450.00	600.00 - 680.00	240.00 - 260.00	150.00 - 180.00	-	-	-	160.00 - 170.00	125.00 - 130.00
Polonnaruwa	-	-	-	-	-	-	-	-	-	-
Kaluthara	200.00 - 250.00	800.00 - 1000.00	600.00 - 800.00	280.00 - 320.00	200.00 - 200.00	80.00 - 80.00	80.00 - 100.00	100.00 - 120.00	200.00 - 230.00	150.00 - 170.00
Badulla	200.00 - 240.00	800.00 - 1000.00	800.00 - 800.00	-	200.00 - 240.00	80.00 - 80.00	80.00 - 80.00	100.00 - 100.00	200.00 - 200.00	170.00 - 170.00
Keppetipola	170.00 - 200.00	600.00 - 650.00	500.00 - 520.00	200.00 - 210.00	130.00 - 140.00	60.00 - 80.00	60.00 - 80.00	80.00 - 100.00	170.00 - 180.00	150.00 - 160.00
Moneragala	140.00 - 160.00	1000.00 - 1200.00	400.00 - 500.00	240.00 - 260.00	120.00 - 140.00	50.00 - 60.00	50.00 - 60.00	60.00 - 80.00	160.00 - 180.00	120.00 - 140.00
Kegalle	200.00 - 240.00	800.00 - 850.00	700.00 - 800.00	280.00 - 340.00	180.00 - 200.00	70.00 - 80.00	70.00 - 90.00	40.00 - 60.00	200.00 - 210.00	180.00 - 190.00
Ampara	200.00 - 240.00	800.00 - 1000.00	600.00 - 1200.00	240.00 - 300.00	140.00 - 150.00	70.00 - 70.00	60.00 - 60.00	-	170.00 - 170.00	150.00 - 150.00
Dehiattakandiya	240.00 - 260.00	700.00 - 800.00	600.00 - 800.00	240.00 - 300.00	160.00 - 240.00	50.00 - 50.00	50.00 - 50.00	50.00 - 50.00	-	100.00 - 130.00
Nuwaraeliya	240.00 - 260.00	550.00 - 650.00	550.00 - 600.00	260.00 - 280.00	220.00 - 250.00	70.00 - 80.00	70.00 - 80.00	80.00 - 90.00	180.00 - 190.00	160.00 - 170.00
Kandy	240.00 - 260.00	600.00 - 650.00	600.00 - 650.00	280.00 - 300.00	180.00 - 200.00	70.00 - 80.00	70.00 - 80.00	70.00 - 80.00	170.00 - 180.00	130.00 - 140.00
Puttalam	150.00 - 200.00	400.00 - 500.00	-	320.00 - 350.00	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	160.00 - 230.00	600.00 - 700.00	800.00 - 880.00	200.00 - 280.00	120.00 - 160.00	80.00 - 80.00	80.00 - 80.00	100.00 - 100.00	180.00 - 210.00	150.00 - 170.00
Hambanthota	-	-	-	-	-	-	-	-	-	-
Matara	240.00 - 300.00	900.00 - 1000.00	800.00 - 1000.00	240.00 - 280.00	180.00 - 200.00	60.00 - 60.00	60.00 - 60.00	90.00 - 120.00	190.00 - 200.00	160.00 - 170.00
Galle	160.00 - 240.00	600.00 - 900.00	600.00 - 800.00	280.00 - 320.00	200.00 - 280.00	70.00 - 80.00	60.00 - 60.00	80.00 - 100.00	220.00 - 240.00	180.00 - 190.00
Tissamaharama	140.00 - 160.00	750.00 - 800.00	500.00 - 560.00	240.00 - 250.00	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	560.00 - 700.00	600.00 - 800.00	240.00 - 300.00	150.00 - 240.00	80.00 - 80.00	80.00 - 80.00	100.00 - 120.00	220.00 - 250.00	190.00 - 210.00
Embilipitiya	140.00 - 160.00	480.00 - 520.00	700.00 - 800.00	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	60.00 - 80.00	450.00 - 500.00	600.00 - 800.00	290.00 - 320.00	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	200.00 - 240.00	600.00 - 700.00	300.00 - 350.00	300.00 - 340.00	280.00 - 320.00	55.00 - 65.00	55.00 - 65.00	60.00 - 65.00	180.00 - 200.00	140.00 - 160.00
Mannar	-	-	-	-	-	-	-	-	-	-
Killinochchi	180.00 - 220.00	600.00 - 640.00	500.00 - 550.00	260.00 - 280.00	160.00 - 180.00	-	-	70.00 - 80.00	170.00 - 180.00	100.00 - 120.00
Mullaittivu	150.00 - 180.00	540.00 - 580.00	480.00 - 540.00	220.00 - 250.00	150.00 - 200.00	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	700.00 - 800.00	400.00 - 450.00	200.00 - 200.00	150.00 - 150.00	100.00 - 100.00	-	100.00 - 100.00	170.00 - 180.00	100.00 - 100.00
Trincomalee	220.00 250.00	700.00 800.00	600.00 650.00	300.00 350.00	220.00 240.00	70.00 75.00	-	50.00 55.00	170.00 180.00	110.00 120.00
Hanguranketha	-	-	-	-	-	-	-	-	-	-
Veyangoda	220.00 - 280.00	600.00 - 700.00	600.00 - 700.00	240.00 - 280.00	200.00 - 240.00	-	-	-	200.00 - 220.00	170.00 - 190.00
Galenbindunuwewa	160.00 - 240.00	560.00 - 620.00	500.00 - 600.00	-	300.00 - 320.00	50.00 - 60.00	-	50.00 - 60.00	150.00 - 160.00	120.00 - 140.00
Bandarawela	180.00 - 200.00	620.00 - 700.00	600.00 - 800.00	200.00 - 220.00	160.00 - 180.00	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	600.00 - 640.00	600.00 - 700.00	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 49: 05 - 11 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 - 200.00	230.00 - 350.00	150.00 - 220.00	36.00 - 50.00	50.00 - 70.00	320.00 - 470.00	300.00 - 380.00	230.00 - 300.00	-	100.00 - 150.00
Gampaha	130.00 - 150.00	220.00 - 260.00	150.00 - 180.00	28.00 - 32.00	-	300.00 - 320.00	-	-	-	95.00 - 100.00
Kurunegala	140.00 - 150.00	280.00 - 300.00	130.00 - 150.00	35.00 - 35.00	64.00 - 70.00	400.00 - 450.00	-	-	-	88.00 - 88.00
Nikaweratiya	150.00 - 180.00	350.00 - 380.00	150.00 - 180.00	-	60.00 - 70.00	480.00 - 550.00	350.00 - 450.00	-	-	90.00 - 100.00
Dambulla	140.00 - 150.00	280.00 - 340.00	140.00 - 180.00	-	54.00 - 60.00	400.00 - 450.00	300.00 - 350.00	150.00 - 200.00	35.00 - 50.00	60.00 - 80.00
Anuradhapura	150.00 - 200.00	350.00 - 400.00	150.00 - 200.00	35.00 - 38.00	43.00 - 47.00	550.00 - 650.00	400.00 - 480.00	280.00 - 350.00	-	60.00 - 80.00
Thambuththegama	100.00 - 150.00	320.00 - 380.00	120.00 - 180.00	25.00 - 25.00	60.00 - 60.00	350.00 - 380.00	-	-	-	60.00 - 65.00
Polonnaruwa	-	-	-	-	-	-	-	-	-	-
Kaluthara	180.00 - 200.00	300.00 - 350.00	200.00 - 220.00	30.00 - 34.00	42.00 - 45.00	450.00 - 490.00	350.00 - 380.00	280.00 - 300.00	-	75.00 - 100.00
Badulla	160.00 - 180.00	280.00 - 300.00	160.00 - 180.00	30.00 - 33.00	40.00 - 50.00	300.00 - 350.00	250.00 - 280.00	150.00 - 200.00	-	50.00 - 62.00
Keppetipola	150.00 - 160.00	300.00 - 320.00	150.00 - 160.00	30.00 - 32.00	50.00 - 55.00	340.00 - 360.00	300.00 - 320.00	200.00 - 220.00	25.00 - 30.00	60.00 - 70.00
Moneragala	100.00 - 120.00	280.00 - 340.00	80.00 - 120.00	20.00 - 22.00	25.00 - 30.00	540.00 - 600.00	450.00 - 450.00	-	-	50.00 - 60.00
Kegalle	150.00 - 170.00	320.00 - 350.00	150.00 - 170.00	32.00 - 40.00	50.00 - 52.00	700.00 - 750.00	400.00 - 450.00	120.00 - 150.00	-	80.00 - 100.00
Ampara	160.00 - 160.00	280.00 - 300.00	140.00 - 140.00	35.00 - 38.00	46.00 - 50.00	450.00 - 480.00	-	-	-	50.00 - 60.00
Dehiattakandiya	180.00 - 200.00	350.00 - 380.00	180.00 - 200.00	-	47.00 - 54.00	500.00 - 600.00	300.00 - 370.00	200.00 - 280.00	-	-
Nuwaraeliya	170.00 - 180.00	320.00 - 350.00	160.00 - 170.00	35.00 - 36.00	55.00 - 58.00	360.00 - 380.00	300.00 - 320.00	250.00 - 260.00	30.00 - 35.00	90.00 - 100.00
Kandy	180.00 - 200.00	380.00 - 400.00	160.00 - 200.00	28.00 - 30.00	45.00 - 48.00	480.00 - 520.00	300.00 - 320.00	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	120.00 - 150.00	28.00 - 32.00	50.00 - 58.00	560.00 - 630.00	400.00 - 500.00	320.00 - 380.00	-	100.00 - 160.00
Hambantota	-	-	-	-	-	-	-	-	-	-
Matara	150.00 - 160.00	240.00 - 260.00	130.00 - 150.00	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	160.00 - 180.00	280.00 - 350.00	120.00 - 180.00	32.00 - 34.00	34.00 - 36.00	600.00 - 600.00	500.00 - 520.00	250.00 - 350.00	60.00 - 64.00	50.00 - 60.00
Tissamaharama	120.00 - 150.00	240.00 - 250.00	100.00 - 120.00	-	-	420.00 - 450.00	350.00 - 380.00	280.00 - 300.00	-	55.00 - 60.00
Meegoda (DEC)	140.00 - 160.00	240.00 - 280.00	140.00 - 160.00	42.00 - 50.00	47.00 - 56.00	425.00 - 500.00	325.00 - 390.00	240.00 - 300.00	-	65.00 - 80.00
Embilipitiya	60.00 - 90.00	200.00 - 250.00	80.00 - 100.00	20.00 - 35.00	35.00 - 50.00	450.00 - 500.00	350.00 - 420.00	300.00 - 340.00	30.00 - 40.00	50.00 - 80.00
Jaffna	90.00 - 120.00	240.00 - 330.00	130.00 - 150.00	-	-	440.00 - 450.00	300.00 - 420.00	200.00 - 240.00	-	100.00 - 120.00
Vavuniya	150.00 - 170.00	200.00 - 240.00	120.00 - 150.00	30.00 - 32.00	31.00 - 33.00	500.00 - 550.00	400.00 - 450.00	300.00 - 350.00	-	120.00 - 130.00
Mannar	-	-	-	-	-	-	-	-	-	-
Killinochchi	100.00 - 120.00	300.00 - 330.00	100.00 - 120.00	28.00 - 30.00	32.00 - 34.00	350.00 - 380.00	300.00 - 330.00	260.00 - 280.00	-	80.00 - 100.00
Mullaittivu	120.00 - 130.00	300.00 - 340.00	90.00 - 110.00	28.00 - 32.00	32.00 - 35.00	540.00 - 560.00	440.00 - 460.00	340.00 - 360.00	-	80.00 - 90.00
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 - 170.00	400.00 - 450.00	160.00 - 170.00	-	-	550.00 - 580.00	450.00 - 480.00	300.00 - 340.00	-	100.00 - 150.00
Veyangoda	140.00 - 160.00	220.00 - 240.00	140.00 - 150.00	25.00 - 29.00	40.00 - 46.00	370.00 - 430.00	280.00 - 330.00	220.00 - 250.00	-	65.00 - 80.00
Galenbindunuwewa	130.00 - 160.00	340.00 - 380.00	130.00 - 150.00	-	-	400.00 - 450.00	350.00 - 380.00	300.00 - 300.00	-	63.00 - 75.00
Bandarawela	170.00 - 200.00	350.00 - 380.00	180.00 - 200.00	28.00 - 30.00	43.00 - 46.00	420.00 - 500.00	320.00 - 350.00	250.00 - 300.00	-	100.00 - 120.00
Matale	150.00 - 170.00	300.00 - 380.00	160.00 - 180.00	32.00 - 35.00	50.00 - 60.00	550.00 - 580.00	380.00 - 440.00	250.00 - 280.00	-	50.00 - 50.00

