

## RETAIL MARKET AT A GLANCE

### Summary

#### Rice

There was no significant change in the prices of all rice varieties except imported ponni samba, and an increase of about Rs. 2.00 per kilo of imported ponni samba was reported. However, the price of kiri samba rice was reported to have increased by about 34% compared to the previous year, while a decrease of about 17% in the price of red rice was reported.

(Page No.01)

#### Other Field Crops

With the availability of sufficient imported stocks, the prices of both imported red onions and big onions were reported to have decreased by Rs.7.00/kg and Rs.12.00/kg respectively, while the prices of imported dried chilies were also reported to have decreased by about Rs.2.00/kg.

A significant decrease in the price of red cowpea was reported by about Rs.28.00/kg, while the prices of green gram and white cowpea were also reported to have decreased by about Rs.3.00/kg and Rs.9.00/kg. The price decline was due to the high market price level for these varieties, and the price of cowpea increased by about 30% compared to the previous year.

(Page No.02-03)

#### Vegetables

Due to the presence of sufficient market supply, most vegetable prices in both the upcountry and the lowland regions decreased, with the maximum price decrease being recorded for beans. However, these price levels are still 50-60% higher compared to the previous year.

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#### Fruits / Coconut

Due to the absence of sufficient market supply, prices of all other fruit varieties except for imported grapes and avocados (local) increased, with the maximum price increase being recorded for kolikuttu.

Coconut prices in both small and large varieties decreased by Rs.2.00 and Rs.4.00 respectively and these prices increased compared to the previous year.

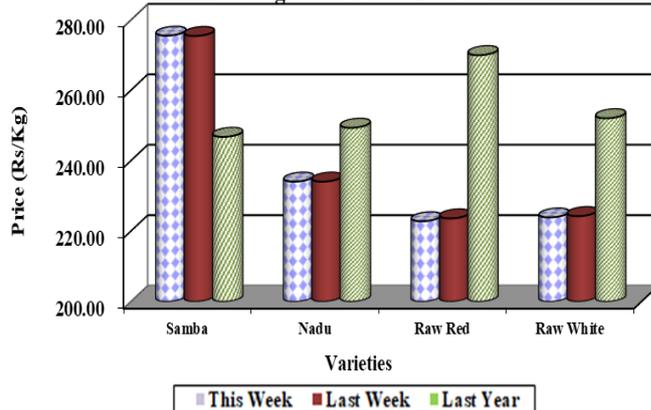
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#### Eggs/ Fish

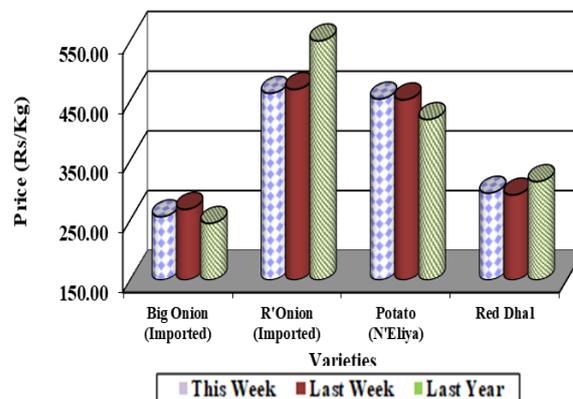
Due to the availability of sufficient stock, prices of both white and red eggs decreased by Rs.3.00, while prices of most fish also decreased due to the decrease in demand due to the high price levels.

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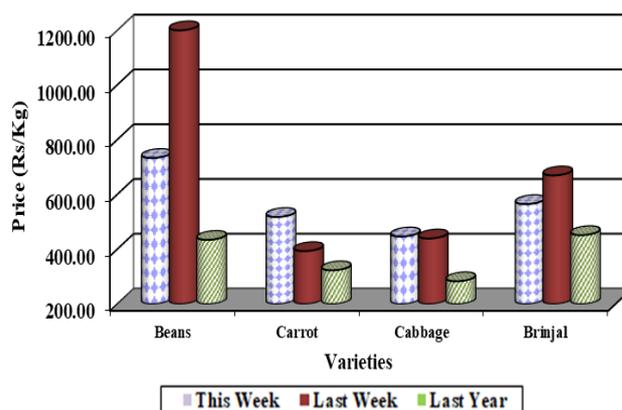
Average Retail Prices of Rice



Average Retail Prices of Other Field Crops



Average Retail Prices of Vegetables



**Rice**

**Wholesale**

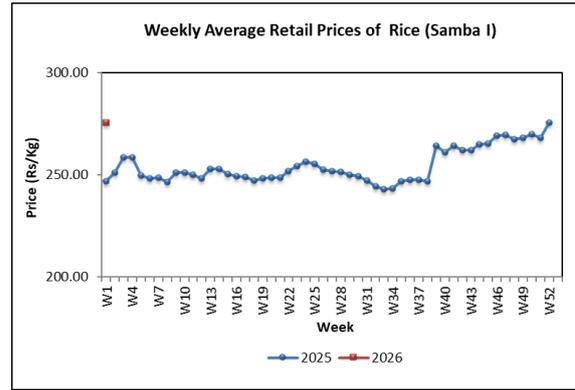
Price of all the local rice varieties have not changed significantly and price ranged of samba grade I and keeri samba were Rs.265.00-270.00/kg, Rs.340.00-350.00/kg. Imported ponni samba was also available at the market and price ranged Rs.225.00-235.00/kg.

Compared to same period of last year, the highest price increase of 35% recorded for keeri samba while the highest price decrease was recorded for nadu and ponni samba rice varieties.

**Retail**

Prices of local keeri samba and imported samba have increased. The price of local raw red has decreased. There is no significant change in the retail price of local samba, local nadu and local raw white. The highest price increased of Rs.2.00/kg was recorded for imported samba. The highest price decreased of Rs.1.00/kg was recorded for local raw red.

Compared to the same period of the last year the highest price increase of 34% was recorded for local keeri samba while the highest price decreased of 17% was recorded for local raw red.



**Paddy**

The average farmgate prices of short grain (samba) and keeri samba paddy varieties have slightly increased in few major producing areas. Accordingly, short grain (samba) paddy has increased by Rs.1.00-2.00/kg in Anuradhapura, Kalawewa and Ampara areas. Further, the average price of keeri samba paddy also has increased by Rs.1.00-3.00/kg in Kurunegala and Dehaattakandiya areas. The farmgate prices of short grain and keeri samba paddy varieties have ranged Rs.135.00-148.00/kg and Rs.160.00-170.00/kg respectively. However, the average prices of long grain white paddy has not changed considerably and prices have ranged Rs.124.00-130.00/kg. Subsequently, the farmgate price of long grain red paddy have increased by Rs.2.00/kg in Matara while has decreased by Rs.2.00/kg in Embilipitiya area. Its prices have ranged Rs.118.00-130.00/kg.

Compared to the same period of last year, the average farmgate prices of short grain

and keeri samba paddy has increased by 4%-33% while the farmgate price of long grain white and red paddy varieties have decreased by 3%-55%.

**Dried Chilies**

**Wholesale**

The price of imported dried chilies has not changed significantly and price ranged Rs.750.00-800.00/kg.

Compared to same period of last year, current wholesale price of imported dried chilies has increased by 8%

**Retail**

Price of imported dried chilies has decreased by Rs.2. 00/kg and price ranged Rs.900.00-1200.00/kg.

Compared to the same period of the last year, current retail price of imported dried chilies has increased by 11%.

**Onion**

**Wholesale**

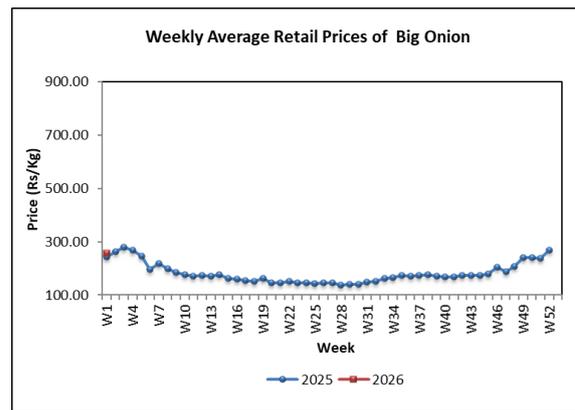
Price of sinnan and vedalan red onion have decreased by 8% and 11% due to availability of sufficient stocks and price ranged Rs.150.00-200.00/kg, Rs.250.00-350.00/kg. Price of imported big onion has

decreased by 2% and price ranged Rs.150.00-200.00/kg.

Compared to same period of last year, current wholesale price of sinnan and imported red onion have decreased by 39%and 32% while imported big onion have increased by 9%respectively.

**Retail**

Prices of imported red onions and imported big onions have decreased by Rs.7.00/kg and Rs.12.00/kg respectively.



Compared to the same period of the last year, the highest price increase of 5% was recorded for imported big onions and highest price decreased of 16% was recorded for imported red onions.

**Potato**

**Wholesale**

The Price of Nuwara Eliya potato has increased by 8% due to unavailability of sufficient stocks and price ranged

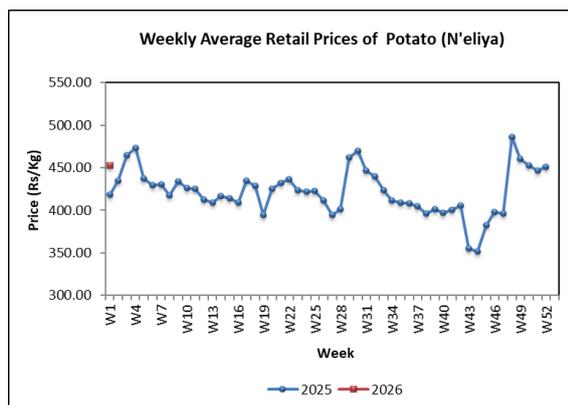
Rs.330.00-400.00/kg. price of imported potato has not changed significantly and price ranged Rs.130.00-290.00/kg.

Compared to same period of last year, current wholesale price of Nuwara Eliya potato has increased by 5% while imported potato has decreased by 8%.

### Retail

The prices of Nuwara Eliya and imported potatoes has increased. The highest price increased of Rs.2.00/kg was recorded for imported potatoes.

Compared to the same period of the last year, highest price increase of 8% was recorded for Nuwara Eliya potatoes and highest price decreased of 9% was recorded for imported potatoes.



### Pulses

#### Wholesale

Price of green gram and red cowpea have decreased by 5% and 3% and price ranged Rs.550.00-800.00/kg and Rs.750.00-800.00/kg. Price of white cowpea and red dhal have not changed significantly and price ranged Rs.750.00-0.850/kg and Rs.250.00-255.00/kg.

Compared to same period of last year current wholesale price of the highest price increase of 38% was recorded for red cowpea while the highest price decrease of 9% recorded for red dhal.

#### Retail

The prices of all types of pulses varieties expect for red dhal have decreased. The highest price decreased of Rs.28.00/kg was recorded for red cowpea.

Compared to the same period of the last year, highest price increase of 30% was recorded for white cowpea and highest price decreased of 6% was recorded for red dhal.

**Vegetables**

**Wholesale**

Prices of most of the upcountry vegetables have increased, with decreased supply from most of major producing areas. Price of the most of low country vegetables have decreased, with increased supply.

Among the upcountry vegetable varieties, the highest price increase of 78% reported for carrot, with decreased supply from Nuwara Eliya, Bandarawela and Welimada areas. Similarly, prices of beetroot have also increased by 23%, due to decrease supply from Nuwara Eliya area. In addition, prices of leeks, knolkhol, cabbage and tomato have also increased in the range of 7%-18%, due to low supply. However, the prices of beans have decreased by 39%, due to increase supply from Balangoda, Welimada and Kandy areas.

Considering the low-country vegetables, the most of the vegetable varieties experienced price decrease, particularly for long beans (46%), with increased supply from Embilipitiya, Hambanthota and Balangoda areas. In addition, prices of capsicum have also decreased by 39%, with increased supply from Thalawakele and Ragala producing areas. While the prices of brinjal, cucumber, bitter gourd and snake gourd have decreased in the range of 21%-26%, with increased

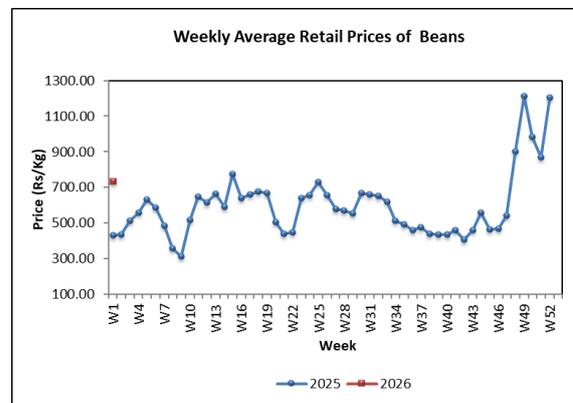
supply from Embilipitiya, Hambanthota Kandy, Balangoda and Beruwela areas. But the prices of Pumpkin have increased by 19%, with decreased supply from Monaragala, Embilipitiya and Anuradhapura areas. Prices of green chili and lime have decreased by 28% and 11% respectively, with increased supply.

Compared to the same period of last year, the prices of most of the vegetables have increased, with the highest price increase of 156% reported for beans.

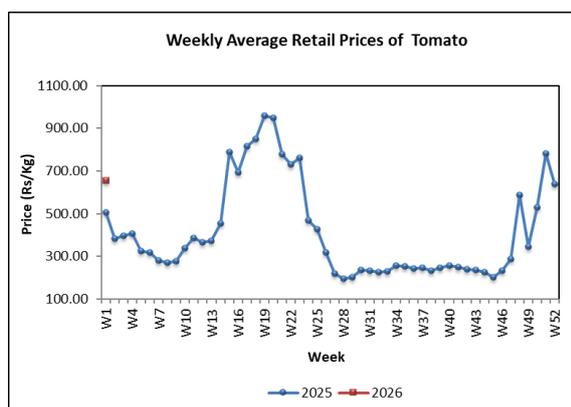
**Retail**

Retail prices of most of the upcountry vegetable varieties increased, while most of the low-country vegetable varieties decreased.

Considering the up-country vegetables, the highest price increase was reported for carrots at Rs. 125.00/kg, while leeks increased by Rs.74.00/kg. In contrast, the price of beans decreased by Rs.473.00/kg.



Considering low-country vegetable varieties, the highest price decrease was reported for capsicum at Rs. 736.00/kg. While bitter gourd decreased by Rs. 168.00/kg. However, green chilie have decreased by Rs. 360.00/kg.



Compared to the same period last year, prices of most varieties have increased, with a notable 84% increase reported for radish.

### Coconut Wholesale

Supplies of coconut have decreased, from major producing areas. Prices of both large and small nuts have increased by 4%. Price ranges were Rs.150.00-170.00 for a large nut and Rs.130.00-150.00 for a small nut.

Compared to the same period of last year, the current wholesale prices of both large and small nuts have decreased by 9% and 7% respectively.

### Retail

Prices of large and small nuts decreased by around Rs.2.00/nut. The price ranges were Rs.190.00-200.00 for a large nut and Rs.165.00-185.00 for a small nut.

Compared to the same period of last year, the current retail prices of large and small nuts have increased by 6% and 11%, respectively.

### Fruits Wholesale

Prices of most of the fruit varieties have increased due to limited supply. The highest price increase of 20% was reported for ambul banana. Prices of passion fruit, karthakolomban mango and papaw increased by 20%, 20% and 10% respectively with limited supply. However, prices of slime apple and avocado decreased by 21% and 12% respectively due to low quality.

Compared to the same period of last year, prices of most of fruit varieties have decreased while the highest price decrease of 30% reported for large size of pineapples.

**Retail**

Retail prices of most of the fruit varieties have increased. The highest price increase was reported for kolikuttu banana by Rs.27.00/kg. Prices of ambul banana and seeni banana have increased by Rs.20.00/kg and Rs.17.00/kg respectively. Also, Price of karthakolomban mango has increased by Rs.14.00/fruit. However, the price of avocado has decreased by Rs.171.00/fruit.

Compared to the same period of last year, current prices of most of the fruits have decreased and the highest price decrease was reported for small sized pineapple as 30%.

**Fresh Fish**

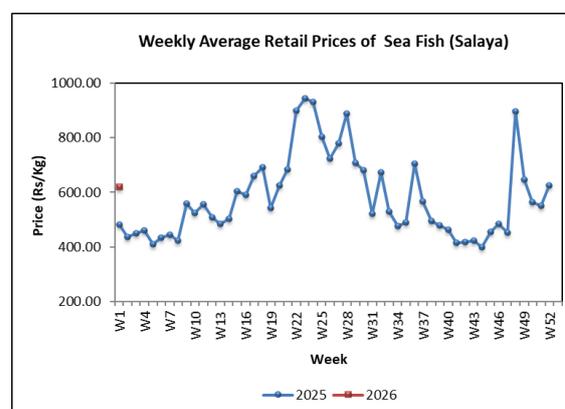
**Wholesale**

The prices for most fresh fish types have decreased in the range of 1% to 27%. The highest price decrease was noted for paraw at 27%. The second highest price decrease was noted for kelawalla at 17%. The price of thora has increased by 20%, while the price of hurulla has increased by 16%.

Compared to the same period of last year, current wholesale prices of most fresh fish types have decreased in the range of 8%-26%. The highest price decrease was noted for mora.

**Retail**

Retail prices of fish species other than thora, hurulla and shrimp have decreased. The maximum price decrease for kelawalla, balaya, paraw and thalapath was recorded in the range of Rs.7.00-238.00/kg. The maximum price decrease was recorded for kelawalla at Rs.238.00/kg. The maximum price increase was recorded for thora and it was Rs.60.00/kg.



Compared to the same period last year, retail prices of most fish species have increased in the range of 1%-29% and the maximum price increase was recorded for salaya at 29%.

**Dried Fish**

**Wholesale**

Prices of most local and imported dried fish types have decreased in the range of 0.2%–4%. The highest price decrease of 4% was noted for local maduwa. The second

highest price decrease of 3% was noted for imported katta. The price of imported mora has increased by 75%.

Compared to the same period of last year, current wholesale prices of most dried fish types have increased in the range of 5%–178%. The highest price increase was noted for imported mora.

### **Retail**

Retail prices of other dry fish species, except for local sprats, angulua and katta, have also decreased. The maximum price decrease was recorded for balaya. It was Rs.171.00/kg. The second and third price declines were recorded for salaya and mora, which were Rs.60.00 and Rs.10.00/kg respectively. The maximum price increase was for local sprats which was recorded at Rs. 360.00/kg.

Compared to the same period last year, the retail prices of most types of dried fish have increased by 7-21%, with the maximum price increase recorded for katta and mora.

### **Eggs**

#### **Wholesale**

The prices of brown and white eggs have decreased by 10% and 11% respectively. The price range of a brown egg was

Rs.34.00-37.00, while the price range of a white egg was Rs.32.00-35.00.

Compared to the same period of last year, current wholesale prices of brown and white eggs have decreased by 7% and 6% respectively.

#### **Retail**

The prices of brown eggs and white eggs have decreased compared to the previous week. The price of brown eggs has decreased by Rs.3.00 and the price range is between Rs.38.00-42.00/egg. The price of white eggs has decreased by Rs.3.00 and the price range is between Rs. 35.00-40.00 per egg.

Compared to the same period last year, the retail prices of white eggs decreased by 3%.

### **Meat**

#### **Retail**

Retail prices of all meats increased except for broiler chicken and chicken curry meat. beef and pork prices increased by Rs.43.00 and Rs.42.00/kg respectively. Mutton prices increased by Rs.17.00/kg. Skinless boiler chicken and skinless curry chicken prices decreased by Rs.52.00 and Rs.41.00/kg respectively.

## Weekly Food Commodities Bulletin

Compared to the same period last year, prices of meats increased by 8-128%. The maximum price increase was recorded for pork at Rs.128.00/kg.

### 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 01:02 - 08 Jan 2026

LOCATIONS	Rice Varieties													
	Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White	
Colombo	13250	13500	13000	13100	17000	17500	11250	11500	11000	11100	10500	10750	10750	11000
Divulapitiya	13100	13250	12500	13000	16500	17000	11350	11400	10900	11250	10250	10600	10250	10700
Kurunegala	-	-	-	-	-	-	11350	11400	11000	11150	-	-	10450	10500
Nikaweratiya	-	-	-	-	16750	17000	11200	11450	10750	11000	-	-	10250	10500
Badulla	13500	13500	-	-	16500	16750	11250	11350	-	-	10000	10250	10250	10250
Puttalam	13500	13750	13000	13000	16750	17250	11400	11500	10500	10750	10500	10500	10000	10250
Dambulla	13000	13100	12000	12050	-	-	11350	11400	10950	11000	10650	10700	10500	10650
Anuradhapura	13750	14000	11900	12000	17000	17250	11250	11400	11000	11000	10750	10800	10500	10750
Tambuttegama	13750	14000	11800	11900	-	-	11300	11400	10600	10950	10750	10900	10600	10800
Polonnaruwa	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Kalutara	13500	13500	-	-	17000	17250	11250	11400	11000	11000	10250	10750	10750	10750
Ampara	-	-	-	-	-	-	11500	11500	11200	11250	9500	9900	9900	10000
09 Kandy	13250	13500	12250	12500	16750	17000	11250	11350	10750	11000	10500	10750	10500	10750
Moneragala	-	-	11850	12000	16500	17000	11350	11400	-	-	9750	10250	9750	10250
Kegalle	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Dehiattakandiya	13000	14000	-	-	17000	17500	11250	11250	11000	11000	10250	11000	10000	10750
Hambantota	-	-	-	-	-	-	11250	11250	-	-	9750	9750	10250	10250
Matara	-	-	-	-	-	-	11450	11500	11000	11250	9650	9900	10200	10400
Galle	-	-	11900	11900	-	-	11250	11400	-	-	9500	10500	9750	10750
Meegoda	-	-	11900	12000	-	-	-	-	10750	11000	10000	10250	10250	10400
Tissamaharama	-	-	11950	11950	-	-	11400	11450	-	-	9600	9650	10200	10350
Embilipitiya	-	-	11900	12000	16250	16500	-	-	-	-	9450	9550	10000	10100
Jaffna	-	-	11700	11750	-	-	11300	11500	-	-	10000	10200	10000	10200
Vavuniya	-	-	-	-	-	-	11250	11400	-	-	10600	10750	10500	10700
Mannar	-	-	12500	12750	16500	16750	11250	11250	-	-	10400	10500	10500	10750
Killinochchi	-	-	-	-	-	-	11300	11400	-	-	10500	10750	10750	10900
Mullattivu	-	-	12100	12300	-	-	-	-	11000	11100	10000	10250	10800	11000
Batticaloa	12900	13000	-	-	17500	18000	11250	11500	-	-	10500	10500	10500	10500
Trincomalee	-	-	11900	12000	16500	16750	-	-	10750	10900	10600	10750	10600	10750
Galenbindunuwew	-	-	11850	11900	-	-	11350	11450	11100	11150	10750	10900	10600	10950
Matale	14250	14500	-	-	17000	17500	11250	11300	10900	11000	10500	10750	10400	10500

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

Week 01:02 - 08 Jan 2026

LOCATIONS	Rice Varieties													
	Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White	
Colombo	260.00	285.00	-	-	350.00	360.00	230.00	240.00	-	-	220.00	230.00	220.00	230.00
Gampaha	-	-	240.00	240.00	-	-	230.00	230.00	-	-	215.00	220.00	212.00	220.00
Kurunegala	-	-	240.00	240.00	-	-	230.00	230.00	-	-	218.00	220.00	218.00	220.00
Nikaweratiya	-	-	-	-	345.00	360.00	230.00	235.00	220.00	225.00	-	-	210.00	215.00
Dambulla	268.00	270.00	240.00	250.00	330.00	360.00	228.00	230.00	220.00	225.00	215.00	220.00	215.00	220.00
Anuradhapura	280.00	285.00	240.00	245.00	350.00	360.00	230.00	230.00	225.00	225.00	220.00	220.00	215.00	220.00
Thambuththegama	280.00	280.00	240.00	240.00	330.00	330.00	230.00	230.00	227.00	228.00	218.00	220.00	218.00	220.00
Polonnaruwa	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Kaluthara	270.00	280.00	-	-	340.00	360.00	230.00	230.00	225.00	225.00	210.00	220.00	218.00	220.00
Badulla	280.00	280.00	-	-	340.00	340.00	230.00	230.00	-	-	210.00	215.00	210.00	215.00
Keppetipola	-	-	-	-	-	-	228.00	230.00	224.00	225.00	215.00	216.00	216.00	218.00
Moneragala	-	-	240.00	245.00	340.00	350.00	230.00	230.00	-	-	200.00	210.00	200.00	210.00
Kegalle	270.00	270.00	240.00	240.00	330.00	340.00	230.00	230.00	220.00	225.00	220.00	220.00	215.00	220.00
Ampara	-	-	240.00	250.00	-	-	230.00	230.00	222.00	225.00	198.00	220.00	200.00	220.00
Dehiattakandiya	270.00	285.00	-	-	350.00	360.00	230.00	230.00	225.00	228.00	208.00	225.00	205.00	220.00
Nuwaraeliya	275.00	280.00	-	-	360.00	370.00	230.00	232.00	226.00	227.00	217.00	218.00	218.00	220.00
Kandy	270.00	280.00	240.00	250.00	340.00	345.00	230.00	233.00	220.00	225.00	218.00	220.00	218.00	220.00
Puttalam	275.00	280.00	250.00	260.00	340.00	345.00	230.00	230.00	220.00	220.00	220.00	230.00	210.00	220.00
Hambantota	-	-	-	-	-	-	230.00	230.00	-	-	200.00	200.00	210.00	210.00
Rathnapura	275.00	280.00	-	-	345.00	350.00	230.00	240.00	222.00	223.00	214.00	218.00	215.00	220.00
Matara	-	-	250.00	260.00	350.00	350.00	230.00	240.00	225.00	225.00	200.00	210.00	210.00	220.00
Galle	270.00	275.00	240.00	260.00	340.00	370.00	230.00	230.00	-	-	200.00	220.00	200.00	220.00
Tissamaharama	-	-	240.00	240.00	-	-	230.00	230.00	-	-	195.00	200.00	205.00	210.00
Meegoda (DEC)	-	-	240.00	245.00	-	-	230.00	230.00	225.00	225.00	215.00	220.00	215.00	220.00
Embilipitiya	-	-	239.00	240.00	330.00	335.00	225.00	230.00	215.00	220.00	195.00	200.00	208.00	212.00
Jaffna	-	-	245.00	250.00	-	-	230.00	235.00	-	-	230.00	230.00	215.00	220.00
Vavuniya	-	-	-	-	-	-	235.00	238.00	-	-	218.00	220.00	216.00	219.00
Mannar	-	-	260.00	260.00	350.00	360.00	230.00	235.00	-	-	220.00	220.00	220.00	220.00
Killinochchi	-	-	-	-	-	-	230.00	235.00	-	-	216.00	220.00	220.00	225.00
Mullaittivu	-	-	246.00	250.00	-	-	-	-	223.00	225.00	205.00	210.00	220.00	225.00
Batticaloa	265.00	265.00	-	-	355.00	360.00	235.00	240.00	-	-	215.00	220.00	220.00	225.00
Trincomalee	-	-	250.00	250.00	340.00	350.00	225.00	230.00	-	-	220.00	225.00	220.00	225.00
Hanguranketha	-	-	240.00	240.00	-	-	228.00	230.00	-	-	210.00	218.00	215.00	218.00
Veyangoda	-	-	240.00	240.00	320.00	340.00	230.00	230.00	220.00	225.00	220.00	220.00	210.00	220.00
Galenbindunuwewa	-	-	240.00	240.00	-	-	230.00	230.00	225.00	225.00	220.00	220.00	215.00	220.00
Bandarawela	-	-	-	-	340.00	350.00	230.00	230.00	-	-	210.00	215.00	210.00	215.00
Matale	-	-	-	-	350.00	360.00	228.00	230.00	222.00	226.00	218.00	220.00	214.00	220.00