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	60.00 - 80.00	-	-	-	200.00 - 320.00	40.00 - 80.00	60.00 - 120.00	135.00 - 200.00	400.00 - 835.00	90.00 - 160.00	1500.00 - 2500.00	150.00 - 200.00
Gampaha	-	-	-	-	160.00 - 200.00	-	90.00 - 100.00	195.00 - 200.00	-	52.00 - 90.00	2000.00 - 2000.00	150.00 - 160.00
Kurunegala	-	-	-	-	180.00 - 200.00	-	80.00 - 90.00	-	-	-	2000.00 - 2000.00	150.00 - 160.00
Nikaweratiya	-	-	-	-	130.00 - 160.00	30.00 - 38.00	50.00 - 60.00	120.00 - 150.00	600.00 - 650.00	40.00 - 50.00	2500.00 - 2600.00	150.00 - 200.00
Dambulla	50.00 - 60.00	20.00 - 30.00	-	-	160.00 - 200.00	25.00 - 30.00	60.00 - 80.00	80.00 - 100.00	180.00 - 200.00	150.00 - 180.00	2700.00 - 2900.00	150.00 - 160.00
Anuradhapura	-	-	-	-	150.00 - 180.00	-	60.00 - 80.00	-	-	100.00 - 150.00	2500.00 - 2800.00	160.00 - 200.00
Thambuththegama	30.00 - 30.00	-	-	-	100.00 - 180.00	38.00 - 38.00	-	-	-	-	-	150.00 - 150.00
Polonnaruwa	-	-	-	-	-	-	-	-	-	-	-	-
Kaluthara	-	-	-	-	240.00 - 280.00	-	60.00 - 80.00	-	-	80.00 - 100.00	2000.00 - 2500.00	150.00 - 170.00
Badulla	20.00 - 24.00	10.00 - 12.00	-	-	160.00 - 180.00	40.00 - 45.00	75.00 - 100.00	-	125.00 - 150.00	-	2000.00 - 2000.00	150.00 - 150.00
Keppetipola	-	16.00 - 18.00	-	-	200.00 - 220.00	35.00 - 40.00	-	100.00 - 120.00	-	-	2400.00 - 2500.00	180.00 - 200.00
Moneragala	-	-	-	-	150.00 - 160.00	-	60.00 - 70.00	-	-	100.00 - 150.00	2000.00 - 2400.00	150.00 - 160.00
Kegalle	-	-	-	-	180.00 - 220.00	50.00 - 60.00	60.00 - 80.00	230.00 - 230.00	270.00 - 300.00	90.00 - 120.00	1800.00 - 2300.00	150.00 - 170.00
Ampara	32.00 - 42.00	-	-	-	170.00 - 200.00	-	-	-	-	-	1800.00 - 2200.00	150.00 - 160.00
Dehiattakandiya	-	-	-	-	200.00 - 240.00	-	50.00 - 80.00	-	-	-	2500.00 - 2600.00	130.00 - 150.00
Nuwareliya	-	18.00 - 20.00	-	-	220.00 - 240.00	45.00 - 50.00	80.00 - 90.00	120.00 - 130.00	-	-	2450.00 - 2500.00	180.00 - 200.00
Kandy	50.00 - 60.00	-	-	-	200.00 - 210.00	70.00 - 80.00	80.00 - 90.00	120.00 - 130.00	150.00 - 160.00	100.00 - 120.00	2000.00 - 2500.00	150.00 - 160.00
Puttalam	60.00 - 70.00	-	-	-	150.00 - 150.00	75.00 - 80.00	30.00 - 40.00	50.00 - 60.00	100.00 - 133.00	-	2500.00 - 2800.00	150.00 - 150.00
Hambantota	-	-	-	-	-	-	-	-	-	-	-	-
Rathnapura	60.00 - 100.00	15.00 - 25.00	-	-	150.00 - 200.00	-	100.00 - 120.00	-	-	150.00 - 200.00	2400.00 - 2500.00	120.00 - 150.00
Matara	80.00 - 100.00	-	-	-	180.00 - 190.00	45.00 - 55.00	76.00 - 80.00	220.00 - 230.00	320.00 - 360.00	70.00 - 75.00	2000.00 - 2200.00	140.00 - 160.00
Galle	40.00 - 50.00	20.00 - 30.00	-	-	200.00 - 280.00	60.00 - 75.00	70.00 - 90.00	160.00 - 200.00	-	160.00 - 180.00	2000.00 - 2400.00	180.00 - 200.00
Tissamaharama	-	-	-	-	160.00 - 180.00	60.00 - 65.00	42.00 - 50.00	-	375.00 - 400.00	65.00 - 70.00	2000.00 - 2200.00	160.00 - 170.00
Meegoda (DEC)	-	-	-	-	180.00 - 200.00	40.00 - 45.00	58.00 - 80.00	-	260.00 - 300.00	58.00 - 70.00	1800.00 - 2500.00	100.00 - 120.00
Embilipitiya	30.00 - 40.00	10.00 - 20.00	-	-	160.00 - 200.00	20.00 - 30.00	80.00 - 120.00	80.00 - 100.00	100.00 - 140.00	50.00 - 60.00	1850.00 - 2250.00	160.00 - 180.00
Jaffna	50.00 - 70.00	-	-	-	90.00 - 110.00	50.00 - 60.00	40.00 - 50.00	-	110.00 - 130.00	-	2200.00 - 2300.00	180.00 - 220.00
Vavuniya	-	-	-	-	180.00 - 220.00	50.00 - 60.00	-	-	-	-	2400.00 - 2500.00	160.00 - 180.00
Mannar	-	-	-	-	-	-	-	-	-	-	-	-
Killinochchi	40.00 - 50.00	-	-	-	150.00 - 170.00	35.00 - 45.00	50.00 - 60.00	-	-	-	2850.00 - 2950.00	150.00 - 200.00
Mullaittivu	30.00 - 35.00	-	-	-	90.00 - 100.00	30.00 - 35.00	-	-	-	-	2000.00 - 2150.00	150.00 - 160.00
Batticaloa	60.00 - 60.00	-	-	-	130.00 - 130.00	25.00 - 35.00	-	100.00 - 100.00	-	-	1600.00 - 1800.00	150.00 - 160.00
Trincomalee	60.00 - 70.00	-	-	-	100.00 - 120.00	65.00 - 70.00	45.00 - 50.00	80.00 - 85.00	130.00 - 135.00	-	2400.00 - 2500.00	180.00 - 190.00
Veyangoda	-	-	-	-	160.00 - 170.00	25.00 - 30.00	45.00 - 50.00	75.00 - 80.00	175.00 - 180.00	-	1500.00 - 1800.00	140.00 - 150.00
Galenbindunuwewa	-	-	-	-	100.00 - 130.00	-	100.00 - 120.00	-	-	-	2300.00 - 2500.00	140.00 - 160.00
Bandarawela	60.00 - 70.00	-	-	-	180.00 - 200.00	70.00 - 80.00	80.00 - 100.00	110.00 - 130.00	-	-	2600.00 - 2800.00	180.00 - 200.00
Matale	30.00 - 35.00	30.00 - 40.00	-	-	180.00 - 200.00	35.00 - 40.00	60.00 - 70.00	-	-	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 49: 05 - 11 Dec 2025

Locations	Sea Fish					
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw
Colombo	300.00 – 400.00	700.00 – 800.00	700.00 – 900.00	900.00 – 1000.00	2800.00 – 3200.00	800.00 – 1200.00
Kandy	550.00 – 580.00	950.00 – 1000.00	950.00 – 1100.00	1700.00 – 1800.00	-	1400.00 – 1600.00
Kaluthara	350.00 – 400.00	-	900.00 – 1000.00	1100.00 – 1400.00	2100.00 – 2100.00	1300.00 – 1400.00
Puttalam	300.00 – 350.00	850.00 – 900.00	900.00 – 950.00	1800.00 – 1800.00	-	900.00 – 950.00
Matara	450.00 – 500.00	-	1100.00 – 1250.00	1750.00 – 1800.00	-	-
Hambantota	-	-	-	-	-	-
Galle	-	-	850.00 – 1000.00	1200.00 – 1400.00	1500.00 – 2000.00	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	1000.00 – 1050.00	1100.00 – 1150.00	1800.00 – 1900.00	2100.00 – 2200.00	1500.00 – 1600.00
Mannar	-	-	-	-	-	-

Locations	Sea Fish				Eggs	
	Mora	Shrimps	Thalapath	Teppeli	Brown	White
Colombo	1200.00 – 1600.00	1600.00 – 2000.00	2300.00 – 2800.00	-	44.00 – 45.00	40.00 – 43.00
Kandy	-	1800.00 – 1900.00	2500.00 – 2600.00	-	42.00 – 43.00	40.00 – 42.00
Kaluthara	1000.00 – 1100.00	1600.00 – 1600.00	1700.00 – 2000.00	-	-	-
Puttalam	-	1400.00 – 1500.00	-	-	46.00 – 47.00	43.00 – 43.00
Matara	-	2000.00 – 2000.00	1750.00 – 1800.00	-	43.00 – 44.00	40.00 – 41.00
Hambantota	-	-	-	-	-	-
Galle	1000.00 – 1050.00	-	-	-	-	-
Batticaloa	1000.00 – 1000.00	1300.00 – 1400.00	1500.00 – 1600.00	-	-	-
Trincomalee	1800.00 – 1900.00	1200.00 – 1250.00	-	-	42.00 – 43.00	40.00 – 41.00
Mannar	-	-	-	-	-	-

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

Week 49: 05 - 11 Dec 2025

Locations	Local Dried Fish					
	Sprats	Kattawa	Thora	Mora	Balaya	Anguluwa
Colombo	50000 – 60000	82500 – 100000	90000 – 140000	110000 – 125000	70000 – 75000	87500 – 100000
Kandy	60000 – 65000	-	-	120000 – 125000	70000 – 75000	-
Batticaloa	50000 – 50000	100000 – 112500	-	-	80000 – 90000	-
Trincomalee	54000 – 55000	-	-	-	53000 – 54000	46500 – 47000
Mannar	-	-	-	-	-	-