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

Week 01:02 - 08 Jan 2026

LOCATION	Dried Chillies	Red Onion		Big Onion	Potato			Pulses		
	Imported	Imported	Local		Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal
Colombo	37500 - 40000	12500 - 17500	-	7500 - 10000	6500 - 14500	-	16500 - 20000	27500 - 40000	37500 - 40000	12500 - 12750
Kurunegala	42000 - 43500	18000 - 18500	-	8000 - 8750	7750 - 8250	-	-	32500 - 34000	45000 - 45500	12500 - 12750
Nikaweratiya	39500 - 41000	18000 - 18500	-	8250 - 8750	8250 - 9250	-	-	29500 - 31500	45000 - 46000	12250 - 12500
Dehiattakandiya	41000 - 49000	17500 - 22500	-	8250 - 9750	7250 - 9750	-	-	25000 - 32500	30000 - 43000	12500 - 12750
Dambulla (DEC)	37500 - 39000	15000 - 16500	-	6500 - 7750	7500 - 7750	-	-	30000 - 31500	37500 - 39500	12250 - 12500
Anuradhapura	42500 - 45000	18000 - 21000	-	9000 - 10000	9000 - 10000	-	18000 - 19000	32500 - 35000	45000 - 47500	12750 - 13500
Thambuththegama	39500 - 41000	12000 - 16500	-	7500 - 8250	7500 - 8250	-	-	30000 - 32500	41500 - 42500	12750 - 13000
Polonnaruwa	-	-	-	-	-	-	-	-	-	-
Kaluthara	40500 - 42500	17000 - 17500	-	10000 - 11000	9000 - 10500	-	-	32500 - 37500	40000 - 45000	12650 - 13000
Puttalam	43500 - 44000	-	10000 - 15000	10000 - 11000	9250 - 9500	-	-	34000 - 35000	42500 - 43000	13000 - 13500
Kandy	39000 - 40000	17500 - 18000	-	7500 - 9000	7500 - 9000	-	18000 - 19000	27500 - 37500	40000 - 42500	12750 - 13000
Matara	42000 - 43000	19000 - 20000	-	8750 - 9500	9000 - 10000	-	-	35000 - 38000	40000 - 42500	13000 - 13600
Hambantota	45000 - 47000	17500 - 19000	-	8000 - 8750	8000 - 9500	-	17500 - 18500	27000 - 27500	45000 - 46000	13250 - 13500
Kegalle	40000 - 42500	15500 - 16000	-	9500 - 9800	8500 - 9000	-	16000 - 17000	35000 - 36000	44000 - 45000	13000 - 13750
Galle	40000 - 44000	18000 - 22000	-	9000 - 11000	9000 - 11000	-	-	34000 - 42000	41000 - 47500	12250 - 13250
Tissamaharama	41500 - 42500	18500 - 19000	-	9500 - 9750	8250 - 8500	-	17500 - 18000	26000 - 27500	-	-
Meegoda (DEC)	38000 - 40000	16000 - 17000	-	7750 - 8750	7500 - 10500	-	16000 - 17000	30000 - 37000	39500 - 42500	12300 - 12900
Jaffna	45500 - 45600	-	11500 - 11700	10400 - 10500	9000 - 9500	-	-	30000 - 31000	-	-
Vavuniya	42000 - 43000	-	-	9500 - 10500	10000 - 11000	-	-	44000 - 45000	-	13250 - 13750
Mannar	38750 - 39000	14500 - 15000	-	9000 - 9000	8500 - 8600	-	-	32000 - 32500	-	12500 - 12750
Killinochchi	39000 - 41000	-	15000 - 17000	9000 - 11000	9000 - 10000	-	-	31500 - 33000	-	13000 - 13250
Mullattivu	42000 - 44000	-	16500 - 18000	9000 - 10500	9000 - 10500	-	-	33000 - 35000	-	13500 - 13750
Batticaloa	37500 - 40000	-	11500 - 12000	7500 - 9500	8000 - 9500	-	17500 - 17500	30000 - 32500	37500 - 37500	12500 - 13500
Trincomalee	38000 - 40000	14000 - 14300	14800 - 15000	7000 - 7500	7750 - 8000	-	-	29000 - 31000	-	13250 - 13500
Galenbindunuwewa	42500 - 44000	19250 - 23250	-	9000 - 11000	9000 - 11000	-	-	30500 - 36500	34000 - 44000	12750 - 13750
Matale	40000 - 42500	17000 - 17500	-	8000 - 9000	8250 - 10500	-	-	28750 - 34000	39500 - 40000	12500 - 13000

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

Week 01:02 - 08 Jan 2026

LOCATIONS	Dried Chillies	Red Onion		Big Onion	Potato			Pulses		
	Imported	Imported	Local		Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal
Colombo	900.00 - 1200.00	400.00 - 520.00	-	220.00 - 300.00	200.00 - 260.00	-	420.00 - 480.00	700.00 - 1000.00	1000.00 - 1200.00	280.00 - 320.00
Gampaha	950.00 - 1000.00	440.00 - 480.00	-	240.00 - 280.00	240.00 - 260.00	-	460.00 - 480.00	690.00 - 1000.00	830.00 - 1100.00	300.00 - 320.00
Kurunegala	900.00 - 1000.00	420.00 - 480.00	-	230.00 - 260.00	240.00 - 260.00	-	-	700.00 - 900.00	1000.00 - 1200.00	280.00 - 320.00
Nikaweratiya	840.00 - 900.00	380.00 - 420.00	-	180.00 - 200.00	185.00 - 220.00	-	-	630.00 - 680.00	930.00 - 980.00	265.00 - 275.00
Dambulla	900.00 - 1000.00	460.00 - 480.00	-	180.00 - 220.00	180.00 - 200.00	-	-	800.00 - 850.00	900.00 - 1000.00	270.00 - 290.00
Anuradhapura	900.00 - 1000.00	440.00 - 500.00	-	200.00 - 240.00	200.00 - 230.00	-	440.00 - 480.00	700.00 - 800.00	950.00 - 1100.00	270.00 - 300.00
Thambuththegama	900.00 - 1000.00	360.00 - 450.00	-	180.00 - 220.00	185.00 - 220.00	-	-	700.00 - 750.00	950.00 - 1000.00	265.00 - 275.00
Polonnaruwa	-	-	-	-	-	-	-	-	-	-
Kaluthara	850.00 - 960.00	400.00 - 480.00	-	240.00 - 250.00	240.00 - 250.00	-	-	650.00 - 800.00	840.00 - 960.00	270.00 - 270.00
Badulla	950.00 - 950.00	450.00 - 500.00	-	190.00 - 220.00	200.00 - 240.00	380.00 - 440.00	-	650.00 - 700.00	900.00 - 950.00	270.00 - 280.00
Keppetipola	880.00 - 950.00	360.00 - 400.00	-	200.00 - 220.00	190.00 - 210.00	380.00 - 400.00	-	700.00 - 720.00	900.00 - 950.00	280.00 - 290.00
Moneragala	900.00 - 1000.00	440.00 - 480.00	-	200.00 - 250.00	200.00 - 240.00	400.00 - 440.00	-	700.00 - 800.00	800.00 - 900.00	270.00 - 290.00
Kegalle	1000.00 - 1100.00	400.00 - 420.00	-	240.00 - 250.00	230.00 - 260.00	-	-	700.00 - 760.00	900.00 - 980.00	280.00 - 300.00
Ampara	860.00 - 900.00	380.00 - 420.00	-	190.00 - 210.00	185.00 - 210.00	-	-	650.00 - 700.00	850.00 - 950.00	265.00 - 265.00
Dehiattakandiya	880.00 - 1200.00	400.00 - 500.00	-	180.00 - 220.00	220.00 - 220.00	-	-	600.00 - 750.00	850.00 - 880.00	275.00 - 280.00
Nuwaraeliya	850.00 - 900.00	380.00 - 420.00	-	220.00 - 230.00	220.00 - 240.00	-	400.00 - 420.00	750.00 - 820.00	900.00 - 950.00	280.00 - 290.00
Kandy	960.00 - 1000.00	480.00 - 500.00	-	220.00 - 240.00	200.00 - 240.00	-	400.00 - 420.00	680.00 - 840.00	960.00 - 1000.00	280.00 - 300.00
Puttalam	900.00 - 950.00	-	400.00 - 400.00	240.00 - 260.00	220.00 - 240.00	-	-	700.00 - 850.00	850.00 - 1000.00	270.00 - 290.00
Rathnapura	960.00 - 1000.00	440.00 - 500.00	-	230.00 - 280.00	240.00 - 260.00	-	420.00 - 440.00	675.00 - 800.00	920.00 - 1000.00	275.00 - 300.00
Hambantota	900.00 - 1000.00	400.00 - 400.00	-	190.00 - 200.00	200.00 - 250.00	-	400.00 - 400.00	600.00 - 700.00	950.00 - 1050.00	267.00 - 280.00
Matara	890.00 - 1000.00	400.00 - 480.00	-	190.00 - 230.00	200.00 - 240.00	-	-	700.00 - 850.00	850.00 - 950.00	280.00 - 300.00
Galle	900.00 - 950.00	400.00 - 520.00	-	180.00 - 240.00	220.00 - 260.00	-	-	700.00 - 860.00	850.00 - 1100.00	270.00 - 280.00
Tissamaharama	890.00 - 960.00	400.00 - 450.00	-	220.00 - 240.00	210.00 - 220.00	-	400.00 - 430.00	580.00 - 600.00	950.00 - 950.00	270.00 - 270.00
Meegoda (DEC)	850.00 - 900.00	400.00 - 480.00	-	200.00 - 240.00	200.00 - 240.00	-	520.00 - 560.00	720.00 - 800.00	1000.00 - 1120.00	270.00 - 280.00
Embilipitiya	870.00 - 900.00	400.00 - 420.00	460.00 - 480.00	188.00 - 200.00	220.00 - 240.00	-	440.00 - 450.00	680.00 - 720.00	950.00 - 1050.00	265.00 - 300.00
Jaffna	850.00 - 1000.00	-	-	200.00 - 220.00	200.00 - 220.00	-	-	650.00 - 700.00	-	270.00 - 280.00
Vavuniya	900.00 - 920.00	-	-	240.00 - 260.00	240.00 - 260.00	-	-	940.00 - 960.00	-	290.00 - 300.00
Mannar	950.00 - 960.00	-	-	240.00 - 250.00	220.00 - 220.00	-	-	700.00 - 750.00	-	265.00 - 270.00
Killinochchi	850.00 - 880.00	-	360.00 - 400.00	230.00 - 250.00	220.00 - 240.00	-	-	680.00 - 720.00	-	270.00 - 280.00
Mullaittivu	860.00 - 900.00	-	350.00 - 380.00	-	190.00 - 220.00	-	-	680.00 - 720.00	-	275.00 - 280.00
Batticaloa	900.00 - 1000.00	-	-	250.00 - 280.00	240.00 - 250.00	-	500.00 - 550.00	700.00 - 750.00	900.00 - 950.00	265.00 - 270.00
Trincomalee	860.00 - 900.00	-	340.00 - 360.00	200.00 - 220.00	220.00 - 230.00	-	-	680.00 - 720.00	-	275.00 - 280.00
Hanguranketha	-	-	400.00 - 400.00	200.00 - 225.00	190.00 - 230.00	-	-	720.00 - 800.00	850.00 - 900.00	265.00 - 275.00
Veyangoda	900.00 - 920.00	440.00 - 480.00	-	200.00 - 240.00	220.00 - 240.00	400.00 - 440.00	480.00 - 480.00	720.00 - 800.00	1000.00 - 1040.00	280.00 - 320.00
Galenbindunuwewa	860.00 - 900.00	400.00 - 480.00	-	200.00 - 240.00	200.00 - 240.00	-	-	630.00 - 750.00	850.00 - 900.00	270.00 - 280.00
Bandarawela	850.00 - 900.00	460.00 - 500.00	-	200.00 - 230.00	200.00 - 220.00	360.00 - 400.00	-	700.00 - 800.00	900.00 - 950.00	270.00 - 280.00
Matale	900.00 - 980.00	380.00 - 480.00	-	190.00 - 240.00	180.00 - 240.00	-	-	650.00 - 740.00	880.00 - 920.00	270.00 - 280.00

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

Week 01:02 - 08 Jan 2026

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	400.00 - 700.00	350.00 - 400.00	300.00 - 400.00	620.00 - 700.00	380.00 - 400.00
Meegoda (DEC)	-	600.00 - 650.00	440.00 - 460.00	420.00 - 440.00	500.00 - 650.00	460.00 - 480.00
Dambulla (DEC)	-	400.00 - 500.00	330.00 - 430.00	300.00 - 380.00	580.00 - 680.00	300.00 - 330.00
Keppetipola (DEC)	-	500.00 - 550.00	320.00 - 350.00	350.00 - 380.00	500.00 - 550.00	400.00 - 450.00
Norochchole (DEC)	-	750.00 - 800.00	450.00 - 500.00	450.00 - 500.00	600.00 - 700.00	300.00 - 380.00
Nuwara Eliya	-	550.00 - 600.00	400.00 - 420.00	370.00 - 390.00	480.00 - 520.00	460.00 - 480.00
Kandy	-	650.00 - 700.00	430.00 - 450.00	350.00 - 400.00	650.00 - 700.00	380.00 - 400.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	-	350.00 - 450.00	380.00 - 440.00	400.00 - 450.00	650.00 - 700.00	-
Jaffna	-	-	-	-	-	-
Bandarawela	-	600.00 - 650.00	370.00 - 400.00	370.00 - 390.00	540.00 - 560.00	380.00 - 400.00
Veyangoda	-	650.00 - 700.00	380.00 - 450.00	380.00 - 450.00	620.00 - 640.00	300.00 - 350.00

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	150.00 - 200.00	250.00 - 300.00	400.00 - 500.00	100.00 - 200.00	200.00 - 500.00	600.00 - 1500.00
Meegoda (DEC)	200.00 - 220.00	340.00 - 360.00	450.00 - 500.00	220.00 - 240.00	380.00 - 420.00	780.00 - 850.00
Moneragala	180.00 - 230.00	380.00 - 400.00	440.00 - 460.00	180.00 - 200.00	350.00 - 400.00	1000.00 - 1200.00
Dambulla (DEC)	100.00 - 130.00	200.00 - 230.00	350.00 - 400.00	150.00 - 200.00	350.00 - 400.00	600.00 - 700.00
Keppetipola (DEC)	80.00 - 100.00	220.00 - 250.00	350.00 - 400.00	160.00 - 180.00	280.00 - 300.00	600.00 - 650.00
Norochchole (DEC)	170.00 - 200.00	280.00 - 320.00	450.00 - 500.00	220.00 - 250.00	480.00 - 600.00	1100.00 - 1300.00
Nuwara Eliya	140.00 - 160.00	270.00 - 280.00	380.00 - 420.00	190.00 - 200.00	300.00 - 320.00	650.00 - 700.00
Kandy	140.00 - 160.00	240.00 - 260.00	400.00 - 420.00	160.00 - 180.00	350.00 - 400.00	700.00 - 800.00
Hambantota	300.00 - 350.00	-	500.00 - 550.00	200.00 - 250.00	300.00 - 350.00	750.00 - 800.00
Thambuththegama (DEC)	120.00 - 150.00	200.00 - 250.00	380.00 - 450.00	180.00 - 220.00	280.00 - 350.00	750.00 - 900.00
Tissamaharama	280.00 - 300.00	380.00 - 400.00	480.00 - 520.00	180.00 - 200.00	350.00 - 360.00	1100.00 - 1150.00
Jaffna	-	-	-	-	-	-
Bandarawela	130.00 - 150.00	250.00 - 300.00	380.00 - 420.00	180.00 - 200.00	220.00 - 280.00	600.00 - 700.00
Veyangoda	150.00 - 180.00	250.00 - 300.00	420.00 - 480.00	200.00 - 240.00	300.00 - 350.00	700.00 - 800.00

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	130.00 - 150.00	80.00 - 120.00	550.00 - 650.00	200.00 - 400.00	-	450.00 - 600.00
Meegoda (DEC)	140.00 - 150.00	120.00 - 150.00	480.00 - 550.00	330.00 - 350.00	-	470.00 - 520.00
Moneragala	150.00 - 160.00	150.00 - 160.00	600.00 - 650.00	300.00 - 360.00	-	500.00 - 550.00
Dambulla (DEC)	100.00 - 140.00	70.00 - 80.00	450.00 - 550.00	200.00 - 300.00	-	350.00 - 400.00
Keppetipola (DEC)	140.00 - 150.00	120.00 - 140.00	400.00 - 450.00	280.00 - 300.00	-	360.00 - 380.00
Norochchole (DEC)	150.00 - 160.00	180.00 - 200.00	750.00 - 850.00	280.00 - 300.00	-	500.00 - 600.00
Nuwara Eliya	150.00 - 160.00	100.00 - 120.00	450.00 - 480.00	300.00 - 320.00	-	380.00 - 400.00
Kandy	140.00 - 150.00	90.00 - 100.00	450.00 - 480.00	300.00 - 330.00	-	350.00 - 400.00
Hambantota	120.00 - 150.00	160.00 - 180.00	600.00 - 700.00	300.00 - 350.00	-	400.00 - 450.00
Thambuththegama (DEC)	90.00 - 120.00	30.00 - 60.00	300.00 - 350.00	180.00 - 200.00	-	380.00 - 450.00
Tissamaharama	150.00 - 160.00	140.00 - 150.00	750.00 - 760.00	380.00 - 400.00	-	450.00 - 460.00
Jaffna	-	-	-	-	-	-
Bandarawela	130.00 - 140.00	130.00 - 140.00	530.00 - 550.00	300.00 - 330.00	-	450.00 - 470.00
Veyangoda	130.00 - 150.00	80.00 - 100.00	450.00 - 500.00	240.00 - 270.00	-	450.00 - 480.00

**Table 06 (Contd.)**

	<b>Long Beans</b>	<b>Ash Plantain</b>	<b>Green Chillies</b>	<b>Lime</b>	<b>Sweet Potatoe</b>	<b>Manioc</b>
Colombo	100.00 - 200.00	150.00 - 180.00	600.00 - 1000.00	150.00 - 250.00	180.00 - 260.00	80.00 - 130.00
Meegoda (DEC)	220.00 - 250.00	180.00 - 220.00	850.00 - 900.00	180.00 - 240.00	200.00 - 220.00	110.00 - 130.00
Moneragala	130.00 - 150.00	120.00 - 150.00	950.00 - 1000.00	170.00 - 220.00	200.00 - 240.00	100.00 - 110.00
Dambulla (DEC)	100.00 - 150.00	130.00 - 150.00	600.00 - 700.00	130.00 - 150.00	160.00 - 200.00	80.00 - 90.00
Keppetipola (DEC)	170.00 - 190.00	150.00 - 160.00	600.00 - 650.00	150.00 - 160.00	200.00 - 220.00	100.00 - 120.00
Norochchole (DEC)	220.00 - 260.00	180.00 - 200.00	980.00 - 1100.00	200.00 - 250.00	-	100.00 - 100.00
Nuwara Eliya	200.00 - 220.00	160.00 - 170.00	650.00 - 700.00	180.00 - 220.00	220.00 - 230.00	120.00 - 130.00
Kandy	150.00 - 200.00	150.00 - 180.00	500.00 - 650.00	150.00 - 200.00	180.00 - 200.00	110.00 - 120.00
Hambantota	180.00 - 200.00	140.00 - 160.00	1000.00 - 1000.00	250.00 - 300.00	280.00 - 300.00	160.00 - 170.00
Thambuththegama (DEC)	120.00 - 150.00	100.00 - 150.00	650.00 - 800.00	120.00 - 150.00	160.00 - 200.00	70.00 - 90.00
Tissamaharama	180.00 - 200.00	150.00 - 160.00	1000.00 - 1050.00	280.00 - 300.00	280.00 - 300.00	140.00 - 160.00
Jaffna	-	-	-	-	-	-
Bandarawela	200.00 - 220.00	150.00 - 170.00	600.00 - 700.00	200.00 - 220.00	200.00 - 220.00	-
Veyangoda	180.00 - 240.00	180.00 - 200.00	750.00 - 800.00	160.00 - 200.00	200.00 - 220.00	120.00 - 140.00

<b>Locations</b>	<b>Leafy Vegetables (Rs/bundle)</b>			<b>Coconut (Rs/nut)</b>	
	<b>Mukunuwenna</b>	<b>Kankun</b>	<b>Gotukola</b>	<b>Large</b>	<b>Small</b>
Colombo	35.00 - 60.00	35.00 - 60.00	250.00 - 400.00	150.00 - 170.00	130.00 - 150.00
Meegoda (DEC)	60.00 - 60.00	60.00 - 60.00	210.00 - 240.00	170.00 - 180.00	150.00 - 155.00
Norochchole (DEC)	40.00 - 40.00	40.00 - 40.00	-	160.00 - 170.00	135.00 - 145.00
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	25.00 - 30.00	30.00 - 35.00	125.00 - 150.00	110.00 - 120.00	80.00 - 90.00
Kandy	55.00 - 60.00	55.00 - 60.00	300.00 - 320.00	150.00 - 160.00	110.00 - 120.00
Hambantota	45.00 - 50.00	45.00 - 50.00	-	170.00 - 180.00	130.00 - 150.00
Thambuththegama (DEC)	-	-	-	120.00 - 130.00	80.00 - 100.00
Tissamaharama	35.00 - 40.00	35.00 - 40.00	-	-	-
Jaffna	-	-	-	-	-
Bandarawela	-	-	-	-	-
Veyangoda	-	-	-	-	-

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

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

Week 01:02 - 08 Jan 2026

LOCATIONS	Up Country Varieties																
	Butter Beans		Green Beans		Carrot		Leeks		Beetroot		Knol Khol		Raddish		Cabbage		Tomato
Colombo	-	560.00 - 850.00	400.00 - 680.00	400.00 - 650.00	680.00 - 1000.00	480.00 - 800.00	300.00 - 600.00	300.00 - 600.00	450.00 - 800.00								
Gampaha	-	800.00 - 900.00	520.00 - 600.00	520.00 - 600.00	950.00 - 960.00	640.00 - 680.00	220.00 - 260.00	480.00 - 520.00	680.00 - 730.00								
Kurunegala	-	780.00 - 900.00	580.00 - 600.00	600.00 - 650.00	960.00 - 1000.00	-	200.00 - 260.00	380.00 - 400.00	720.00 - 780.00								
Nikaweratiya	-	750.00 - 880.00	700.00 - 800.00	700.00 - 850.00	800.00 - 880.00	480.00 - 530.00	240.00 - 320.00	360.00 - 450.00	540.00 - 610.00								
Dambulla	-	780.00 - 800.00	500.00 - 560.00	500.00 - 560.00	800.00 - 860.00	600.00 - 640.00	240.00 - 280.00	360.00 - 400.00	500.00 - 600.00								
Anuradhapura	-	680.00 - 800.00	560.00 - 640.00	520.00 - 600.00	680.00 - 880.00	-	260.00 - 320.00	400.00 - 480.00	540.00 - 600.00								
Thambuththegama	-	600.00 - 700.00	550.00 - 650.00	650.00 - 700.00	850.00 - 1000.00	-	240.00 - 250.00	320.00 - 450.00	600.00 - 680.00								
Polonnaruwa	-	-	-	-	-	-	-	-	-								
Kaluthara	-	720.00 - 800.00	400.00 - 600.00	540.00 - 640.00	800.00 - 840.00	-	280.00 - 400.00	400.00 - 600.00	600.00 - 800.00								
Badulla	-	780.00 - 800.00	480.00 - 520.00	480.00 - 540.00	720.00 - 780.00	480.00 - 520.00	240.00 - 260.00	420.00 - 480.00	500.00 - 520.00								
Keppetipola	-	560.00 - 600.00	380.00 - 420.00	420.00 - 450.00	560.00 - 600.00	480.00 - 520.00	150.00 - 160.00	280.00 - 320.00	440.00 - 460.00								
Moneragala	-	720.00 - 800.00	480.00 - 520.00	480.00 - 520.00	640.00 - 720.00	-	260.00 - 300.00	480.00 - 520.00	520.00 - 600.00								
Kegalle	-	900.00 - 920.00	700.00 - 730.00	620.00 - 640.00	900.00 - 920.00	500.00 - 520.00	400.00 - 400.00	500.00 - 520.00	670.00 - 680.00								
Ampara	-	700.00 - 760.00	520.00 - 540.00	500.00 - 540.00	-	-	240.00 - 360.00	400.00 - 480.00	520.00 - 560.00								
Dehiattakandiya	-	800.00 - 800.00	800.00 - 800.00	800.00 - 800.00	-	-	300.00 - 300.00	400.00 - 420.00	600.00 - 800.00								
Nuwaraeliya	-	680.00 - 720.00	540.00 - 560.00	480.00 - 500.00	580.00 - 600.00	560.00 - 580.00	250.00 - 270.00	380.00 - 420.00	520.00 - 550.00								
Kandy	-	800.00 - 900.00	550.00 - 600.00	480.00 - 520.00	850.00 - 1000.00	480.00 - 520.00	240.00 - 260.00	360.00 - 400.00	520.00 - 600.00								
Puttalam	-	1000.00 - 1000.00	600.00 - 600.00	600.00 - 600.00	720.00 - 800.00	480.00 - 520.00	300.00 - 320.00	520.00 - 600.00	550.00 - 600.00								
Hambantota	-	800.00 - 800.00	580.00 - 600.00	520.00 - 600.00	800.00 - 800.00	600.00 - 700.00	420.00 - 480.00	480.00 - 520.00	700.00 - 780.00								
Rathnapura	-	650.00 - 700.00	460.00 - 550.00	450.00 - 530.00	750.00 - 800.00	-	280.00 - 350.00	360.00 - 440.00	500.00 - 600.00								
Matara	-	800.00 - 1000.00	600.00 - 640.00	580.00 - 600.00	800.00 - 1000.00	480.00 - 600.00	340.00 - 400.00	400.00 - 600.00	600.00 - 700.00								
Galle	-	800.00 - 900.00	600.00 - 800.00	600.00 - 700.00	800.00 - 900.00	480.00 - 480.00	280.00 - 360.00	480.00 - 600.00	600.00 - 800.00								
Tissamaharama	-	740.00 - 760.00	550.00 - 580.00	500.00 - 520.00	850.00 - 880.00	550.00 - 560.00	340.00 - 360.00	450.00 - 480.00	550.00 - 560.00								
Meegoda (DEC)	-	800.00 - 920.00	600.00 - 680.00	600.00 - 680.00	800.00 - 880.00	600.00 - 600.00	300.00 - 400.00	480.00 - 600.00	600.00 - 700.00								
Embilipitiya	-	700.00 - 800.00	-	-	650.00 - 700.00	-	240.00 - 300.00	400.00 - 480.00	480.00 - 600.00								
Jaffna	-	500.00 - 600.00	480.00 - 500.00	520.00 - 550.00	-	-	200.00 - 230.00	300.00 - 320.00	580.00 - 620.00								
Vavuniya	-	600.00 - 700.00	500.00 - 600.00	600.00 - 700.00	1200.00 - 1300.00	-	300.00 - 340.00	300.00 - 350.00	600.00 - 700.00								
Mannar	-	750.00 - 800.00	550.00 - 600.00	500.00 - 500.00	700.00 - 750.00	-	240.00 - 250.00	500.00 - 550.00	600.00 - 650.00								
Killinochchi	-	800.00 - 840.00	550.00 - 580.00	460.00 - 500.00	1000.00 - 1050.00	-	200.00 - 240.00	330.00 - 350.00	580.00 - 620.00								
Mullaittivu	-	800.00 - 860.00	520.00 - 550.00	480.00 - 520.00	850.00 - 900.00	-	280.00 - 320.00	380.00 - 420.00	580.00 - 620.00								
Batticaloa	-	750.00 - 800.00	500.00 - 500.00	500.00 - 500.00	700.00 - 800.00	-	240.00 - 300.00	450.00 - 500.00	500.00 - 500.00								
Trincomalee	-	800.00 - 850.00	520.00 - 550.00	500.00 - 520.00	850.00 - 860.00	-	280.00 - 320.00	420.00 - 450.00	560.00 - 600.00								
Hanguranketha	-	720.00 - 750.00	450.00 - 480.00	440.00 - 480.00	550.00 - 560.00	380.00 - 400.00	140.00 - 150.00	300.00 - 320.00	450.00 - 480.00								
Veyangoda	-	840.00 - 920.00	560.00 - 640.00	560.00 - 640.00	760.00 - 800.00	520.00 - 560.00	240.00 - 320.00	400.00 - 440.00	560.00 - 600.00								
Galenbindunuwewa	-	800.00 - 1000.00	540.00 - 600.00	580.00 - 620.00	-	-	280.00 - 320.00	400.00 - 480.00	600.00 - 720.00								
Bandarawela	-	720.00 - 800.00	440.00 - 480.00	440.00 - 480.00	600.00 - 640.00	440.00 - 460.00	200.00 - 220.00	320.00 - 360.00	460.00 - 520.00								
Matale	-	600.00 - 800.00	440.00 - 520.00	520.00 - 640.00	-	480.00 - 600.00	280.00 - 380.00	400.00 - 480.00	600.00 - 680.00								

Table 07 (Contd.)