Locations	Local Dried Fish			Imported Dried Fish		
	Maduwa	Koduwa	Salaya	Sprats	Kattawa	Thora
Colombo	50000 – 75000	-	17500 – 27500	35000 – 47500	75000 – 85000	70000 – 125000
Kandy	-	-	24000 – 25000	45000 – 47500	77500 – 80000	-
Batticaloa	-	-	35000 – 35000	42500 – 45000	-	-
Trincomalee	50000 – 51000	-	28000 – 28500	42500 – 43000	95000 – 95500	-
Mannar	-	-	-	-	-	-

Locations	Imported Dried Fish					
	Mora	Balaya	Anguluwa	Maduwa	Koduwa	Salaya
Colombo	110000 – 125000	65000 – 75000	80000 – 90000	30000 – 35000	-	-
Kandy	-	-	-	-	-	-
Batticaloa	-	-	-	-	-	-
Trincomalee	-	-	-	-	-	-
Mannar	-	-	-	-	-	-

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

Week 49: 05 - 11 Dec 2025

LOCATIONS	Sea Fish										Eggs								
	Salaya		Hurulla		Balaya		Kelawalla		Thora		Paraw		Mora		Thalapath		Brown		White
Colombo	450.00 - 880.00	900.00 - 1300.00	900.00 - 1800.00	1200.00 - 3760.00	3000.00 - 5300.00	1200.00 - 2800.00	-	2500.00 - 3600.00	45.00 - 48.00	41.00 - 45.00									
Gampaha	600.00 - 650.00	1200.00 - 1200.00	-	-	-	2000.00 - 2000.00	-	2800.00 - 2800.00	44.00 - 45.00	41.00 - 43.00									
Kurunegala	560.00 - 640.00	1100.00 - 1200.00	1200.00 - 1200.00	-	-	-	-	2700.00 - 2700.00	43.00 - 45.00	41.00 - 43.00									
Nikaweratiya	-	-	1000.00 - 1150.00	2500.00 - 2700.00	-	1400.00 - 1500.00	-	2600.00 - 2700.00	42.00 - 43.00	40.00 - 43.00									
Dambulla	600.00 - 650.00	1300.00 - 1400.00	1200.00 - 1300.00	2200.00 - 2400.00	-	1700.00 - 1800.00	1700.00 - 1800.00	2400.00 - 2500.00	47.00 - 48.00	45.00 - 46.00									
Anuradhapura	600.00 - 700.00	950.00 - 1000.00	1000.00 - 1200.00	2400.00 - 2600.00	-	1300.00 - 1500.00	1450.00 - 1600.00	2600.00 - 2800.00	-	44.00 - 45.00									
Thambuththegama	-	-	-	-	-	-	-	-	45.00 - 47.00	45.00 - 46.00									
Polonnaruwa	-	-	-	-	-	-	-	-	-	-									
Kaluthara	580.00 - 700.00	1200.00 - 1200.00	1400.00 - 1800.00	2200.00 - 2600.00	2800.00 - 2800.00	2400.00 - 2600.00	1800.00 - 2000.00	2400.00 - 2800.00	-	40.00 - 45.00									
Badulla	400.00 - 600.00	1000.00 - 1000.00	1600.00 - 1800.00	2000.00 - 2000.00	2800.00 - 2800.00	1800.00 - 1800.00	1600.00 - 1600.00	2600.00 - 2600.00	42.00 - 45.00	40.00 - 42.00									
Keppetipola	550.00 - 560.00	950.00 - 960.00	1260.00 - 1300.00	2500.00 - 2600.00	-	1500.00 - 1600.00	1800.00 - 1900.00	2400.00 - 2500.00	49.00 - 50.00	47.00 - 48.00									
Moneragala	650.00 - 700.00	950.00 - 1000.00	1000.00 - 1200.00	2600.00 - 2800.00	-	2000.00 - 2200.00	-	3000.00 - 3200.00	44.00 - 46.00	43.00 - 45.00									
Kegalle	600.00 - 700.00	1400.00 - 1500.00	1800.00 - 2200.00	2200.00 - 2300.00	-	-	1800.00 - 1800.00	2800.00 - 3200.00	47.00 - 48.00	42.00 - 43.00									
Ampara	500.00 - 800.00	1000.00 - 1200.00	2200.00 - 2200.00	2800.00 - 2800.00	-	1200.00 - 1200.00	-	-	-	42.00 - 45.00									
Dehiattakandiya	500.00 - 600.00	950.00 - 1000.00	1300.00 - 1300.00	2800.00 - 2900.00	-	-	-	-	43.00 - 45.00	40.00 - 42.00									
Nuwaraeliya	-	960.00 - 980.00	1300.00 - 1400.00	2600.00 - 2800.00	-	1800.00 - 1900.00	1900.00 - 2000.00	2500.00 - 2600.00	48.00 - 50.00	46.00 - 48.00									
Kandy	700.00 - 750.00	1200.00 - 1250.00	1200.00 - 1300.00	2400.00 - 2500.00	-	1700.00 - 1800.00	-	2800.00 - 2900.00	45.00 - 46.00	42.00 - 44.00									
Puttalam	400.00 - 500.00	1000.00 - 1000.00	1000.00 - 1000.00	2000.00 - 2000.00	-	1000.00 - 1000.00	-	-	48.00 - 48.00	45.00 - 45.00									
Hambantota	-	-	-	-	-	-	-	-	-	-									
Rathnapura	500.00 - 600.00	1200.00 - 1200.00	1200.00 - 1400.00	2000.00 - 2400.00	3600.00 - 3600.00	2250.00 - 2400.00	1600.00 - 1800.00	2400.00 - 2600.00	-	42.00 - 45.00									
Matara	600.00 - 700.00	-	1700.00 - 1800.00	2400.00 - 2500.00	-	-	-	2500.00 - 2600.00	44.00 - 46.00	41.00 - 43.00									
Galle	580.00 - 600.00	-	1200.00 - 1400.00	2600.00 - 2600.00	-	1800.00 - 1800.00	1400.00 - 1600.00	2800.00 - 2800.00	44.00 - 45.00	42.00 - 44.00									
Tissamaharama	500.00 - 550.00	-	1100.00 - 1200.00	-	-	-	-	2400.00 - 2500.00	-	40.00 - 45.00									
Meegoda	600.00 - 760.00	-	-	2700.00 - 2800.00	-	1200.00 - 1200.00	-	3300.00 - 3600.00	45.00 - 46.00	42.00 - 45.00									
Embilipitiya	700.00 - 750.00	1100.00 - 1150.00	1600.00 - 1700.00	2600.00 - 2650.00	-	1950.00 - 2000.00	-	2800.00 - 2900.00	44.00 - 45.00	42.00 - 45.00									
Jaffna	500.00 - 650.00	700.00 - 750.00	1000.00 - 1100.00	-	-	1550.00 - 1650.00	2400.00 - 2550.00	-	42.00 - 43.00	45.00 - 45.00									
Vavuniya	600.00 - 700.00	1000.00 - 1200.00	1200.00 - 1300.00	2400.00 - 2500.00	2600.00 - 2700.00	1600.00 - 1700.00	2400.00 - 2500.00	2400.00 - 2500.00	48.00 - 50.00	45.00 - 48.00									
Mannar	-	-	-	-	-	-	-	-	-	-									
Killinochchi	550.00 - 600.00	950.00 - 1000.00	1400.00 - 1500.00	-	-	1600.00 - 1700.00	2500.00 - 2600.00	-	44.00 - 45.00	46.00 - 47.00									
Mullaittivu	400.00 - 500.00	900.00 - 1000.00	1200.00 - 1250.00	1750.00 - 1900.00	-	1750.00 - 1850.00	2250.00 - 2350.00	-	47.00 - 48.00	43.00 - 45.00									
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	-	-									
Trincomalee	600.00 - 650.00	1200.00 - 1250.00	1250.00 - 1300.00	2200.00 - 2300.00	2400.00 - 2500.00	1800.00 - 1900.00	2100.00 - 2200.00	-	44.00 - 46.00	42.00 - 44.00									
Veyangoda	600.00 - 600.00	1100.00 - 1200.00	1600.00 - 1800.00	2400.00 - 2400.00	-	2000.00 - 2000.00	-	2600.00 - 2600.00	45.00 - 46.00	42.00 - 45.00									
Galenbindunuwewa	500.00 - 650.00	-	1200.00 - 1300.00	1500.00 - 2800.00	3000.00 - 3200.00	1200.00 - 1300.00	-	3000.00 - 3200.00	43.00 - 43.00	40.00 - 43.00									
Bandarawela	-	-	1550.00 - 1600.00	2000.00 - 2000.00	-	1800.00 - 1900.00	1500.00 - 1500.00	2400.00 - 2450.00	43.00 - 46.00	41.00 - 43.00									
Matale	700.00 - 800.00	1100.00 - 1200.00	1300.00 - 1400.00	2700.00 - 2800.00	3000.00 - 3200.00	1500.00 - 1600.00	1600.00 - 1700.00	2800.00 - 3000.00	47.00 - 48.00	42.00 - 44.00									