LOCATIONS	Low Country Varieties										
	Ladies Fingers	Brinjal	Capsicum	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa	Long Beans	
Colombo	280.00 - 560.00	450.00 - 800.00	800.00 - 1800.00	180.00 - 320.00	200.00 - 320.00	600.00 - 1000.00	360.00 - 600.00	-	550.00 - 700.00	300.00 - 500.00	
Gampaha	400.00 - 420.00	480.00 - 520.00	950.00 - 980.00	240.00 - 300.00	200.00 - 260.00	880.00 - 900.00	400.00 - 500.00	-	620.00 - 680.00	520.00 - 540.00	
Kurunegala	300.00 - 360.00	500.00 - 560.00	960.00 - 1000.00	220.00 - 240.00	140.00 - 180.00	800.00 - 860.00	400.00 - 500.00	-	600.00 - 680.00	460.00 - 500.00	
Nikaweratiya	330.00 - 420.00	530.00 - 600.00	1000.00 - 1350.00	200.00 - 230.00	200.00 - 250.00	700.00 - 830.00	350.00 - 420.00	-	600.00 - 680.00	250.00 - 260.00	
Dambulla	360.00 - 400.00	500.00 - 600.00	1000.00 - 1400.00	200.00 - 260.00	160.00 - 200.00	800.00 - 1000.00	440.00 - 480.00	-	600.00 - 640.00	260.00 - 300.00	
Anuradhapura	320.00 - 400.00	520.00 - 640.00	1400.00 - 1600.00	200.00 - 240.00	200.00 - 240.00	680.00 - 800.00	400.00 - 480.00	-	600.00 - 680.00	280.00 - 320.00	
Thambuththegama	300.00 - 350.00	550.00 - 600.00	1200.00 - 1400.00	200.00 - 250.00	120.00 - 160.00	450.00 - 550.00	320.00 - 400.00	-	560.00 - 650.00	220.00 - 300.00	
Polonnaruwa	-	-	-	-	-	-	-	-	-	-	
Kaluthara	320.00 - 400.00	400.00 - 600.00	1000.00 - 1800.00	240.00 - 300.00	280.00 - 340.00	800.00 - 1000.00	480.00 - 600.00	-	540.00 - 640.00	360.00 - 480.00	
Badulla	300.00 - 320.00	400.00 - 420.00	800.00 - 1000.00	200.00 - 240.00	220.00 - 240.00	720.00 - 800.00	480.00 - 520.00	-	580.00 - 600.00	300.00 - 320.00	
Keppetipola	220.00 - 250.00	350.00 - 380.00	700.00 - 800.00	180.00 - 220.00	180.00 - 200.00	460.00 - 500.00	360.00 - 380.00	-	420.00 - 450.00	240.00 - 260.00	
Moneragala	240.00 - 320.00	480.00 - 520.00	1200.00 - 1400.00	200.00 - 240.00	200.00 - 240.00	720.00 - 800.00	480.00 - 520.00	-	600.00 - 720.00	260.00 - 320.00	
Kegalle	460.00 - 480.00	670.00 - 680.00	1400.00 - 1450.00	230.00 - 280.00	280.00 - 300.00	780.00 - 820.00	630.00 - 650.00	-	670.00 - 700.00	380.00 - 420.00	
Ampara	350.00 - 360.00	480.00 - 520.00	900.00 - 1200.00	200.00 - 260.00	180.00 - 240.00	600.00 - 650.00	420.00 - 480.00	-	420.00 - 500.00	400.00 - 460.00	
Dehiattakandiya	320.00 - 400.00	500.00 - 600.00	1000.00 - 1000.00	200.00 - 240.00	200.00 - 200.00	800.00 - 800.00	400.00 - 400.00	-	600.00 - 800.00	300.00 - 300.00	
Nuwaraeliya	300.00 - 320.00	400.00 - 420.00	750.00 - 800.00	250.00 - 260.00	220.00 - 240.00	560.00 - 580.00	400.00 - 420.00	-	480.00 - 520.00	300.00 - 320.00	
Kandy	300.00 - 320.00	480.00 - 500.00	1000.00 - 1200.00	200.00 - 240.00	180.00 - 200.00	600.00 - 650.00	450.00 - 480.00	-	500.00 - 550.00	260.00 - 280.00	
Puttalam	300.00 - 350.00	600.00 - 800.00	-	280.00 - 300.00	280.00 - 320.00	1000.00 - 1000.00	400.00 - 550.00	-	720.00 - 800.00	400.00 - 400.00	
Rathnapura	240.00 - 280.00	450.00 - 550.00	1300.00 - 1400.00	200.00 - 250.00	200.00 - 280.00	800.00 - 920.00	500.00 - 580.00	-	620.00 - 700.00	350.00 - 400.00	
Hambantota	300.00 - 320.00	480.00 - 480.00	920.00 - 1000.00	200.00 - 240.00	200.00 - 240.00	800.00 - 850.00	400.00 - 480.00	-	680.00 - 720.00	250.00 - 300.00	
Matara	280.00 - 320.00	480.00 - 600.00	1400.00 - 1800.00	280.00 - 320.00	240.00 - 320.00	780.00 - 900.00	520.00 - 600.00	-	580.00 - 600.00	280.00 - 400.00	
Galle	280.00 - 400.00	440.00 - 500.00	1200.00 - 1400.00	180.00 - 200.00	160.00 - 240.00	700.00 - 800.00	480.00 - 600.00	-	480.00 - 600.00	400.00 - 480.00	
Tissamaharama	240.00 - 250.00	400.00 - 450.00	1200.00 - 1300.00	200.00 - 220.00	180.00 - 200.00	800.00 - 820.00	440.00 - 460.00	-	520.00 - 550.00	240.00 - 260.00	
Meegoda (DEC)	350.00 - 400.00	560.00 - 600.00	1000.00 - 1200.00	200.00 - 240.00	240.00 - 280.00	600.00 - 800.00	420.00 - 560.00	-	600.00 - 720.00	400.00 - 520.00	
Embilipitiya	280.00 - 320.00	400.00 - 480.00	800.00 - 1000.00	250.00 - 300.00	160.00 - 200.00	800.00 - 900.00	400.00 - 520.00	-	600.00 - 720.00	200.00 - 240.00	
Jaffna	250.00 - 280.00	500.00 - 550.00	1000.00 - 1200.00	140.00 - 160.00	180.00 - 220.00	1200.00 - 1400.00	400.00 - 460.00	-	-	450.00 - 460.00	
Vavuniya	300.00 - 400.00	400.00 - 500.00	1200.00 - 1300.00	240.00 - 260.00	200.00 - 240.00	800.00 - 900.00	400.00 - 450.00	-	-	400.00 - 500.00	
Mannar	300.00 - 350.00	600.00 - 650.00	1300.00 - 1400.00	180.00 - 200.00	-	850.00 - 950.00	350.00 - 400.00	-	-	400.00 - 400.00	
Killinochchi	320.00 - 340.00	580.00 - 620.00	1200.00 - 1250.00	140.00 - 160.00	120.00 - 140.00	1400.00 - 1450.00	380.00 - 420.00	-	-	580.00 - 620.00	
Mullaittivu	380.00 - 420.00	650.00 - 700.00	1200.00 - 1250.00	120.00 - 150.00	160.00 - 180.00	1200.00 - 1300.00	400.00 - 450.00	-	-	600.00 - 650.00	
Batticaloa	300.00 - 300.00	600.00 - 600.00	1500.00 - 1500.00	150.00 - 150.00	-	800.00 - 800.00	350.00 - 350.00	-	400.00 - 450.00	400.00 - 400.00	
Trincomalee	380.00 - 400.00	600.00 - 650.00	1150.00 - 1200.00	180.00 - 200.00	220.00 - 240.00	1100.00 - 1200.00	380.00 - 400.00	-	-	600.00 - 650.00	
Hanguranketha	250.00 280.00	700.00 750.00	950.00 1000.00	155.00 180.00	140.00 160.00	800.00 - 850.00	300.00 350.00	-	500.00 580.00	250.00 280.00	
Veyangoda	360.00 - 400.00	480.00 - 520.00	900.00 - 1100.00	240.00 - 320.00	200.00 - 240.00	640.00 - 720.00	400.00 - 440.00	-	680.00 - 720.00	320.00 - 400.00	
Galenbindunuwewa	280.00 - 320.00	600.00 - 720.00	1200.00 - 1400.00	180.00 - 240.00	240.00 - 320.00	800.00 - 1000.00	400.00 - 600.00	-	520.00 - 600.00	400.00 - 600.00	
Bandarawela	280.00 - 300.00	320.00 - 400.00	800.00 - 900.00	160.00 - 200.00	200.00 - 230.00	600.00 - 640.00	420.00 - 460.00	-	520.00 - 540.00	340.00 - 380.00	
Matale	280.00 - 320.00	600.00 - 680.00	1200.00 - 1500.00	240.00 - 280.00	200.00 - 280.00	600.00 - 680.00	400.00 - 520.00	-	520.00 - 600.00	440.00 - 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	240.00 - 400.00	800.00 - 1600.00	350.00 - 650.00	280.00 - 400.00	160.00 - 260.00	40.00 - 80.00	40.00 - 80.00	260.00 - 320.00	190.00 - 200.00	165.00 - 185.00
Gampaha	-	1000.00 - 1300.00	500.00 - 600.00	340.00 - 370.00	150.00 - 160.00	70.00 - 70.00	70.00 - 70.00	40.00 - 50.00	170.00 - 180.00	100.00 - 140.00
Kurunegala	300.00 - 340.00	1100.00 - 1300.00	380.00 - 400.00	300.00 - 340.00	160.00 - 180.00	60.00 - 70.00	60.00 - 70.00	60.00 - 70.00	170.00 - 185.00	120.00 - 140.00
Nikaweratiya	180.00 - 260.00	1000.00 - 1250.00	300.00 - 400.00	240.00 - 300.00	160.00 - 180.00	60.00 - 70.00	60.00 - 70.00	180.00 - 180.00	160.00 - 170.00	120.00 - 140.00
Dambulla	240.00 - 260.00	1300.00 - 1500.00	400.00 - 500.00	300.00 - 320.00	200.00 - 240.00	60.00 - 80.00	60.00 - 80.00	60.00 - 80.00	140.00 - 150.00	110.00 - 120.00
Anuradhapura	240.00 - 280.00	1200.00 - 1500.00	300.00 - 500.00	280.00 - 320.00	180.00 - 240.00	50.00 - 60.00	50.00 - 60.00	50.00 - 60.00	160.00 - 180.00	120.00 - 150.00
Thambuththegama	180.00 - 250.00	1000.00 - 1400.00	250.00 - 300.00	300.00 - 320.00	160.00 - 200.00	-	-	-	130.00 - 150.00	100.00 - 120.00
Polonnaruwa	-	-	-	-	-	-	-	-	-	-
Kaluthara	240.00 - 400.00	1100.00 - 1500.00	400.00 - 500.00	300.00 - 400.00	180.00 - 200.00	80.00 - 80.00	80.00 - 100.00	100.00 - 120.00	200.00 - 220.00	150.00 - 170.00
Badulla	300.00 - 320.00	1000.00 - 1200.00	400.00 - 400.00	-	200.00 - 240.00	80.00 - 80.00	80.00 - 80.00	100.00 - 100.00	180.00 - 180.00	140.00 - 160.00
Keppetipola	200.00 - 230.00	750.00 - 800.00	340.00 - 350.00	260.00 - 270.00	140.00 - 150.00	60.00 - 80.00	60.00 - 80.00	80.00 - 100.00	180.00 - 200.00	160.00 - 170.00
Moneragala	160.00 - 200.00	1000.00 - 1300.00	300.00 - 320.00	260.00 - 320.00	140.00 - 150.00	50.00 - 60.00	50.00 - 60.00	60.00 - 80.00	160.00 - 180.00	130.00 - 150.00
Kegalle	300.00 - 320.00	1400.00 - 1450.00	480.00 - 520.00	340.00 - 360.00	180.00 - 200.00	80.00 - 80.00	80.00 - 80.00	50.00 - 50.00	200.00 - 210.00	180.00 - 190.00
Ampara	280.00 - 320.00	1100.00 - 1200.00	400.00 - 600.00	300.00 - 360.00	150.00 - 180.00	60.00 - 70.00	60.00 - 70.00	-	150.00 - 170.00	-
Dehiattakandiya	300.00 - 300.00	1200.00 - 1500.00	250.00 - 300.00	200.00 - 200.00	200.00 - 260.00	50.00 - 50.00	50.00 - 50.00	50.00 - 50.00	140.00 - 150.00	120.00 - 130.00
Nuwaraeliya	280.00 - 300.00	850.00 - 900.00	300.00 - 350.00	340.00 - 360.00	260.00 - 280.00	60.00 - 70.00	60.00 - 70.00	70.00 - 80.00	190.00 - 200.00	160.00 - 180.00
Kandy	240.00 - 260.00	950.00 - 1000.00	280.00 - 300.00	280.00 - 300.00	150.00 - 200.00	80.00 - 80.00	80.00 - 80.00	60.00 - 70.00	160.00 - 180.00	120.00 - 140.00
Puttalam	240.00 - 250.00	1400.00 - 1600.00	350.00 - 400.00	400.00 - 400.00	200.00 - 200.00	50.00 - 60.00	50.00 - 60.00	50.00 - 60.00	200.00 - 220.00	160.00 - 170.00
Rathnapura	220.00 - 260.00	1400.00 - 1500.00	400.00 - 500.00	300.00 - 400.00	120.00 - 160.00	80.00 - 80.00	80.00 - 80.00	100.00 - 100.00	180.00 - 200.00	140.00 - 170.00
Hambanthota	200.00 - 220.00	1200.00 - 1200.00	400.00 - 500.00	380.00 - 400.00	200.00 - 240.00	60.00 - 70.00	60.00 - 70.00	80.00 - 100.00	200.00 - 220.00	160.00 - 180.00
Matara	280.00 - 320.00	1000.00 - 1500.00	350.00 - 400.00	280.00 - 320.00	180.00 - 220.00	50.00 - 60.00	50.00 - 60.00	80.00 - 100.00	185.00 - 200.00	150.00 - 165.00
Galle	240.00 - 300.00	1200.00 - 1400.00	400.00 - 500.00	280.00 - 360.00	180.00 - 280.00	60.00 - 60.00	50.00 - 60.00	80.00 - 100.00	190.00 - 210.00	160.00 - 180.00
Tissamaharama	180.00 - 200.00	1100.00 - 1150.00	350.00 - 360.00	340.00 - 360.00	180.00 - 200.00	45.00 - 50.00	45.00 - 50.00	70.00 - 80.00	180.00 - 190.00	150.00 - 160.00
Meegoda (DEC)	320.00 - 360.00	1200.00 - 1200.00	400.00 - 500.00	300.00 - 360.00	150.00 - 200.00	80.00 - 80.00	80.00 - 80.00	100.00 - 120.00	190.00 - 220.00	170.00 - 180.00
Embilipitiya	170.00 - 200.00	1000.00 - 1300.00	400.00 - 450.00	320.00 - 350.00	150.00 - 180.00	60.00 - 80.00	50.00 - 70.00	100.00 - 120.00	160.00 - 200.00	120.00 - 150.00
Jaffna	120.00 - 140.00	1000.00 - 1100.00	200.00 - 300.00	280.00 - 320.00	180.00 - 200.00	110.00 - 120.00	80.00 - 80.00	80.00 - 80.00	200.00 - 210.00	110.00 - 120.00
Vavuniya	200.00 - 250.00	1000.00 - 1100.00	150.00 - 170.00	350.00 - 380.00	170.00 - 200.00	60.00 - 70.00	60.00 - 70.00	100.00 - 120.00	180.00 - 200.00	120.00 - 150.00
Mannar	150.00 - 180.00	1000.00 - 1200.00	300.00 - 350.00	280.00 - 300.00	150.00 - 180.00	95.00 - 100.00	80.00 - 85.00	80.00 - 80.00	160.00 - 170.00	100.00 - 110.00
Killinochchi	180.00 - 220.00	1250.00 - 1300.00	200.00 - 250.00	240.00 - 260.00	160.00 - 200.00	70.00 - 75.00	50.00 - 60.00	60.00 - 70.00	180.00 - 200.00	100.00 - 120.00
Mullaittivu	130.00 - 160.00	1250.00 - 1300.00	300.00 - 340.00	220.00 - 250.00	160.00 - 180.00	80.00 - 80.00	60.00 - 60.00	50.00 - 50.00	160.00 - 170.00	95.00 - 105.00
Batticaloa	150.00 - 160.00	1200.00 - 1250.00	300.00 - 300.00	300.00 - 300.00	150.00 - 160.00	100.00 - 100.00	-	100.00 - 100.00	170.00 - 180.00	85.00 - 100.00
Trincomalee	200.00 220.00	1400.00 1500.00	300.00 350.00	280.00 300.00	180.00 200.00	70.00 75.00	65.00 70.00	50.00 55.00	160.00 170.00	100.00 110.00
Hanguranketha	250.00 - 280.00	1000.00 - 1150.00	250.00 - 300.00	260.00 - 300.00	160.00 - 180.00	50.00 - 50.00	50.00 - 50.00	50.00 - 50.00	140.00 - 155.00	120.00 - 130.00
Veyangoda	320.00 - 360.00	1000.00 - 1100.00	360.00 - 400.00	320.00 - 360.00	220.00 - 240.00	65.00 - 70.00	65.00 - 70.00	90.00 - 100.00	200.00 - 220.00	170.00 - 190.00
Galenbindunuwewa	160.00 - 180.00	1200.00 - 1400.00	400.00 - 600.00	300.00 - 320.00	200.00 - 220.00	50.00 - 70.00	50.00 - 60.00	50.00 - 70.00	130.00 - 150.00	100.00 - 125.00
Bandarawela	200.00 - 220.00	800.00 - 850.00	400.00 - 450.00	260.00 - 300.00	170.00 - 180.00	70.00 - 80.00	70.00 - 80.00	80.00 - 100.00	170.00 - 180.00	140.00 - 150.00
Matale	240.00 - 320.00	1000.00 - 1500.00	400.00 - 500.00	260.00 - 320.00	200.00 - 240.00	70.00 - 90.00	70.00 - 80.00	70.00 - 80.00	160.00 - 180.00	130.00 - 150.00

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

Week 01:02 - 08 Jan 2026

LOCATIONS	Banana					Pineapple			Mango	
	Ambul (Rs/kg)	Kolikuttu (Rs/kg)	Seeni (Rs/kg)	Anamalu	Ambun	Large	Medium	Small	Betti	Karthakolomban
Colombo	180.00 - 280.00	300.00 - 380.00	180.00 - 250.00	40.00 - 54.00	56.00 - 75.00	400.00 - 450.00	300.00 - 350.00	240.00 - 280.00	-	100.00 - 180.00
Gampaha	200.00 - 220.00	300.00 - 320.00	200.00 - 230.00	-	-	340.00 - 350.00	200.00 - 250.00	-	-	50.00 - 75.00
Kurunegala	200.00 - 240.00	300.00 - 350.00	180.00 - 220.00	-	60.00 - 70.00	380.00 - 400.00	-	-	-	50.00 - 63.00
Nikaweratiya	190.00 - 230.00	380.00 - 430.00	160.00 - 220.00	-	70.00 - 85.00	480.00 - 550.00	350.00 - 450.00	-	-	50.00 - 70.00
Dambulla	200.00 - 240.00	300.00 - 340.00	160.00 - 200.00	-	60.00 - 62.00	450.00 - 500.00	350.00 - 400.00	180.00 - 250.00	60.00 - 80.00	60.00 - 100.00
Anuradhapura	180.00 - 240.00	350.00 - 380.00	160.00 - 200.00	30.00 - 35.00	43.00 - 50.00	580.00 - 660.00	420.00 - 480.00	300.00 - 380.00	-	50.00 - 80.00
Thambuththegama	150.00 - 200.00	380.00 - 400.00	150.00 - 180.00	56.00 - 64.00	90.00 - 95.00	400.00 - 450.00	250.00 - 280.00	-	-	150.00 - 200.00
Polonnaruwa	-	-	-	-	-	-	-	-	-	-
Kaluthara	150.00 - 180.00	300.00 - 350.00	180.00 - 200.00	34.00 - 34.00	40.00 - 42.00	450.00 - 490.00	350.00 - 380.00	280.00 - 300.00	-	60.00 - 70.00
Badulla	180.00 - 200.00	300.00 - 350.00	150.00 - 180.00	33.00 - 36.00	41.00 - 50.00	350.00 - 350.00	250.00 - 300.00	150.00 - 200.00	-	50.00 - 70.00
Keppetipola	180.00 - 200.00	300.00 - 320.00	160.00 - 180.00	30.00 - 35.00	55.00 - 56.00	650.00 - 700.00	400.00 - 450.00	200.00 - 250.00	26.00 - 28.00	50.00 - 52.00
Moneragala	100.00 - 130.00	280.00 - 300.00	80.00 - 100.00	20.00 - 23.00	25.00 - 30.00	540.00 - 630.00	450.00 - 520.00	-	-	50.00 - 60.00
Kegalle	180.00 - 200.00	300.00 - 350.00	180.00 - 200.00	45.00 - 47.00	65.00 - 66.00	600.00 - 650.00	350.00 - 400.00	100.00 - 150.00	-	80.00 - 90.00
Ampara	160.00 - 170.00	280.00 - 300.00	130.00 - 140.00	35.00 - 37.00	46.00 - 50.00	380.00 - 400.00	-	-	-	50.00 - 60.00
Dehiattakandiya	180.00 - 200.00	380.00 - 400.00	160.00 - 200.00	-	50.00 - 65.00	400.00 - 450.00	250.00 - 300.00	160.00 - 160.00	-	-
Nuwaraeliya	200.00 - 210.00	320.00 - 330.00	170.00 - 180.00	35.00 - 37.00	55.00 - 58.00	680.00 - 700.00	500.00 - 550.00	280.00 - 320.00	26.00 - 30.00	60.00 - 65.00
Kandy	180.00 - 220.00	350.00 - 400.00	180.00 - 200.00	32.00 - 35.00	50.00 - 60.00	525.00 - 600.00	350.00 - 400.00	250.00 - 300.00	-	80.00 - 100.00
Puttalam	100.00 - 130.00	320.00 - 350.00	100.00 - 140.00	20.00 - 24.00	-	450.00 - 480.00	280.00 - 320.00	200.00 - 200.00	-	90.00 - 100.00
Rathnapura	200.00 - 230.00	250.00 - 350.00	150.00 - 200.00	33.00 - 38.00	53.00 - 60.00	420.00 - 490.00	300.00 - 350.00	240.00 - 280.00	-	100.00 - 150.00
Hambantota	160.00 - 180.00	230.00 - 280.00	120.00 - 160.00	-	-	520.00 - 570.00	350.00 - 380.00	-	25.00 - 25.00	-
Matara	210.00 - 230.00	270.00 - 295.00	140.00 - 150.00	24.00 - 26.00	37.00 - 38.00	520.00 - 580.00	400.00 - 500.00	240.00 - 260.00	-	80.00 - 120.00
Galle	140.00 - 180.00	260.00 - 300.00	150.00 - 180.00	32.00 - 34.00	32.00 - 35.00	560.00 - 600.00	450.00 - 480.00	250.00 - 350.00	50.00 - 60.00	50.00 - 66.00
Tissamaharama	160.00 - 170.00	260.00 - 280.00	120.00 - 140.00	-	-	370.00 - 400.00	280.00 - 300.00	230.00 - 250.00	23.00 - 25.00	70.00 - 75.00
Meegoda (DEC)	180.00 - 220.00	280.00 - 300.00	180.00 - 220.00	47.00 - 56.00	50.00 - 60.00	480.00 - 550.00	360.00 - 400.00	280.00 - 320.00	-	60.00 - 70.00
Embilipitiya	100.00 - 120.00	200.00 - 250.00	100.00 - 120.00	25.00 - 40.00	35.00 - 50.00	400.00 - 450.00	300.00 - 360.00	200.00 - 280.00	40.00 - 50.00	60.00 - 80.00
Jaffna	180.00 - 200.00	260.00 - 350.00	140.00 - 150.00	-	-	550.00 - 620.00	400.00 - 420.00	180.00 - 230.00	-	100.00 - 120.00
Vavuniya	170.00 - 200.00	320.00 - 350.00	150.00 - 170.00	34.00 - 36.00	31.00 - 33.00	450.00 - 550.00	350.00 - 400.00	280.00 - 320.00	-	-
Mannar	180.00 - 200.00	300.00 - 300.00	150.00 - 150.00	37.00 - 38.00	40.00 - 41.00	380.00 - 400.00	300.00 - 450.00	250.00 - 280.00	-	80.00 - 100.00
Killinochchi	180.00 - 200.00	330.00 - 350.00	130.00 - 150.00	30.00 - 32.00	33.00 - 35.00	340.00 - 360.00	280.00 - 320.00	240.00 - 260.00	-	80.00 - 100.00
Mullaittivu	170.00 - 200.00	340.00 - 360.00	150.00 - 180.00	28.00 - 33.00	32.00 - 36.00	540.00 - 560.00	460.00 - 480.00	340.00 - 350.00	-	90.00 - 100.00
Batticaloa	150.00 - 160.00	280.00 - 300.00	130.00 - 150.00	35.00 - 36.00	40.00 - 44.00	400.00 - 400.00	340.00 - 350.00	250.00 - 300.00	-	80.00 - 100.00
Trincomalee	180.00 - 200.00	400.00 - 420.00	170.00 - 180.00	-	-	560.00 - 580.00	450.00 - 470.00	340.00 - 350.00	-	150.00 - 160.00
Veyangoda	180.00 - 200.00	280.00 - 300.00	170.00 - 200.00	30.00 - 33.00	52.00 - 54.00	470.00 - 520.00	360.00 - 400.00	280.00 - 300.00	-	60.00 - 70.00
Galenbindunuwewa	160.00 - 200.00	350.00 - 400.00	140.00 - 160.00	-	-	400.00 - 440.00	350.00 - 380.00	300.00 - 320.00	-	60.00 - 68.00
Bandarawela	180.00 - 200.00	320.00 - 350.00	180.00 - 200.00	31.00 - 35.00	45.00 - 46.00	400.00 - 450.00	350.00 - 360.00	300.00 - 320.00	-	80.00 - 100.00
Matale	200.00 - 240.00	340.00 - 380.00	200.00 - 220.00	30.00 - 34.00	50.00 - 54.00	480.00 - 560.00	300.00 - 350.00	250.00 - 280.00	-	60.00 - 80.00

Table 08 (Contd.)

LOCATIONS	Mango				Other Fruits							
	Vilad		Kohu		Papaw (Rs/kg)	Passion	Wood Apple	Orange	Avocado	Slime Apple	Grapes (Rs/kg)	King Coconut
Colombo	-	-	-	-	250.00 - 380.00	50.00 - 100.00	60.00 - 130.00	90.00 - 170.00	500.00 - 600.00	50.00 - 120.00	1600.00 - 2500.00	150.00 - 200.00
Gampaha	-	-	-	-	300.00 - 320.00	-	70.00 - 84.00	-	-	50.00 - 56.00	2000.00 - 2000.00	130.00 - 150.00
Kurunegala	-	-	-	-	300.00 - 320.00	-	90.00 - 90.00	-	-	57.00 - 59.00	2000.00 - 2000.00	150.00 - 160.00
Nikaweratiya	-	-	-	-	230.00 - 260.00	-	-	120.00 - 150.00	-	-	2300.00 - 2500.00	150.00 - 200.00
Dambulla	60.00 - 80.00	30.00 - 40.00	-	-	260.00 - 280.00	30.00 - 40.00	80.00 - 100.00	100.00 - 120.00	400.00 - 500.00	80.00 - 120.00	2800.00 - 2900.00	150.00 - 160.00
Anuradhapura	-	-	-	-	200.00 - 260.00	30.00 - 50.00	60.00 - 90.00	80.00 - 100.00	-	90.00 - 130.00	2000.00 - 2500.00	180.00 - 200.00
Thambuththegama	-	-	-	-	200.00 - 300.00	-	-	-	-	-	-	150.00 - 150.00
Polonnaruwa	-	-	-	-	-	-	-	-	-	-	-	-
Kaluthara	-	-	-	-	300.00 - 350.00	-	50.00 - 80.00	-	-	75.00 - 100.00	2000.00 - 2500.00	150.00 - 180.00
Badulla	-	14.00 - 17.00	-	-	200.00 - 240.00	35.00 - 40.00	50.00 - 60.00	-	-	75.00 - 100.00	2000.00 - 2000.00	150.00 - 180.00
Keppetipola	34.00 - 35.00	18.00 - 20.00	-	-	220.00 - 230.00	30.00 - 35.00	55.00 - 58.00	65.00 - 66.00	-	55.00 - 60.00	2200.00 - 2500.00	170.00 - 200.00
Moneragala	30.00 - 40.00	-	-	-	180.00 - 200.00	30.00 - 40.00	60.00 - 70.00	80.00 - 100.00	-	80.00 - 100.00	2200.00 - 2500.00	150.00 - 170.00
Kegalle	-	-	-	-	300.00 - 330.00	-	70.00 - 80.00	-	-	60.00 - 70.00	2000.00 - 2100.00	150.00 - 160.00
Ampara	33.00 - 41.00	-	-	-	200.00 - 220.00	-	-	-	-	-	1700.00 - 2000.00	140.00 - 150.00
Dehiattakandiya	-	-	-	-	200.00 - 220.00	-	50.00 - 60.00	-	-	50.00 - 50.00	2600.00 - 2800.00	120.00 - 150.00
Nuwareliya	35.00 - 36.00	16.00 - 18.00	-	-	240.00 - 250.00	52.00 - 56.00	60.00 - 65.00	90.00 - 100.00	-	70.00 - 80.00	2400.00 - 2500.00	180.00 - 200.00
Kandy	60.00 - 70.00	-	-	-	270.00 - 280.00	50.00 - 60.00	80.00 - 90.00	140.00 - 150.00	400.00 - 450.00	80.00 - 100.00	2000.00 - 2500.00	150.00 - 160.00
Puttalam	60.00 - 70.00	-	-	-	250.00 - 300.00	55.00 - 60.00	30.00 - 40.00	50.00 - 60.00	-	-	2500.00 - 3000.00	150.00 - 150.00
Hambantota	-	-	-	-	230.00 - 250.00	50.00 - 50.00	70.00 - 80.00	-	-	60.00 - 60.00	2000.00 - 2000.00	130.00 - 150.00
Rathnapura	-	-	-	-	250.00 - 300.00	-	80.00 - 120.00	-	-	100.00 - 150.00	2400.00 - 2500.00	120.00 - 150.00
Matara	-	-	-	-	230.00 - 250.00	58.00 - 65.00	78.00 - 90.00	-	-	65.00 - 70.00	2000.00 - 2100.00	130.00 - 150.00
Galle	40.00 - 50.00	-	-	-	220.00 - 320.00	60.00 - 75.00	75.00 - 100.00	-	-	100.00 - 120.00	2000.00 - 2400.00	180.00 - 200.00
Tissamaharama	-	-	-	-	280.00 - 300.00	50.00 - 55.00	75.00 - 80.00	-	-	65.00 - 70.00	1800.00 - 2000.00	150.00 - 160.00
Meegoda (DEC)	-	-	-	-	240.00 - 280.00	40.00 - 50.00	83.00 - 100.00	-	-	50.00 - 80.00	1700.00 - 2500.00	100.00 - 120.00
Embilipitiya	30.00 - 50.00	10.00 - 15.00	-	-	200.00 - 220.00	15.00 - 25.00	80.00 - 120.00	70.00 - 70.00	-	-	1850.00 - 2250.00	160.00 - 180.00
Jaffna	60.00 - 80.00	-	-	-	150.00 - 170.00	70.00 - 80.00	50.00 - 60.00	-	700.00 - 800.00	-	2400.00 - 2600.00	200.00 - 220.00
Vavuniya	-	-	-	-	150.00 - 180.00	60.00 - 75.00	45.00 - 55.00	110.00 - 120.00	-	-	2200.00 - 2300.00	160.00 - 180.00
Mannar	-	-	-	-	200.00 - 250.00	40.00 - 50.00	48.00 - 50.00	75.00 - 85.00	350.00 - 400.00	-	2400.00 - 2500.00	160.00 - 200.00
Killinochchi	45.00 - 50.00	-	-	-	200.00 - 250.00	45.00 - 50.00	45.00 - 55.00	-	-	-	2900.00 - 2950.00	200.00 - 220.00
Mullaittivu	-	-	-	-	100.00 - 120.00	45.00 - 55.00	50.00 - 60.00	-	-	-	2000.00 - 2200.00	150.00 - 160.00
Batticaloa	30.00 - 30.00	-	-	-	240.00 - 250.00	35.00 - 40.00	35.00 - 40.00	-	-	-	2400.00 - 2500.00	200.00 - 200.00
Trincomalee	70.00 - 80.00	-	-	-	180.00 - 200.00	70.00 - 75.00	55.00 - 60.00	80.00 - 85.00	-	-	2400.00 - 2500.00	190.00 - 200.00
Veyangoda	-	-	-	-	240.00 - 250.00	34.00 - 38.00	40.00 - 47.00	75.00 - 82.00	-	-	1700.00 - 2000.00	130.00 - 150.00
Galenbindunuwewa	-	-	-	-	150.00 - 200.00	28.00 - 32.00	-	-	-	-	2300.00 - 2600.00	140.00 - 160.00
Bandarawela	50.00 - 60.00	16.00 - 18.00	-	-	220.00 - 250.00	60.00 - 70.00	80.00 - 90.00	-	-	70.00 - 80.00	2600.00 - 2800.00	180.00 - 200.00
Matale	-	25.00 - 30.00	-	-	260.00 - 280.00	30.00 - 40.00	60.00 - 80.00	-	-	70.00 - 100.00	1600.00 - 2000.00	150.00 - 170.00