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

Week 49: 05 - 11 Dec 2025

LOCATIONS	Dried Fish													
	Sprats-Imported		Kattawa		Thora		Mora		Balaya		Anguluwa		Salaya	
Colombo	1000.00	1500.00	2000.00	2800.00	2000.00	4000.00	2600.00	3200.00	1600.00	2600.00	2200.00	3000.00	700.00	1000.00
Gampaha	1000.00	1200.00	2400.00	2400.00	-	-	3000.00	3000.00	2000.00	2000.00	2400.00	2400.00	800.00	900.00
Kurunegala	1300.00	1400.00	2200.00	2400.00	-	-	-	-	-	-	2000.00	2100.00	750.00	900.00
Nikaweratiya	1200.00	1400.00	1800.00	2000.00	2200.00	2300.00	-	-	-	-	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	2000.00	-	-
Anuradhapura	1000.00	1200.00	2200.00	2400.00	-	-	2600.00	2800.00	1600.00	1800.00	2200.00	2400.00	800.00	1000.00
Thambuththegama	1000.00	1200.00	1900.00	2100.00	-	-	-	-	1550.00	1700.00	2400.00	2500.00	880.00	900.00
Polonnaruwa	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Kaluthara	1000.00	1400.00	2000.00	2400.00	-	-	2400.00	2700.00	1400.00	1600.00	2280.00	2500.00	800.00	850.00
Badulla	1200.00	1200.00	2600.00	2600.00	-	-	2800.00	2800.00	1500.00	1500.00	1200.00	1200.00	-	-
Keppetipola	1100.00	1300.00	2350.00	2400.00	-	-	-	-	1500.00	1600.00	1800.00	1900.00	600.00	700.00
Moneragala	1000.00	1200.00	2000.00	2200.00	-	-	2600.00	2800.00	1600.00	1800.00	2200.00	2300.00	800.00	1000.00
Kegalle	1120.00	1200.00	2400.00	2600.00	3200.00	3200.00	2400.00	2500.00	1700.00	2000.00	-	-	-	-
Ampara	-	-	2000.00	2200.00	2200.00	2400.00	2700.00	2800.00	1600.00	1800.00	1200.00	1200.00	600.00	600.00
Dehiattakandiya	1000.00	1200.00	2600.00	2800.00	-	-	2800.00	3000.00	1500.00	1800.00	1400.00	1600.00	600.00	600.00
Nuwaraeliya	1250.00	1400.00	2500.00	2600.00	3400.00	3500.00	2600.00	2650.00	1600.00	1700.00	1900.00	2000.00	900.00	950.00
Kandy	1200.00	1300.00	2700.00	2800.00	3400.00	3500.00	2700.00	2900.00	1700.00	1800.00	2000.00	2100.00	800.00	850.00
Puttalam	1200.00	1200.00	2400.00	2400.00	2200.00	2400.00	-	-	1400.00	1600.00	1200.00	1400.00	800.00	1000.00
Hambantota	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Rathnapura	1040.00	1120.00	2100.00	2240.00	3600.00	3600.00	2700.00	2800.00	1600.00	1800.00	2200.00	2240.00	600.00	720.00
Matara	1100.00	1250.00	2000.00	2200.00	-	-	-	-	1600.00	1800.00	2000.00	2200.00	-	-
Galle	1000.00	1500.00	2000.00	2400.00	2600.00	2800.00	2400.00	2800.00	1800.00	2000.00	2000.00	2400.00	1200.00	1200.00
Tissamaharama	1200.00	1350.00	-	-	-	-	2500.00	2700.00	1750.00	1900.00	2400.00	2500.00	-	-
Meegoda	1000.00	1200.00	1900.00	2200.00	-	-	2400.00	2800.00	1600.00	1800.00	1800.00	2200.00	800.00	1000.00
Embilipitiya	1300.00	1400.00	2250.00	2450.00	2400.00	2450.00	2450.00	2600.00	1800.00	2000.00	2400.00	2600.00	900.00	1200.00
Jaffna	1200.00	1400.00	2200.00	2400.00	3100.00	3250.00	3000.00	3300.00	1700.00	2000.00	1000.00	1240.00	800.00	1200.00
Vavuniya	-	-	1900.00	2000.00	-	-	2100.00	2200.00	1350.00	1400.00	1100.00	1200.00	600.00	700.00
Mannar	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Killinochchi	1000.00	1100.00	2400.00	2500.00	-	-	2400.00	2500.00	-	-	1000.00	1200.00	800.00	850.00
Mullaittivu	1300.00	1400.00	2400.00	2500.00	-	-	2400.00	2500.00	1600.00	1750.00	1000.00	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	2250.00	-	-	-	-	1450.00	1500.00	1200.00	1250.00	700.00	750.00
Veyangoda	1000.00	1200.00	2000.00	2200.00	-	-	2500.00	2600.00	1800.00	1800.00	2300.00	2400.00	1200.00	1200.00
Galenbindunuwewa	1000.00	1300.00	2650.00	2800.00	3300.00	3500.00	2600.00	3200.00	1800.00	2000.00	2400.00	2600.00	700.00	1000.00
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	1100.00	1300.00	2800.00	2900.00	-	-	3000.00	3200.00	1800.00	1900.00	2700.00	2800.00	800.00	900.00

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

Week 49: 05 - 11 Dec 2025

LOCATIONS	Meat		Meat (Chicken)		Meat					
	Beef		Broiler	Curry	Mutton	Pork				
Colombo	2600.00	- 2800.00	1180.00	- 1420.00	1250.00	- 1400.00	3800.00	- 4200.00	2700.00	- 3000.00
Gampaha	-		1290.00	- 1350.00	1400.00	- 1400.00	4000.00	- 4000.00	2600.00	- 2600.00
Kurunegala	-		1300.00	- 1350.00	1350.00	- 1350.00	-		2700.00	- 2700.00
Nikaweratiya	2500.00	- 2600.00	1250.00	- 1350.00	-		-		-	
Dambulla	-		1250.00	- 1350.00	1400.00	- 1400.00	-		2400.00	- 2500.00
Anuradhapura	2600.00	- 2600.00	1300.00	- 1350.00	-		-		2600.00	- 3000.00
Thambuththegama	-		1200.00	- 1300.00	-		-		2600.00	- 3000.00
Polonnaruwa	-		-		-		-		-	
Kaluthara	2700.00	- 2700.00	1200.00	- 1300.00	1300.00	- 1350.00	-		2600.00	- 2700.00
Badulla	2400.00	- 2400.00	1180.00	- 1250.00	-		3400.00	- 3400.00	-	
Keppetipola	2400.00	- 2400.00	1250.00	- 1260.00	1300.00	- 1350.00	3000.00	- 3000.00	-	
Moneragala	2600.00	- 2600.00	1300.00	- 1450.00	-		-		3200.00	- 3200.00
Kegalle	2450.00	- 2500.00	1200.00	- 1280.00	-		3000.00	- 3000.00	2800.00	- 2900.00
Ampara	2400.00	- 2500.00	1200.00	- 1350.00	-		-		2700.00	- 3000.00
Dehiattakandiya	-		1330.00	- 1380.00	-		-		2900.00	- 2950.00
Nuwaraeliya	2300.00	- 2400.00	1280.00	- 1320.00	1380.00	- 1400.00	3800.00	- 4000.00	2800.00	- 2900.00
Kandy	2500.00	- 2500.00	1150.00	- 1170.00	1270.00	- 1280.00	3400.00	- 3500.00	-	
Puttalam	2450.00	- 2500.00	1250.00	- 1250.00	1700.00	- 1800.00	4000.00	- 4000.00	-	
Hambantota	-		-		-		-		-	
Rathnapura	2600.00	- 2600.00	1300.00	- 1350.00	1250.00	- 1280.00	3600.00	- 3600.00	3300.00	- 3300.00
Matara	-		1280.00	- 1300.00	-		-		-	
Galle	2600.00	- 2700.00	1200.00	- 1250.00	1300.00	- 1350.00	3600.00	- 3600.00	-	
Tissamaharama	-		1250.00	- 1350.00	-		-		-	
Meegoda	-		1300.00	- 1340.00	-		-		3000.00	- 3000.00
Embilipitiya	2450.00	- 2500.00	1180.00	- 1250.00	1200.00	- 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	2200.00	- 2300.00	1320.00	- 1350.00	1600.00	- 1700.00	3100.00	- 3200.00	-	
Mannar	-		-		-		-		-	
Killinochchi	2250.00	- 2300.00	1400.00	- 1450.00	1500.00	- 1600.00	3300.00	- 3500.00	-	
Mullaittivu	2200.00	- 2200.00	1400.00	- 1450.00	1550.00	- 1600.00	-		-	
Batticaloa	2100.00	- 2200.00	1400.00	- 1400.00	1600.00	- 1600.00	3800.00	- 4000.00	-	
Trincomalee	2250.00	- 2300.00	1400.00	- 1450.00	1550.00	- 1600.00	3400.00	- 3500.00	-	
Veyangoda	2700.00	- 2700.00	1250.00	- 1350.00	1380.00	- 1400.00	-		2600.00	- 2700.00
Galenbindunuwewa	2400.00	- 2400.00	1160.00	- 1160.00	1400.00	- 1400.00	3500.00	- 3500.00	-	
Bandarawela	2500.00	- 2600.00	1280.00	- 1350.00	-		3600.00	- 3600.00	-	
Matale	2500.00	- 2600.00	1200.00	- 1260.00	-		3500.00	- 3600.00	2700.00	- 2800.00