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

Week 01:02 - 08 Jan 2026

Locations	Sea Fish					
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw
Colombo	300.00 – 400.00	600.00 – 900.00	800.00 – 900.00	1200.00 – 1500.00	2000.00 – 2200.00	900.00 – 1100.00
Kandy	350.00 – 400.00	880.00 – 920.00	850.00 – 1000.00	1450.00 – 1800.00	2200.00 – 2600.00	1300.00 – 1600.00
Kaluthara	-	-	800.00 – 1000.00	1500.00 – 1700.00	-	1300.00 – 1400.00
Puttalam	300.00 – 350.00	680.00 – 720.00	700.00 – 700.00	1350.00 – 1450.00	2450.00 – 2650.00	1450.00 – 1600.00
Matara	300.00 – 350.00	-	850.00 – 900.00	1800.00 – 1900.00	-	-
Hambantota	380.00 – 400.00	800.00 – 800.00	850.00 – 850.00	1200.00 – 1400.00	-	900.00 – 900.00
Galle	-	-	800.00 – 900.00	1500.00 – 1600.00	2400.00 – 2600.00	1400.00 – 1500.00
Batticaloa	300.00 – 350.00	700.00 – 700.00	800.00 – 900.00	1200.00 – 1200.00	-	1100.00 – 1250.00
Trincomalee	300.00 – 350.00	900.00 – 950.00	1000.00 – 1050.00	1850.00 – 1900.00	2100.00 – 2200.00	1500.00 – 1550.00
Mannar	550.00 – 600.00	-	1000.00 – 1100.00	-	-	1300.00 – 1400.00

Locations	Sea Fish				Eggs	
	Mora	Shrimps	Thalapath	Teppeli	Brown	White
Colombo	800.00 – 900.00	1500.00 – 1600.00	2200.00 – 2450.00	-	34.00 – 37.00	32.00 – 35.00
Kandy	1300.00 – 1400.00	2000.00 – 2100.00	2300.00 – 2400.00	-	32.00 – 34.00	28.00 – 31.00
Kaluthara	1000.00 – 1200.00	-	2000.00 – 2000.00	-	-	-
Puttalam	1400.00 – 1500.00	1400.00 – 1500.00	2350.00 – 2600.00	-	35.00 – 36.00	31.00 – 32.00
Matara	1000.00 – 1100.00	2200.00 – 2300.00	1850.00 – 1900.00	-	-	29.00 – 30.00
Hambantota	1000.00 – 1200.00	2200.00 – 2350.00	-	-	40.00 – 41.00	-
Galle	700.00 – 900.00	-	1800.00 – 2000.00	-	32.00 – 34.00	28.00 – 33.00
Batticaloa	1000.00 – 1000.00	1300.00 – 1400.00	-	-	40.00 – 40.00	38.00 – 38.00
Trincomalee	1800.00 – 1850.00	1200.00 – 1250.00	-	-	39.00 – 40.00	38.00 – 39.00
Mannar	1550.00 – 1600.00	1350.00 – 1400.00	-	-	34.00 – 35.00	30.00 – 32.00

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

Week 01:02 - 08 Jan 2026

Locations	Local Dried Fish					
	Sprats	Kattawa	Thora	Mora	Balaya	Anguluwa
Colombo	60000 – 90000	82500 – 95000	120000 – 145000	122500 – 130000	60000 – 65000	82500 – 105000
Kandy	60000 – 65000	-	-	124000 – 125000	65000 – 70000	-
Batticaloa	50000 – 50000	100000 – 112500	-	-	80000 – 90000	-
Trincomalee	54500 – 55000	-	-	-	52000 – 52500	46000 – 46500
Mannar	-	90500 – 110000	-	120000 – 122500	72500 – 75000	77500 – 80000

Locations	Local Dried Fish			Imported Dried Fish		
	Maduwa	Koduwa	Salaya	Sprats	Kattawa	Thora
Colombo	60000 – 72500	-	30000 – 35000	42500 – 47500	75000 – 82500	110000 – 140000
Kandy	-	-	30000 – 35000	40000 – 47500	85000 – 90000	-
Batticaloa	-	-	35000 – 35000	42500 – 45000	-	-
Trincomalee	51000 – 51500	-	28000 – 28500	42500 – 43000	95000 – 96000	-
Mannar	80000 – 82500	-	-	62000 – 65250	-	-

Locations	Imported Dried Fish					
	Mora	Balaya	Anguluwa	Maduwa	Koduwa	Salaya
Colombo	105000 – 120000	80000 – 85000	85000 – 90000	-	-	-
Kandy	-	-	-	-	-	-
Batticaloa	-	-	-	-	-	-
Trincomalee	-	-	-	-	-	-
Mannar	-	-	-	-	-	-

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

Week 01:02 - 08 Jan 2026

LOCATIONS	Sea Fish									Eggs	
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw	Mora	Thalapath	Brown	White	
Colombo	500.00 - 760.00	800.00 - 1400.00	900.00 - 1600.00	1600.00 - 2800.00	2500.00 - 4000.00	1300.00 - 2500.00	1000.00 - 1200.00	2500.00 - 3200.00	38.00 - 42.00	35.00 - 40.00	
Gampaha	600.00 - 650.00	1000.00 - 1000.00	-	2000.00 - 2000.00	-	2000.00 - 2000.00	-	2800.00 - 2800.00	36.00 - 38.00	32.00 - 36.00	
Kurunegala	600.00 - 680.00	1100.00 - 1200.00	-	2000.00 - 2100.00	-	1700.00 - 1800.00	-	2600.00 - 2700.00	35.00 - 36.00	33.00 - 35.00	
Nikaweratiya	500.00 - 700.00	1000.00 - 1100.00	1000.00 - 1100.00	2400.00 - 2450.00	-	1300.00 - 1400.00	-	-	31.00 - 34.00	31.00 - 34.00	
Dambulla	600.00 - 650.00	1200.00 - 1300.00	1000.00 - 1100.00	2300.00 - 2400.00	2400.00 - 2500.00	1800.00 - 2000.00	1600.00 - 1700.00	2400.00 - 2500.00	37.00 - 38.00	35.00 - 36.00	
Anuradhapura	550.00 - 700.00	1000.00 - 1100.00	1200.00 - 1400.00	2400.00 - 2600.00	-	1200.00 - 1500.00	1400.00 - 1600.00	2600.00 - 2800.00	-	33.00 - 35.00	
Thambuththegama	-	-	-	-	-	-	-	-	32.00 - 35.00	32.00 - 34.00	
Polonnaruwa	-	-	-	-	-	-	-	-	-	-	
Kaluthara	600.00 - 700.00	-	1400.00 - 1800.00	2600.00 - 2800.00	-	2600.00 - 2600.00	1800.00 - 2000.00	2800.00 - 3000.00	-	32.00 - 35.00	
Badulla	480.00 - 500.00	960.00 - 1200.00	1600.00 - 1800.00	2200.00 - 2200.00	2800.00 - 2800.00	1600.00 - 1600.00	1600.00 - 1600.00	2600.00 - 2800.00	36.00 - 38.00	33.00 - 36.00	
Keppetipola	500.00 - 520.00	1000.00 - 1100.00	1100.00 - 1200.00	2200.00 - 2300.00	2600.00 - 2700.00	1500.00 - 1600.00	1700.00 - 1800.00	2500.00 - 2600.00	39.00 - 40.00	36.00 - 38.00	
Moneragala	550.00 - 600.00	1100.00 - 1300.00	1000.00 - 1200.00	2600.00 - 2800.00	2600.00 - 2800.00	-	-	3000.00 - 3200.00	35.00 - 36.00	34.00 - 35.00	
Kegalle	600.00 - 600.00	-	-	2800.00 - 3000.00	-	2000.00 - 2000.00	1800.00 - 1800.00	2900.00 - 3000.00	36.00 - 37.00	34.00 - 35.00	
Ampara	500.00 - 600.00	1000.00 - 1200.00	1700.00 - 1800.00	2400.00 - 2400.00	-	2500.00 - 2600.00	-	2800.00 - 3000.00	40.00 - 40.00	34.00 - 36.00	
Dehiattakandiya	400.00 - 460.00	1000.00 - 1200.00	-	2500.00 - 2600.00	-	1200.00 - 1200.00	-	2600.00 - 2600.00	32.00 - 36.00	29.00 - 35.00	
Nuwaraeliya	540.00 - 550.00	1100.00 - 1200.00	1300.00 - 1400.00	2400.00 - 2500.00	-	1600.00 - 1700.00	1800.00 - 1900.00	2600.00 - 2700.00	40.00 - 42.00	37.00 - 40.00	
Kandy	560.00 - 600.00	1100.00 - 1200.00	1250.00 - 1400.00	2200.00 - 2400.00	3000.00 - 3200.00	1500.00 - 1700.00	1700.00 - 1800.00	2700.00 - 2800.00	35.00 - 37.00	32.00 - 34.00	
Puttalam	400.00 - 450.00	800.00 - 850.00	800.00 - 900.00	1600.00 - 1600.00	2500.00 - 3000.00	1800.00 - 1800.00	1800.00 - 1800.00	2800.00 - 2800.00	37.00 - 38.00	33.00 - 45.00	
Hambantota	600.00 - 700.00	1000.00 - 1000.00	1000.00 - 1000.00	1500.00 - 1700.00	-	1100.00 - 1100.00	1500.00 - 1600.00	-	42.00 - 43.00	-	
Rathnapura	500.00 - 600.00	1160.00 - 1200.00	1200.00 - 1400.00	2400.00 - 2600.00	3500.00 - 3600.00	2500.00 - 2600.00	1600.00 - 1800.00	2400.00 - 2600.00	35.00 - 36.00	32.00 - 34.00	
Matara	600.00 - 700.00	-	1500.00 - 1600.00	2400.00 - 2600.00	-	2400.00 - 2500.00	-	2600.00 - 2800.00	-	30.00 - 33.00	
Galle	600.00 - 600.00	1000.00 - 1050.00	1200.00 - 1400.00	2600.00 - 2800.00	2800.00 - 3000.00	1800.00 - 2000.00	1600.00 - 1800.00	2800.00 - 2800.00	34.00 - 35.00	30.00 - 34.00	
Tissamaharama	600.00 - 700.00	900.00 - 950.00	1000.00 - 1100.00	-	-	-	-	2400.00 - 2500.00	-	36.00 - 38.00	
Meegoda	600.00 - 700.00	1040.00 - 1100.00	-	2600.00 - 2700.00	-	-	-	3200.00 - 3300.00	36.00 - 38.00	35.00 - 36.00	
Embilipitiya	500.00 - 550.00	900.00 - 950.00	1600.00 - 1700.00	2600.00 - 2650.00	2950.00 - 3000.00	-	-	2700.00 - 2800.00	33.00 - 35.00	31.00 - 34.00	
Jaffna	600.00 - 650.00	900.00 - 1000.00	1500.00 - 1700.00	-	2100.00 - 2300.00	1800.00 - 2200.00	2200.00 - 2500.00	-	34.00 - 35.00	33.00 - 35.00	
Vavuniya	600.00 - 700.00	1200.00 - 1300.00	1200.00 - 1300.00	2400.00 - 2500.00	2400.00 - 2500.00	1800.00 - 1900.00	2400.00 - 2500.00	2600.00 - 2700.00	36.00 - 40.00	35.00 - 38.00	
Mannar	700.00 - 750.00	-	1000.00 - 1100.00	-	-	1800.00 - 2000.00	2000.00 - 2300.00	-	37.00 - 37.00	33.00 - 34.00	
Killinochchi	400.00 - 450.00	900.00 - 960.00	1000.00 - 1200.00	-	-	1500.00 - 1600.00	2000.00 - 2200.00	-	37.00 - 38.00	35.00 - 36.00	
Mullaitivu	450.00 - 500.00	950.00 - 1000.00	1200.00 - 1300.00	1850.00 - 1950.00	-	1500.00 - 1650.00	1950.00 - 2200.00	1950.00 - 2100.00	36.00 - 38.00	34.00 - 36.00	
Batticaloa	600.00 - 600.00	-	1400.00 - 1450.00	2300.00 - 2300.00	2200.00 - 2300.00	2300.00 - 2300.00	1000.00 - 1200.00	2400.00 - 2500.00	43.00 - 43.00	40.00 - 40.00	
Trincomalee	400.00 - 450.00	1000.00 - 1100.00	1150.00 - 1200.00	2200.00 - 2250.00	2350.00 - 2400.00	1650.00 - 1700.00	1950.00 - 2000.00	-	42.00 - 43.00	40.00 - 42.00	
Veyangoda	600.00 - 600.00	900.00 - 1000.00	1600.00 - 1700.00	2200.00 - 2400.00	-	-	-	2200.00 - 2400.00	34.00 - 35.00	32.00 - 33.00	
Galenbindunuwewa	500.00 - 700.00	-	1000.00 - 1100.00	1800.00 - 2900.00	-	1700.00 - 1900.00	-	2800.00 - 3000.00	38.00 - 40.00	35.00 - 37.00	
Bandarawela	500.00 - 520.00	1000.00 - 1000.00	1500.00 - 1600.00	2400.00 - 2450.00	-	2100.00 - 2200.00	1400.00 - 1500.00	2500.00 - 2600.00	36.00 - 37.00	34.00 - 35.00	
Matale	500.00 - 600.00	1000.00 - 1100.00	1000.00 - 1200.00	2400.00 - 2600.00	2800.00 - 3000.00	1600.00 - 1700.00	1600.00 - 1800.00	2600.00 - 2800.00	39.00 - 40.00	37.00 - 38.00	