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

Week 49: 05 - 11 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 (%)
Rice							Coconut						
Local							Large	155.00 - 185.00	168.00	205.00	165.56	-18.05	1.48
Samba 1	245.00 - 255.00	250.00	242.50	234.38	3.09	6.67	Small	130.00 - 165.00	145.00	192.50	135.56	-24.68	6.97
Samba 2	240.00 - 245.00	243.00	236.50	225.83	2.75	7.60							
Keeri Samba	310.00 - 330.00	322.50	320.00	257.00	0.78	25.49	Fruits (Rs/fruit)						
Nadu 1	220.00 - 230.00	223.13	219.75	240.00	1.54	-7.03	Plantain						
Nadu 2	215.00 - 218.00	216.00	211.25	232.20	2.25	-6.98	Ambul (Rs/kg)	70.00 - 110.00	93.00	90.00	69.09	3.33	34.61
Raw (Red)	205.00 - 210.00	208.13	207.00	233.00	0.54	-10.68	Kolikuttu (Rs/kg)	150.00 - 200.00	175.00	190.00	158.18	-7.89	10.63
Raw (White)	210.00 - 220.00	215.00	210.00	234.67	2.38	-8.38	Seeni (Rs/kg)	80.00 - 110.00	96.00	110.00	109.09	-12.73	-12.00
Imported							Anamalu	26.00 - 29.00	27.50	27.40	26.91	0.36	2.20
Samba	230.00 - 235.00	231.67	232.00	277.50	-0.14	-16.52	Ambun	36.00 - 40.00	38.20	38.00	39.09	0.53	-2.28
Nadu	-	-	-	-	-	-	Papaw(Rs/kg)	160.00 - 180.00	171.00	198.00	127.50	-13.64	34.12
Raw (Red)	-	-	-	-	-	-	Passion Fruit	30.00 - 40.00	35.29	38.33	48.18	-7.95	-26.77
Raw (White)	-	-	-	-	-	-	Pineapple Large	290.00 - 330.00	307.50	312.50	462.22	-1.60	-33.47
Dried Chillies							Pineapple Medium	240.00 - 270.00	256.25	247.50	352.22	3.54	-27.25
Imported	800.00 - 850.00	821.25	827.14	675.00	-0.71	21.67	Pineapple Small	200.00 - 230.00	213.75	192.50	281.11	11.04	-23.96
Onion							Mango						
Sinnan	-	-	236.67	-	-	-	Betti	-	-	-	-	-	-
Vedalan	270.00 - 300.00	287.50	325.00	-	-11.54	-	Karthakolomban	70.00 - 170.00	120.00	153.75	102.27	-21.95	17.33
Imported	350.00 - 400.00	375.83	363.33	341.67	3.44	10.00	Vilad	60.00 - 75.00	68.33	66.00	60.64	3.54	12.69
Big Onion							Kohu	-	-	-	-	-	-
Imported	175.00 - 220.00	193.57	167.78	241.25	15.37	-19.76	Other						
Local	250.00 - 270.00	260.00	227.50	-	14.29	-	Wood Apple	45.00 - 55.00	49.25	52.50	24.50	-6.19	101.02
Potato							Orange	85.00 - 100.00	95.00	91.67	133.18	3.64	-28.67
Welimada	-	-	305.00	-	-	-	Avocado	370.00 - 500.00	420.83	383.75	434.44	9.66	-3.13
N'Eliya	250.00 - 330.00	293.33	390.00	327.50	-24.79	-10.43	Slime Apple	70.00 - 80.00	75.00	76.67	59.09	-2.17	26.92
Imported	170.00 - 250.00	194.29	194.38	222.50	-0.05	-12.68	Grapes (Imp., Rs/kg)	1100.00 - 1250.00	1183.33	1275.00	1317.50	-7.19	-10.18
Pulses							King Coconut	120.00 - 150.00	136.67	146.67	141.11	-6.82	-3.15
Green Gram	550.00 - 870.00	638.57	642.86	529.29	-0.67	20.65	Sea Fish						
Cowpea (White)	800.00 - 850.00	825.00	838.00	575.00	-1.55	43.48	Salaya	300.00 - 400.00	351.43	740.00	353.00	-52.51	-0.45
Cowpea (Red)	800.00 - 900.00	837.50	825.00	570.00	1.52	46.93	Hurulla	700.00 - 800.00	766.67	880.00	953.33	-12.88	-19.58
Red Dhal	250.00 - 265.00	258.57	247.00	271.67	4.68	-4.82	Balaya	700.00 - 900.00	800.00	570.00	970.00	40.35	-17.53
Vegetable							Kelawalla	900.00 - 1000.00	950.00	980.00	1423.00	-3.06	-33.24
Beans (Butter)	-	-	-	-	-	-	Thora	2800.00 - 3200.00	3000.00	2700.00	2230.00	11.11	34.53
Beans(Green)	800.00 - 1200.00	990.00	800.00	630.00	23.75	57.14	Paraw	800.00 - 1200.00	983.33	1566.67	1298.00	-37.23	-24.24
Carrot	150.00 - 200.00	174.00	390.00	120.00	-55.38	45.00	Mora	1200.00 - 1600.00	1433.33	966.67	1150.00	48.28	24.64
Leeks	160.00 - 200.00	171.82	360.00	141.00	-52.27	21.86	Shrimps	1600.00 - 2000.00	1750.00	1620.00	1738.00	8.02	0.69
Beetroot	300.00 - 450.00	361.11	408.33	247.50	-11.56	45.90	Thalapat	2300.00 - 2800.00	2585.71	2420.00	1870.00	6.85	38.27
Knolkhol	160.00 - 300.00	223.33	182.50	236.00	22.37	-5.37	Eggs						
Raddish	100.00 - 200.00	152.00	183.33	129.00	-17.09	17.83	Brown	44.00 - 45.00	44.33	37.80	41.88	17.28	5.87
Cabbage	80.00 - 180.00	139.09	194.29	90.00	-28.41	54.55	White	40.00 - 43.00	42.00	36.60	39.14	14.75	7.30
Tomato	200.00 - 250.00	224.55	327.78	287.00	-31.49	-21.76	Dried Fish						
Ladies Fingers	100.00 - 250.00	187.50	275.00	188.00	-31.82	-0.27	Sprats	1000.00 - 1200.00	1100.00	640.00	1093.00	71.88	0.64
Brinjal	250.00 - 350.00	290.91	277.78	290.00	4.73	0.31	Sprats (Imported)	700.00 - 950.00	800.00	680.00	700.00	17.65	14.29
Capsicum	450.00 - 650.00	555.00	877.78	553.00	-36.77	0.36	Kattawa	1650.00 - 2000.00	1825.00	1500.00	1162.22	21.67	57.03
Pumpkin	50.00 - 130.00	90.00	133.33	124.00	-32.50	-27.42	Kattawa (Imported)	1500.00 - 1700.00	1607.14	1500.00	1162.22	7.14	38.28
Cucumber	120.00 - 160.00	144.44	183.75	138.00	-21.39	4.67	Thora	1800.00 - 2800.00	2300.00	2180.00	-	5.50	
Bitter Gourd	400.00 - 650.00	535.71	494.44	525.00	8.35	2.04	Thora (Imported)	1400.00 - 2500.00	1933.33	2200.00	-	-12.12	
Snake Gourd	350.00 - 400.00	380.00	400.00	250.00	-5.00	52.00	Mora	2200.00 - 2500.00	2408.33	2440.00	1830.00	-1.30	31.60
Drumstick	-	-	-	-	-	-	Mora (Imported)	2200.00 - 2500.00	2366.67	1180.00	950.00	100.56	149.12
Luffa	320.00 - 400.00	355.00	464.00	300.00	-23.49	18.33	Balaya	1400.00 - 1500.00	1462.50	1180.00	950.00	23.94	53.95
Long Beans	400.00 - 600.00	500.00	425.00	326.00	17.65	53.37	Balaya (Imported)	1300.00 - 1500.00	1366.67	1740.00	-	-21.46	
Ash Plantain	100.00 - 150.00	123.33	120.00	120.00	2.78	2.78	Anguluwa	1750.00 - 2000.00	1842.86	975.00	1253.75	89.01	46.99
Green Chillies	200.00 - 400.00	281.25	460.00	290.00	-38.86	-3.02	Anguluwa (Imported)	1600.00 - 1800.00	1700.00	1675.00	1477.78	1.49	15.04
Lime	250.00 - 600.00	371.43	730.00	550.00	-49.12	-32.47	Maduwa	1000.00 - 1500.00	1325.00	975.00	1253.75	35.90	5.68
Root Crops							Maduwa (Imported)	600.00 - 700.00	658.33	1184.00	-	-44.40	-
Sweet Potato	160.00 - 200.00	182.86	178.33	108.00	2.54	69.31	Koduwa	-	-	480.00	526.00	-	-
Manioc	70.00 - 120.00	96.25	106.25	100.00	-9.41	-3.75	Koduwa (Imported)	-	-	-	-	-	-
Leafy Vegetable							Salaya	350.00 - 550.00	475.00	480.00	526.00	-1.04	-9.70
Mukunuwenna	60.00 - 60.00	60.00	60.00	41.88	0.00	43.28	Salaya (Imported)	-	-	-	-	-	-
Kankun	60.00 - 60.00	60.00	60.00	41.88	0.00	43.28							
Gotukola (Rs/kg)	-	-	-	338.75	-	-							

This Week: Week 49: 05 - 11 Dec 2025
 Last Week: Week 48: 28 Nov-04 Dec 2025

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

Week 49: 05 - 11 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 (%)	
Rice							Coconut							
Local							Large						195.00 · 210.00 202.63 207.50 180.21 -4.87 12.44	
Samba 1	260.00 · 280.00	268.18	267.37	252.76	0.81	6.10	Small						185.00 · 195.00 190.59 191.33 153.75 -0.75 23.96	
Samba 2	-	-	-	-	-	-	Fruits (Rs/fruit)							
Keeri Samba	320.00 · 340.00	334.00	333.85	266.30	0.15	25.42	Plantain							
Nadu 1	230.00 · 240.00	234.55	232.78	246.18	1.77	-4.72	Ambul (Rs/kg)						150.00 · 200.00 181.25 186.50 157.91 -5.25 14.78	
Nadu 2	-	-	-	-	-	-	Kolikuttu (Rs/kg)						230.00 · 350.00 291.82 303.33 294.36 -11.52 -0.86	
Raw (Red)	210.00 · 220.00	218.40	218.33	238.18	0.07	-8.31	Seeni (Rs/kg)						150.00 · 220.00 175.65 188.10 186.39 -12.44 -5.76	
Raw (White)	210.00 · 220.00	218.52	218.89	238.00	-0.37	-8.19	Anamalu						36.00 · 50.00 43.24 43.47 42.06 -0.24 2.78	
Imported							Ambun						50.00 · 70.00 61.18 61.29 60.45 -0.12 1.20	
Samba	250.00 · 260.00	253.18	252.50	305.31	0.68	-17.07	Papaw(Rs/kg)						200.00 · 320.00 267.00 281.18 236.57 -14.18 12.86	
Nadu	-	-	-	-	-	-	Passion Fruit						40.00 · 80.00 60.28 66.92 90.38 -6.65 -33.31	
Raw (Red)	-	-	-	-	-	-	Pineapple Large						320.00 · 470.00 412.35 428.82 593.08 -16.47 -30.47	
Raw (White)	-	-	-	-	-	-	Pineapple Medium						300.00 · 380.00 335.26 331.18 462.41 4.09 -27.50	
Dried Chillies							Pineapple Small						230.00 · 300.00 259.44 253.89 369.29 5.56 -29.74	
Imported	1000.00 · 1200.00	1088.64	1094.12	936.52	-5.48	16.24	Mango							
Onion							Betti							
Sinnan	-	-	-	-	-	-	Karthakolomban						100.00 · 150.00 127.67 167.14 145.63 -39.48 -12.33	
Vedalan	380.00 · 520.00	444.00	473.33	-	-29.33	-	Vilad						60.00 · 80.00 76.00 74.62 1.86	
Imported	400.00 · 520.00	463.53	448.75	472.95	14.78	-1.99	Kohu							
Big Onion							Other							
Imported	200.00 · 260.00	240.00	208.24	385.74	31.76	-37.78	Wood Apple						60.00 · 120.00 90.59 96.00 54.84 -5.41 65.18	
Local	260.00 · 320.00	286.67	250.00	-	36.67	-	Orange						135.00 · 200.00 164.75 163.75 217.78 1.00 -24.35	
Potato							Avocado						400.00 · 835.00 635.00 477.86 630.00 157.14 0.79	
Welimada	-	-	-	392.73	-	-	Slime Apple						90.00 · 160.00 115.33 113.13 133.75 2.21 -13.77	
N'Eliya	400.00 · 520.00	460.00	486.00	428.89	-26.00	7.25	Grapes (Imp., Rs/kg)						1500.00 · 2500.00 1907.14 1978.57 1975.00 -71.43 -3.44	
Imported	220.00 · 280.00	252.27	254.44	276.14	-2.17	-8.64	King Coconut						150.00 · 200.00 173.85 175.00 181.11 -1.15 -4.01	
Pulses							Sea Fish							
Green Gram	800.00 · 1100.00	984.21	1025.00	863.17	-40.79	14.02	Salaya						450.00 · 880.00 645.38 897.50 501.90 -252.12 28.59	
Cowpea (White)	1000.00 · 1300.00	1147.06	1207.14	883.94	-60.08	29.77	Hurulla						900.00 · 1300.00 1155.56 1160.00 1035.71 -4.44 11.57	
Cowpea (Red)	1100.00 · 1300.00	1192.86	1207.14	884.84	-14.29	34.81	Balaya						900.00 · 1800.00 1390.91 1375.00 1111.54 15.91 25.13	
Red Dhal	260.00 · 320.00	285.45	282.78	306.00	2.68	-6.71	Kelawalla						1200.00 · 3760.00 2728.89 2823.08 2179.41 -94.19 25.21	
Vegetable							Thora						3000.00 · 5300.00 3690.91 3528.57 3080.56 162.34 19.81	
Beans (Butter)	-	-	-	-	-	-	Paraw						1200.00 · 2800.00 2187.50 1858.33 1971.05 329.17 10.98	
Beans(Green)	900.00 · 1800.00	1214.29	900.00	718.39	314.29	69.03	Mora							
Carrot	220.00 · 450.00	349.58	658.33	263.75	-308.75	32.54	Shrimps						1800.00 · 2200.00 2000.00 2023.08 1976.32 -23.08 1.20	
Leeks	200.00 · 450.00	356.80	530.00	265.52	-173.20	34.38	Thalapat						2500.00 · 3600.00 3080.00 3046.67 2747.62 33.33 12.10	
Beetroot	400.00 · 800.00	590.83	533.53	370.31	57.30	59.55	Eggs							
Knolkhol	350.00 · 560.00	412.50	434.00	406.40	-21.50	1.50	Brown						45.00 · 48.00 45.71 42.17 45.44 3.55 0.59	
Raddish	250.00 · 400.00	336.84	454.62	265.86	-117.77	26.70	White						41.00 · 45.00 42.92 39.00 44.44 3.92 -3.44	
Cabbage	180.00 · 400.00	325.45	357.50	267.93	-32.05	21.47	Dried Fish							
Tomato	240.00 · 400.00	344.00	587.65	373.55	-243.65	-7.91	Sprats						1400.00 · 2400.00 1850.00 1653.85 1771.43 196.15 4.44	
Ladies Fingers	300.00 · 460.00	386.52	472.94	300.31	-86.42	28.71	Sprats (Imported)						1000.00 · 1500.00 1255.00 1156.25 1284.78 98.75 -2.32	
Brijjal	380.00 · 600.00	506.25	525.63	411.25	-19.38	23.10	Kattawa						2000.00 · 2800.00 2435.00 2423.53 1838.89 11.47 32.42	
Capsicum	700.00 · 1000.00	868.18	1023.33	769.64	-155.15	12.80	Thora						2000.00 · 4000.00 4000.00	
Pumpkin	140.00 · 340.00	253.04	257.50	217.74	-4.46	16.21	Mora						2600.00 · 3200.00 2927.27 2845.45 2331.82 81.82 25.54	
Cucumber	220.00 · 340.00	288.75	278.75	265.00	10.00	8.96	Balaya						1600.00 · 2600.00 2079.17 1842.86 1691.67 236.31 22.91	
Bitter Gourd	550.00 · 900.00	762.27	790.00	653.33	-27.73	16.67	Anguluwa						2200.00 · 3000.00 2628.57 2622.22 2112.50 6.35 24.43	
Snake Gourd	450.00 · 600.00	543.13	530.00	414.29	13.13	31.10	Maduwa						1500.00 · 2000.00 1725.00 1566.67 1475.00 158.33 16.95	
Drumstick	-	-	-	884.62	-	-	Koduwa							
Luffa	540.00 · 650.00	583.85	568.18	425.83	15.66	37.11	Salaya						700.00 · 1000.00 825.00 900.00 1005.00 -75.00 -17.91	
Long Beans	460.00 · 650.00	615.29	615.00	442.69	0.29	38.99	Meat							
Ash Plantain	160.00 · 340.00	278.82	271.43	243.33	7.39	14.59	Beef (without Bones)						2600.00 · 2800.00 2760.00 2866.67 2509.09 -106.67 10.00	
Green Chillies	550.00 · 950.00	730.50	651.67	699.33	78.83	4.46	Chicken (Broiler)						1180.00 · 1420.00 1303.00 1420.00 1186.00 -117.00 9.87	
Lime	600.00 · 1200.00	931.82	1337.50	831.67	-405.68	12.04	Chicken (Curry)						1250.00 · 1400.00 1326.67 1350.00 1204.00 -23.33 10.19	
Root Crops							Mutton						3800.00 · 4200.00 3933.33 4000.00 3483.33 -66.67 12.92	
Sweet Potato	200.00 · 360.00	295.71	362.31	225.71	-66.59	31.01	Pork						2700.00 · 3000.00 2825.00 2800.00 1257.14 25.00 124.72	
Manioc	160.00 · 240.00	210.00	223.53	206.15	-13.53	1.87								
Leafy Vegetable(Rs/bundle)														
Mukunuwenna	80.00 · 120.00	102.50	93.33	74.00	9.17	38.51								
Kankun	80.00 · 120.00	102.50	93.33	74.00	9.17	38.51								
Gotukola	260.00 · 360.00	300.00	-	168.33	-	78.22								

This Week: Week 49: 05 - 11 Dec 2025
Last Week: Week 48: 28 Nov-04 Dec 2025

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

Week 49: 05 - 11 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	280.00 - 300.00	290.00
A'pura	138.00 - 142.00	139.60	Dambulla	700.00 - 750.00	730.00	Hambantota	-	
P'naruwa	-		Welimada	720.00 - 750.00	730.00	Embilipitiya	330.00 - 350.00	341.25
Kalawewa	138.00 - 142.00	140.00	Badulla	580.00 - 750.00	670.00	Matara	-	
Kurunegala	134.00 - 137.00	135.50	Carrot			A'pura	320.00 - 340.00	328.00
Dehiattakandiya	130.00 - 135.00	133.33	N'Eliya	140.00 - 150.00	144.00	Luffa		
Nikaweratiya	135.00 - 140.00	137.20	Welimada	165.00 - 180.00	172.00	Dambulla	330.00 - 360.00	346.67
Ampara	133.00 - 137.00	135.00	Hanguranketha	-		Hambantota	-	
Long Grain (White)			Leeks			Embilipitiya	320.00 - 340.00	327.50
A'pura	125.00 - 127.00	125.80	N'Eliya	135.00 - 150.00	140.00	Matara	-	
P'naruwa	-		Welimada	140.00 - 160.00	152.00	A'pura	400.00 - 420.00	408.00
Kalawewa	123.00 - 126.00	124.40	Beetroot			Green Chillies		
Kurunegala	122.00 - 125.00	123.33	N'Eliya	190.00 - 200.00	195.00	Dambulla	220.00 - 250.00	234.00
Dehiattakandiya	120.00 - 125.00	123.33	Dambulla	-		Hambantota	-	
Embilipitiya	-		Kurunegala	-		Embilipitiya	350.00 - 380.00	365.00
Nikaweratiya	120.00 - 125.00	122.80	Welimada	235.00 - 245.00	241.00	Puttalam	237.00 - 237.00	237.00
Hambantota	-		Hanguranketha	-		A'pura	250.00 - 300.00	270.00
Ampara	123.00 - 125.00	123.75	Knol Khol			Pumpkin		
Long Grain (Red)			N'Eliya	215.00 - 225.00	219.00	Dambulla	45.00 - 57.00	50.80
Matara	120.00 - 125.00	121.67	Welimada	240.00 - 250.00	245.00	Hambantota	-	
Hambantota	-		Hanguranketha	-		Embilipitiya	80.00 - 100.00	92.50
Embilipitiya	125.00 - 127.00	126.00	Raddish			Matara	50.00 - 60.00	55.00
Keeri Samba			N'Eliya	115.00 - 120.00	118.00	A'pura	50.00 - 70.00	58.00
A'pura	155.00 - 160.00	157.00	Welimada	60.00 - 70.00	66.00	Moneragala	40.00 - 50.00	44.00
P'naruwa	-		Hambantota	-		Cucumber		
Kalawewa	150.00 - 158.00	154.60	Hanguranketha	-		A'pura	120.00 - 140.00	128.00
Kurunegala	154.00 - 160.00	156.50	Cabbage			Dambulla	90.00 - 110.00	98.00
Dehiattakandiya	155.00 - 160.00	156.67	N'Eliya	110.00 - 120.00	114.00	Hambantota	-	
Red Onion			Welimada	80.00 - 90.00	84.00	Matara	-	
Puttalam	-		Badulla	80.00 - 120.00	100.00	Long Beans		
Jaffna	220.00 - 250.00	232.00	Hanguranketha	-		Dambulla	340.00 - 390.00	362.00
Big Onion			Tomato			Hambantota	-	
Dambulla	200.00 - 220.00	212.00	Welimada	150.00 - 185.00	169.00	Embilipitiya	370.00 - 400.00	385.00
Kalawewa	-		Hambantota	-		Matara	280.00 - 320.00	300.00
A'pura	-		Dambulla	167.50 - 190.00	174.00	A'pura	440.00 - 460.00	448.00
Potato			Hanguranketha	-		Ash Plantain		
N'Eliya	230.00 - 240.00	236.00	Vegetable (Low Country)			Hambantota	-	
Badulla	160.00 - 180.00	170.00	Ladies Fingers			Embilipitiya	70.00 - 90.00	78.75
Welimada	180.00 - 190.00	184.00	A'pura	280.00 - 300.00	288.00	Matara	75.00 - 85.00	80.00
Pulses			Dambulla	190.00 - 210.00	198.00	Lime		
Green Gram			Hambantota	-		Hambantota	-	
Hambantota	-		Embilipitiya	200.00 - 220.00	207.50	Embilipitiya	350.00 - 400.00	375.00
Moneragala	400.00 - 450.00	420.00	Matara	170.00 - 200.00	183.33	Moneragala	200.00 - 220.00	208.00
Embilipitiya	420.00 - 430.00	425.00	Brinjal			Fruits (Rs/kg)		
Nikaweratiya	430.00 - 470.00	452.50	A'pura	380.00 - 400.00	388.00	Banana		
A'pura	400.00 - 450.00	420.00	Dambulla	300.00 - 340.00	322.00	Ambul		
Cowpea			Hambantota	-		Moneragala	40.00 - 50.00	44.00
Hambantota	-		Embilipitiya	300.00 - 320.00	307.50	Embilipitiya	30.00 - 40.00	34.00
Nikaweratiya	500.00 - 540.00	522.50	Matara	230.00 - 260.00	246.67	Hambantota	-	
Moneragala	-		Welimada	240.00 - 260.00	251.25	Kolikuttu		
Embilipitiya	750.00 - 760.00	755.00	Capsicum			Moneragala	160.00 - 180.00	168.00
Maize			Badulla	480.00 - 580.00	533.33	Embilipitiya	100.00 - 140.00	124.00
A'pura	-		Welimada	500.00 - 550.00	530.00	Hambantota	-	
Kalawewa	-		Bitter Gourd			Papaw		
Gingelly			A'pura	600.00 - 640.00	616.00	Moneragala	60.00 - 70.00	64.00
A'pura	-		Dambulla	550.00 - 560.00	553.33	Embilipitiya	100.00 - 120.00	112.50
Kalawewa	-		Hambantota	-		Hambantota	-	
Black Gram			Embilipitiya	780.00 - 800.00	790.00	Pineapple		
A'pura	-		Matara	480.00 - 500.00	486.67	Divulapitiya	-	
Kalawewa	-							

Annex 01 - Colombo Markets: Retail Prices of Rice and Subsidiary Food Crops (Rs/kg)

Week 49: 05 - 11 Dec 2025

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<u>Rice</u>									
Local									
Samba 1	260.00 - 270.00	260.00 - 260.00	260.00 - 280.00	270.00 - 280.00	260.00 - 280.00	260.00 - 260.00	260.00 - 270.00	270.00 - 280.00	260.00 - 280.00
Samba 2	-	-	-	-	-	-	-	-	-
Keeri Samba	320.00 - 330.00	320.00 - 320.00	330.00 - 340.00	330.00 - 340.00	330.00 - 340.00	-	320.00 - 330.00	340.00 - 340.00	330.00 - 340.00
Nadu 1	230.00 - 240.00	240.00 - 240.00	230.00 - 240.00	230.00 - 240.00	230.00 - 240.00	230.00 - 230.00	230.00 - 240.00	230.00 - 240.00	230.00 - 240.00
Nadu 2	-	-	-	-	-	-	-	-	-
Raw (Red)	210.00 - 220.00	220.00 - 220.00	210.00 - 220.00	220.00 - 220.00	220.00 - 220.00	220.00 - 220.00	210.00 - 220.00	220.00 - 220.00	210.00 - 220.00
Raw (White)	210.00 - 220.00	220.00 - 220.00	210.00 - 220.00	220.00 - 220.00	220.00 - 220.00	220.00 - 220.00	210.00 - 220.00	220.00 - 220.00	210.00 - 220.00
Imported									
Samba	250.00 - 260.00	260.00 - 260.00	250.00 - 260.00	250.00 - 260.00	250.00 - 260.00	250.00 - 250.00	250.00 - 260.00	250.00 - 250.00	250.00 - 260.00
Nadu	-	-	-	-	-	-	-	-	-
Raw (Red)	-	-	-	-	-	-	-	-	-
Raw (White)	-	-	-	-	-	-	-	-	-
<u>Dried Chillies</u>									
Imported	1000.00 - 1100.00	1200.00 - 1200.00	1100.00 - 1200.00	1000.00 - 1200.00	1100.00 - 1200.00	1200.00 - 1200.00	1000.00 - 1100.00	1100.00 - 1100.00	1000.00 - 1100.00
<u>Red Onion</u>									
Sinnan	-	-	-	-	-	-	-	-	-
Vedalan	380.00 - 460.00	-	-	480.00 - 520.00	460.00 - 480.00	-	380.00 - 400.00	-	480.00 - 480.00
Imported	400.00 - 400.00	480.00 - 520.00	480.00 - 520.00	400.00 - 480.00	520.00 - 520.00	400.00 - 420.00	-	460.00 - 480.00	460.00 - 520.00
<u>Big Onion</u>									
Imported	240.00 - 240.00	240.00 - 260.00	260.00 - 260.00	240.00 - 260.00	240.00 - 260.00	260.00 - 260.00	200.00 - 240.00	200.00 - 200.00	200.00 - 240.00
Local	280.00 - 300.00	280.00 - 280.00	280.00 - 280.00	280.00 - 320.00	300.00 - 320.00	300.00 - 300.00	-	260.00 - 260.00	260.00 - 260.00
<u>Potato</u>									
Welimada	-	-	-	-	-	-	-	-	-
N'Eliya	400.00 - 420.00	520.00 - 520.00	400.00 - 480.00	480.00 - 520.00	460.00 - 480.00	-	-	440.00 - 440.00	-
Imported	240.00 - 250.00	260.00 - 280.00	240.00 - 280.00	220.00 - 240.00	280.00 - 280.00	260.00 - 280.00	220.00 - 260.00	240.00 - 260.00	240.00 - 260.00
<u>Pulses</u>									
Green Gram	800.00 - 1000.00	1100.00 - 1100.00	1000.00 - 1000.00	1000.00 - 1100.00	900.00 - 1000.00	900.00 - 900.00	800.00 - 1000.00	1100.00 - 1100.00	1000.00 - 1100.00
Cowpea (White)	1100.00 - 1100.00	1200.00 - 1200.00	1200.00 - 1200.00	1100.00 - 1300.00	1100.00 - 1200.00	1000.00 - 1000.00	1000.00 - 1100.00	1200.00 - 1200.00	1200.00 - 1300.00
Cowpea (Red)	1100.00 - 1100.00	1200.00 - 1200.00	1200.00 - 1200.00	1100.00 - 1300.00	1100.00 - 1200.00	-	1100.00 - 1100.00	1200.00 - 1200.00	1200.00 - 1300.00
Red Dhal	270.00 - 280.00	280.00 - 300.00	280.00 - 320.00	280.00 - 320.00	300.00 - 320.00	280.00 - 280.00	260.00 - 270.00	270.00 - 300.00	260.00 - 270.00

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

Week 49: 05 - 11 Dec 2025

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<i>Vegetable</i>									
Beans	1200.00 - 1400.00	1400.00 - 1400.00	1100.00 - 1200.00	1200.00 - 1400.00	1200.00 - 1400.00	1800.00 - 1800.00	900.00 - 900.00	900.00 - 900.00	900.00 - 1000.00
Carrot	220.00 - 250.00	400.00 - 450.00	300.00 - 340.00	320.00 - 360.00	350.00 - 400.00	450.00 - 450.00	320.00 - 340.00	450.00 - 450.00	350.00 - 450.00
Leeks	200.00 - 250.00	400.00 - 450.00	350.00 - 400.00	350.00 - 400.00	300.00 - 400.00	400.00 - 400.00	350.00 - 360.00	400.00 - 450.00	400.00 - 400.00
Beetroot	480.00 - 550.00	760.00 - 800.00	600.00 - 650.00	650.00 - 700.00	600.00 - 800.00	800.00 - 800.00	400.00 - 400.00	450.00 - 480.00	450.00 - 480.00
Knolkhol	400.00 - 450.00	-	560.00 - 560.00	-	-	-	350.00 - 360.00	-	-
Raddish	250.00 - 300.00	400.00 - 400.00	340.00 - 400.00	360.00 - 400.00	380.00 - 400.00	-	260.00 - 260.00	-	300.00 - 360.00
Cabbage	180.00 - 200.00	400.00 - 400.00	340.00 - 350.00	360.00 - 400.00	320.00 - 340.00	400.00 - 400.00	240.00 - 260.00	360.00 - 400.00	340.00 - 400.00
Tomato	240.00 - 250.00	400.00 - 400.00	400.00 - 400.00	400.00 - 400.00	350.00 - 360.00	350.00 - 400.00	280.00 - 300.00	320.00 - 340.00	350.00 - 360.00
Ladies Fingers	300.00 - 350.00	450.00 - 460.00	420.00 - 450.00	460.00 - 460.00	400.00 - 400.00	320.00 - 320.00	350.00 - 360.00	450.00 - 450.00	320.00 - 340.00
Brinjal	380.00 - 400.00	540.00 - 600.00	480.00 - 550.00	540.00 - 560.00	450.00 - 500.00	600.00 - 600.00	400.00 - 400.00	450.00 - 480.00	450.00 - 480.00
Capsicum	800.00 - 900.00	1000.00 - 1000.00	900.00 - 950.00	900.00 - 1000.00	800.00 - 800.00	1000.00 - 1000.00	700.00 - 800.00	800.00 - 800.00	800.00 - 900.00
Pumpkin	140.00 - 160.00	340.00 - 340.00	240.00 - 260.00	260.00 - 280.00	250.00 - 260.00	-	200.00 - 230.00	280.00 - 320.00	320.00 - 340.00
Cucumber	220.00 - 250.00	320.00 - 340.00	260.00 - 280.00	280.00 - 320.00	250.00 - 260.00	340.00 - 340.00	220.00 - 220.00	340.00 - 340.00	320.00 - 340.00
Bitter Gourd	550.00 - 600.00	900.00 - 900.00	900.00 - 900.00	900.00 - 900.00	800.00 - 900.00	800.00 - 800.00	550.00 - 600.00	-	600.00 - 700.00
Snake Gourd	540.00 - 600.00	600.00 - 600.00	450.00 - 480.00	550.00 - 600.00	560.00 - 600.00	-	500.00 - 600.00	-	-
Drumstick	-	-	-	-	-	-	-	-	-
Luffa	550.00 - 600.00	650.00 - 650.00	540.00 - 560.00	600.00 - 650.00	600.00 - 650.00	-	550.00 - 550.00	-	-
Long Beans	460.00 - 500.00	600.00 - 650.00	600.00 - 650.00	600.00 - 650.00	600.00 - 650.00	600.00 - 600.00	-	-	-
Ash Plantain	200.00 - 250.00	320.00 - 340.00	320.00 - 340.00	320.00 - 340.00	-	250.00 - 250.00	160.00 - 180.00	260.00 - 280.00	-
Green Chillies	550.00 - 600.00	900.00 - 900.00	900.00 - 900.00	900.00 - 900.00	800.00 - 800.00	950.00 - 950.00	550.00 - 600.00	900.00 - 900.00	800.00 - 800.00
Lime	600.00 - 800.00	1200.00 - 1200.00	1100.00 - 1200.00	1100.00 - 1200.00	800.00 - 900.00	800.00 - 800.00	700.00 - 800.00	900.00 - 1000.00	800.00 - 800.00
<i>Root Crops</i>									
Sweet Potato	200.00 - 250.00	360.00 - 360.00	320.00 - 340.00	340.00 - 360.00	320.00 - 340.00	320.00 - 320.00	240.00 - 260.00	320.00 - 320.00	260.00 - 280.00
Manioc	160.00 - 180.00	220.00 - 240.00	220.00 - 240.00	220.00 - 240.00	200.00 - 220.00	220.00 - 220.00	180.00 - 180.00	220.00 - 240.00	200.00 - 220.00
<i>Leafy Vegetable</i>									
Mukunuwenna	100.00 - 100.00	100.00 - 100.00	80.00 - 100.00	100.00 - 100.00	120.00 - 120.00	120.00 - 120.00	-	100.00 - 100.00	-
Kankun	100.00 - 100.00	100.00 - 100.00	80.00 - 100.00	100.00 - 100.00	120.00 - 120.00	120.00 - 120.00	-	100.00 - 100.00	-
Gotukola	360.00 - 360.00	280.00 - 320.00	260.00 - 280.00	280.00 - 320.00	-	-	-	-	-
<i>Coconut</i>									
Large	200.00 - 200.00	205.00 - 210.00	200.00 - 210.00	200.00 - 205.00	205.00 - 210.00	200.00 - 205.00	195.00 - 200.00	200.00 - 210.00	195.00 - 200.00
Small	185.00 - 190.00	190.00 - 195.00	195.00 - 195.00	190.00 - 195.00	190.00 - 190.00	185.00 - 190.00	185.00 - 185.00	195.00 - 195.00	185.00 - 195.00

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

Week 49: 05 - 11 Dec 2025

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CROP	PELIYAGODA		MAHARAGAMA		KIRULAPONE		NUGEGODA		NARAHENPITA		DEMATAGODA		THOTALANGA		KADAWATHA		KIRIBATHGODA	
<i>Plantain</i>																		
Ambul (Rs/Kg)	150.00	180.00	180.00	200.00	180.00	200.00	180.00	200.00	200.00	200.00	180.00	200.00	150.00	180.00	150.00	160.00	150.00	170.00
Kolikuttu (Rs/Kg)	230.00	250.00	320.00	350.00	300.00	350.00	300.00	330.00	300.00	300.00	300.00	350.00	250.00	300.00	280.00	300.00	250.00	280.00
Seeni (Rs/Kg)	150.00	180.00	200.00	220.00	200.00	200.00	200.00	200.00	200.00	200.00	150.00	180.00	150.00	180.00	150.00	160.00	150.00	170.00
Anamalu	36.00	40.00	50.00	50.00	45.00	45.00	45.00	45.00	43.00	50.00	43.00	43.00	36.00	43.00	40.00	42.00		
Ambun	50.00	56.00	65.00	70.00	65.00	70.00	70.00	70.00	60.00	70.00	60.00	60.00	60.00	60.00	56.00	60.00		
<i>Pineapple</i>																		
Large	400.00	450.00	320.00	360.00	450.00	470.00	400.00	400.00	420.00	450.00	400.00	450.00	400.00	400.00	400.00	420.00	400.00	420.00
Medium	300.00	350.00	300.00	340.00	350.00	380.00	300.00	300.00	320.00	350.00	300.00	350.00	350.00	350.00	300.00	350.00	300.00	350.00
Small	250.00	280.00	250.00	280.00	250.00	300.00	280.00	280.00	250.00	280.00	230.00	250.00	250.00	250.00	250.00	250.00	240.00	250.00
<i>Mango</i>																		
Betti	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Karthakolomban	135.00	150.00	100.00	100.00	130.00	130.00	130.00	130.00	135.00	135.00	120.00	135.00	100.00	100.00	120.00	120.00	135.00	135.00
Vilad	80.00	80.00	60.00	60.00	-	-	-	-	80.00	80.00	80.00	80.00	-	-	-	-	-	-
Kohu	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<i>Other Fruits</i>																		
Wood Apple	60.00	60.00	120.00	120.00	120.00	120.00	100.00	120.00	70.00	100.00	100.00	120.00	60.00	60.00	70.00	80.00	100.00	100.00
Orange	135.00	162.00	-	-	200.00	200.00	135.00	135.00	170.00	200.00	135.00	170.00	-	-	135.00	135.00	135.00	135.00
Avocado	670.00	670.00	-	-	-	-	-	-	835.00	835.00	-	-	-	-	400.00	400.00	-	-
Slime Apple	100.00	140.00	160.00	160.00	160.00	160.00	160.00	160.00	100.00	110.00	90.00	100.00	-	-	100.00	100.00	-	-
Grapes (Rs/Kg)	1500.00	1600.00	2200.00	2200.00	2000.00	2000.00	2500.00	2500.00	1800.00	2000.00	2000.00	2000.00	2000.00	2000.00	2000.00	2000.00	2100.00	2100.00
Papaw (Rs/Kg)	200.00	270.00	320.00	320.00	300.00	300.00	300.00	320.00	250.00	270.00	200.00	260.00	250.00	300.00	250.00	300.00	280.00	280.00
Passion	40.00	55.00	70.00	70.00	80.00	80.00	70.00	70.00	60.00	65.00	55.00	60.00	40.00	40.00	50.00	50.00	80.00	80.00
King Coconut	160.00	200.00	180.00	180.00	180.00	180.00	200.00	200.00	160.00	160.00	200.00	200.00	150.00	150.00	150.00	180.00	170.00	170.00

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

Week 49: 05 - 11 Dec 2025

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<i>Sea Fish</i>									
Salaya	450.00 - 500.00	700.00 - 700.00	600.00 - 600.00	800.00 - 800.00	880.00 - 880.00	800.00 - 800.00	500.00 - 500.00	560.00 - 560.00	600.00 - 600.00
Hurulla	900.00 - 1000.00	1200.00 - 1200.00	1300.00 - 1300.00	1300.00 - 1300.00	1300.00 - 1300.00	1200.00 - 1200.00	-	-	-
Balaya	900.00 - 1000.00	1800.00 - 1800.00	1000.00 - 1000.00	1300.00 - 1300.00	900.00 - 900.00	1800.00 - 1800.00	1800.00 - 1800.00	-	1200.00 - 1200.00
Kelawalla	1200.00 - 1200.00	3200.00 - 3200.00	2400.00 - 2400.00	3600.00 - 3600.00	3760.00 - 3760.00	-	2400.00 - 2400.00	-	1200.00 - 1200.00
Thora	3000.00 - 3300.00	3400.00 - 3400.00	4800.00 - 4800.00	4000.00 - 4000.00	5300.00 - 5300.00	3000.00 - 3000.00	3200.00 - 3200.00	-	-
Paraw	1200.00 - 1300.00	2800.00 - 2800.00	2400.00 - 2400.00	2800.00 - 2800.00	2800.00 - 2800.00	2400.00 - 2400.00	1800.00 - 1800.00	-	-
Mora	-	-	-	-	-	-	-	-	-
Shrimps Small	1800.00 - 2000.00	-	-	-	1800.00 - 2200.00	2200.00 - 2200.00	1800.00 - 1800.00	2000.00 - 2000.00	1800.00 - 1800.00
Talopath	2500.00 - 2700.00	3200.00 - 3200.00	3200.00 - 3200.00	3000.00 - 3000.00	3600.00 - 3600.00	3000.00 - 3000.00	3200.00 - 3200.00	3200.00 - 3200.00	-
<i>Eggs (Rs/egg)</i>									
Brown	45.00 - 46.00	-	-	45.00 - 45.00	48.00 - 48.00	-	45.00 - 45.00	-	45.00 - 45.00
White	44.00 - 45.00	43.00 - 43.00	42.00 - 42.00	42.00 - 43.00	45.00 - 45.00	44.00 - 44.00	41.00 - 41.00	41.00 - 41.00	41.00 - 41.00
<i>Dried Fish</i>									
Sprats	1400.00 - 1400.00	1400.00 - 1400.00	1800.00 - 1800.00	2000.00 - 2400.00	2400.00 - 2400.00	-	-	-	1400.00 - 2000.00
Kattawa	2000.00 - 2000.00	2400.00 - 2400.00	2400.00 - 2400.00	2600.00 - 2800.00	2800.00 - 2800.00	2200.00 - 2300.00	2200.00 - 2400.00	2000.00 - 2000.00	2400.00 - 2600.00
Thora	2000.00 - 2000.00	-	-	3500.00 - 3500.00	-	-	-	-	4000.00 - 4000.00
Mora	-	2800.00 - 2800.00	3000.00 - 3200.00	2800.00 - 2800.00	-	2600.00 - 2600.00	3000.00 - 3000.00	2800.00 - 2800.00	2800.00 - 3200.00
Balaya	1650.00 - 1650.00	1900.00 - 1900.00	2400.00 - 2400.00	2600.00 - 2600.00	-	1800.00 - 1800.00	1800.00 - 2200.00	1600.00 - 1600.00	2000.00 - 2400.00
Anguluwa	2200.00 - 2200.00	2800.00 - 2800.00	2600.00 - 2600.00	3000.00 - 3000.00	-	-	-	-	2400.00 - 2800.00
Salaya	-	1000.00 - 1000.00	-	-	-	-	800.00 - 800.00	-	700.00 - 800.00
<i>Meat</i>									
Beef (without Bones)	-	2800.00 - 2800.00	2800.00 - 2800.00	-	2800.00 - 2800.00	-	2600.00 - 2600.00	2800.00 - 2800.00	-
Chicken (Broiler)	1300.00 - 1300.00	1300.00 - 1300.00	1180.00 - 1180.00	1280.00 - 1280.00	1200.00 - 1200.00	1350.00 - 1350.00	1300.00 - 1300.00	1400.00 - 1400.00	1420.00 - 1420.00
Chicken (Curry)	-	-	1280.00 - 1380.00	1400.00 - 1400.00	1350.00 - 1350.00	1250.00 - 1250.00	1300.00 - 1300.00	-	-
Mutton	-	3800.00 - 3800.00	4000.00 - 4000.00	-	3800.00 - 3800.00	-	3800.00 - 3800.00	4000.00 - 4000.00	4200.00 - 4200.00
Pork	-	2800.00 - 2800.00	3000.00 - 3000.00	-	-	-	-	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	-				

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

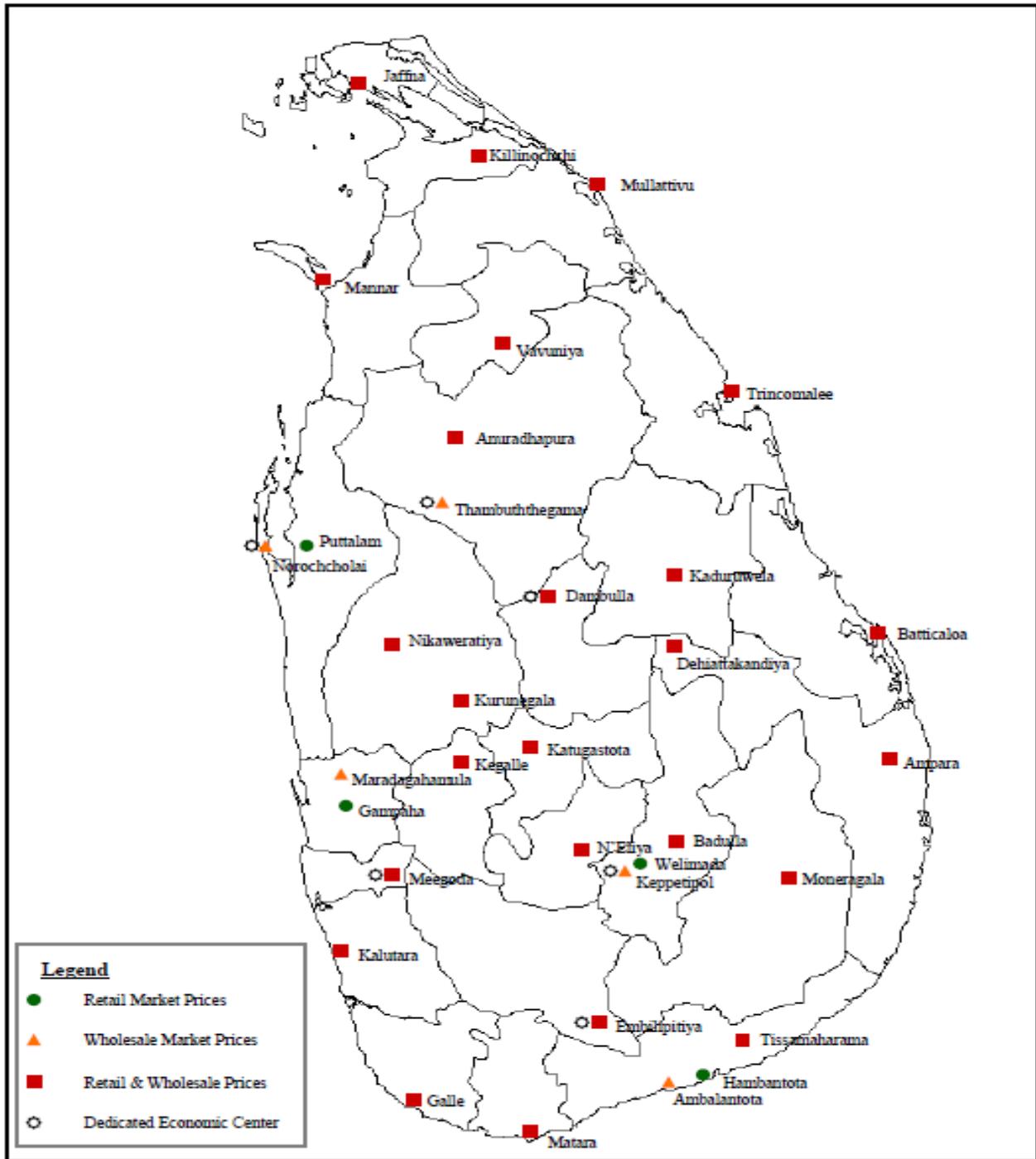
Fruits

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

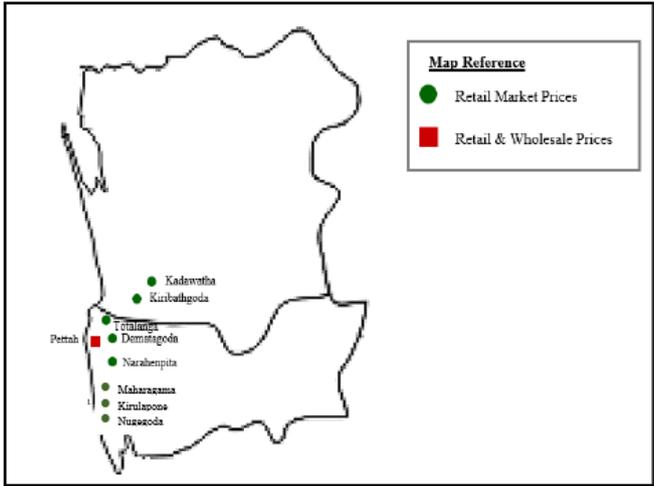
Source: Sri Lanka Food Composition Tables, Ministry of Health - 2021.

Price Collecting Areas



Legend

- Retail Market Prices
- ▲ Wholesale Market Prices
- Retail & Wholesale Prices
- Dedicated Economic Center





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

www.mobilink.lk

**දෛනික චිළචිචි තොග මිල,
ජංගම දුරකථනයෙන්**

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