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

Week 01:02 - 08 Jan 2026

LOCATIONS	Dried Fish													
	Sprats-Imported		Kattawa		Thora		Mora		Balaya		Anguluwa		Salaya	
Colombo	1200.00	1400.00	2300.00	2800.00	-	-	2600.00	3200.00	1400.00	2400.00	2400.00	3000.00	1000.00	1200.00
Gampaha	1350.00	1400.00	2400.00	2400.00	3800.00	3800.00	-	-	2000.00	2000.00	2400.00	2400.00	-	-
Kurunegala	1300.00	1350.00	2100.00	2400.00	-	-	-	-	1800.00	1900.00	2200.00	2300.00	1000.00	1000.00
Nikaweratiya	1200.00	1400.00	2000.00	2200.00	-	-	-	-	-	-	2400.00	2500.00	800.00	1000.00
Dambulla	1100.00	1200.00	2500.00	2600.00	-	-	2900.00	3000.00	1500.00	1600.00	2300.00	2400.00	-	-
Anuradhapura	1200.00	1400.00	2400.00	2600.00	-	-	2800.00	3000.00	1600.00	2000.00	2200.00	2600.00	800.00	1000.00
Thambuththegama	1200.00	1300.00	2400.00	2600.00	-	-	2850.00	2850.00	1700.00	1800.00	1500.00	2400.00	850.00	1100.00
Polonnaruwa	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Kaluthara	1100.00	1200.00	2000.00	2500.00	-	-	2680.00	2800.00	1400.00	1600.00	2300.00	2600.00	-	-
Badulla	1200.00	1200.00	2800.00	3000.00	-	-	2800.00	2800.00	1800.00	2000.00	1600.00	1600.00	-	-
Keppetipola	1200.00	1300.00	2300.00	2400.00	3200.00	3300.00	2600.00	3000.00	1400.00	1500.00	-	-	1200.00	1300.00
Moneragala	1200.00	1300.00	2200.00	2400.00	-	-	2600.00	2800.00	1600.00	1700.00	2200.00	2400.00	800.00	1000.00
Kegalle	1100.00	1200.00	2200.00	2300.00	3000.00	3000.00	2700.00	2800.00	1700.00	1800.00	-	-	-	-
Ampara	-	-	2400.00	2600.00	-	-	2400.00	2500.00	1800.00	2000.00	1000.00	1000.00	-	-
Dehiattakandiya	1200.00	1200.00	1900.00	2300.00	2900.00	2900.00	2800.00	3000.00	1600.00	2000.00	1500.00	1800.00	1000.00	1000.00
Nuwaraeliya	1250.00	1300.00	2400.00	2500.00	3500.00	3600.00	2800.00	3000.00	1600.00	1700.00	1800.00	1900.00	1100.00	1200.00
Kandy	1200.00	1400.00	2700.00	2800.00	3400.00	3500.00	2700.00	2900.00	1700.00	2000.00	1900.00	2000.00	900.00	1000.00
Puttalam	1050.00	1100.00	2000.00	2200.00	-	-	2400.00	2400.00	1400.00	1600.00	1000.00	1200.00	800.00	1000.00
Hambantota	1200.00	1300.00	2100.00	2200.00	3200.00	3200.00	2200.00	2400.00	1800.00	2000.00	2200.00	2200.00	-	-
Rathnapura	1100.00	1200.00	2100.00	2240.00	-	-	2400.00	2800.00	1560.00	1760.00	2000.00	2400.00	800.00	800.00
Matara	1100.00	1250.00	2000.00	2100.00	-	-	-	-	1500.00	1600.00	2000.00	2100.00	-	-
Galle	1000.00	1500.00	2000.00	2400.00	2800.00	3200.00	2400.00	2800.00	1600.00	2000.00	2000.00	2200.00	900.00	1000.00
Tissamaharama	1200.00	1400.00	-	-	-	-	2500.00	2700.00	1750.00	1900.00	2400.00	2500.00	-	-
Meegoda	1200.00	1280.00	2000.00	2400.00	-	-	2800.00	3000.00	1600.00	1800.00	2000.00	2400.00	800.00	1120.00
Embilipitiya	1200.00	1400.00	2450.00	2600.00	-	-	2850.00	3000.00	1800.00	2000.00	2400.00	2600.00	950.00	1100.00
Jaffna	1600.00	1700.00	2600.00	2800.00	3100.00	3250.00	3000.00	3300.00	1800.00	2000.00	1000.00	1200.00	800.00	1200.00
Vavuniya	-	-	2000.00	2200.00	-	-	-	-	1350.00	1450.00	1100.00	1200.00	-	-
Mannar	-	-	2800.00	2800.00	-	-	2800.00	3000.00	1800.00	2000.00	1900.00	1950.00	-	-
Killinochchi	1200.00	1300.00	2400.00	2500.00	-	-	2400.00	2500.00	1200.00	1300.00	1000.00	1100.00	900.00	1000.00
Mullaittivu	1500.00	1600.00	2350.00	2500.00	-	-	2450.00	2600.00	1450.00	1550.00	1000.00	1150.00	900.00	960.00
Batticaloa	1100.00	1200.00	2500.00	2800.00	-	-	-	-	2000.00	2000.00	-	-	-	-
Trincomalee	1150.00	1200.00	2200.00	2250.00	-	-	-	-	1350.00	1400.00	1200.00	1250.00	-	-
Veyangoda	1000.00	1200.00	2000.00	2400.00	-	-	2400.00	2600.00	1600.00	1800.00	2200.00	2400.00	1000.00	1200.00
Galenbindunuwewa	1300.00	1600.00	2400.00	2800.00	3400.00	3500.00	2800.00	3000.00	1700.00	2200.00	2300.00	2600.00	800.00	1000.00
Bandarawela	1200.00	1400.00	2200.00	2400.00	-	-	2700.00	2800.00	1500.00	1700.00	2200.00	2300.00	900.00	1000.00
Matale	1100.00	1200.00	2600.00	2800.00	-	-	2500.00	2600.00	1600.00	1700.00	2400.00	2600.00	-	-

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

Week 01:02 - 08 Jan 2026

LOCATIONS	Meat		Meat (Chicken)		Meat					
	Beef		Broiler	Curry	Mutton	Pork				
Colombo	2700.00	- 2800.00	1150.00	- 1240.00	1150.00	- 1240.00	3800.00	- 4300.00	2700.00	- 2800.00
Gampaha	-		1150.00	- 1200.00	1400.00	- 1400.00	4000.00	- 4000.00	2650.00	- 2650.00
Kurunegala	-		1090.00	- 1150.00	-		-		2800.00	- 2800.00
Nikaweratiya	2400.00	- 2600.00	1100.00	- 1250.00	-		-		-	
Dambulla	-		1200.00	- 1250.00	1350.00	- 1400.00	-		2200.00	- 2300.00
Anuradhapura	2500.00	- 2600.00	1100.00	- 1300.00	1400.00	- 1450.00	3800.00	- 4000.00	2800.00	- 3200.00
Thambuththegama	-		1180.00	- 1250.00	-		-		2600.00	- 3000.00
Polonnaruwa	-		-		-		-		-	
Kaluthara	2700.00	- 2800.00	1100.00	- 1200.00	1250.00	- 1380.00	-		2600.00	- 2800.00
Badulla	2400.00	- 2400.00	1050.00	- 1100.00	-		3400.00	- 3400.00	-	
Keppetipola	2400.00	- 2400.00	1150.00	- 1200.00	1300.00	- 1350.00	3200.00	- 3200.00	-	
Moneragala	2400.00	- 2400.00	1100.00	- 1300.00	1500.00	- 1600.00	-		3200.00	- 3300.00
Kegalle	2450.00	- 2500.00	1200.00	- 1280.00	1150.00	- 1180.00	3600.00	- 3600.00	2500.00	- 2600.00
Ampara	2400.00	- 2500.00	1180.00	- 1300.00	-		-		2800.00	- 3000.00
Dehiattakandiya	-		1190.00	- 1250.00	-		-		2500.00	- 2600.00
Nuwaraeliya	2300.00	- 2400.00	1200.00	- 1250.00	1300.00	- 1350.00	3800.00	- 4000.00	2800.00	- 2900.00
Kandy	2500.00	- 2500.00	940.00	- 980.00	1320.00	- 1350.00	3500.00	- 3600.00	2800.00	- 2900.00
Puttalam	2450.00	- 2500.00	1100.00	- 1150.00	1500.00	- 1800.00	4200.00	- 4200.00	-	
Hambantota	-		1200.00	- 1200.00	-		-		-	
Rathnapura	2600.00	- 2600.00	1200.00	- 1280.00	1300.00	- 1400.00	3700.00	- 3700.00	3300.00	- 3300.00
Matara	-		1230.00	- 1250.00	-		-		-	
Galle	2650.00	- 2700.00	1100.00	- 1200.00	1200.00	- 1250.00	3600.00	- 3600.00	-	
Tissamaharama	-		1200.00	- 1350.00	-		-		-	
Meegoda	-		1180.00	- 1250.00	1280.00	- 1300.00	-		2900.00	- 3000.00
Embilipitiya	2450.00	- 2500.00	1090.00	- 1200.00	1150.00	- 1250.00	3350.00	- 3500.00	2600.00	- 2800.00
Jaffna	2200.00	- 2300.00	1300.00	- 1500.00	1600.00	- 1800.00	3500.00	- 3600.00	-	
Vavuniya	2200.00	- 2300.00	1340.00	- 1400.00	1500.00	- 1700.00	3100.00	- 3200.00	-	
Mannar	2400.00	- 2400.00	1450.00	- 1500.00	1600.00	- 1650.00	-		-	
Killinochchi	2350.00	- 2400.00	1400.00	- 1500.00	1600.00	- 1700.00	3400.00	- 3500.00	-	
Mullaittivu	2200.00	- 2200.00	1450.00	- 1450.00	1550.00	- 1600.00	-		-	
Batticaloa	2100.00	- 2200.00	1400.00	- 1400.00	1600.00	- 1600.00	3800.00	- 4000.00	-	
Trincomalee	2200.00	- 2300.00	1360.00	- 1400.00	1550.00	- 1600.00	3400.00	- 3500.00	-	
Veyangoda	2600.00	- 2600.00	1100.00	- 1200.00	1150.00	- 1200.00	-		2500.00	- 2600.00
Galenbindunuwewa	2400.00	- 2400.00	990.00	- 1000.00	1400.00	- 1400.00	3500.00	- 3500.00	2200.00	- 2200.00
Bandarawela	2400.00	- 2500.00	1200.00	- 1280.00	-		3600.00	- 3800.00	-	
Matale	2500.00	- 2600.00	1140.00	- 1200.00	1400.00	- 1500.00	3500.00	- 3600.00	2700.00	- 2800.00

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

Week 01:02 - 08 Jan 2026

COMMODITY	Range	Average Price			Change Compared to		COMMODITY	Range	Average Price			Change Compared to	
		This Week	Last Week	Last Year	Last Week (%)	Last Year (%)			This Week	Last Week	Last Year	Last Week (%)	Last Year (%)
<b><u>Rice</u></b>							<b><u>Coconut</u></b>						
<b>Local</b>							Large	150.00 - 170.00	160.63	155.00	176.36	3.63	-8.92
Samba 1	265.00 - 270.00	266.88	266.44	236.67	0.16	12.76	Small	130.00 - 150.00	140.63	135.00	150.45	4.17	-6.53
Samba 2	260.00 - 262.00	261.00	260.67	231.50	0.13	12.74							
Keeri Samba	340.00 - 350.00	345.00	340.00	255.00	1.47	35.29	<b><u>Fruits (Rs/fruit)</u></b>						
Nadu 1	225.00 - 230.00	226.63	226.63	227.50	0.00	-0.38	<b>Plantain</b>						
Nadu 2	220.00 - 222.00	221.00	221.00	221.00	0.00	0.00	Ambul (Rs/kg)	170.00 - 240.00	198.00	164.44	145.00	20.41	36.55
Raw (Red)	210.00 - 215.00	213.13	213.13		0.00		Kolikuttu (Rs/kg)	220.00 - 270.00	248.00	228.89	236.67	8.35	4.79
Raw (White)	215.00 - 220.00	216.25	216.88	217.50	-0.29	-0.57	Seeni (Rs/kg)	100.00 - 150.00	129.00	124.00	125.83	4.03	2.52
<b>Imported</b>							Anamalu	31.00 - 37.00	34.40	33.44	31.42	2.86	9.50
Samba	225.00 - 235.00	230.00	231.67	230.00	-0.72	0.00	Ambun	44.00 - 52.00	49.45	48.67	43.75	1.62	13.04
Nadu	-	-	-	-	-	-	Papaw(Rs/kg)	250.00 - 270.00	256.25	233.33	178.33	9.82	43.69
Raw (Red)	-	-	-	-	-	-	Passion Fruit	40.00 - 50.00	44.71	37.25	52.73	20.04	-15.20
Raw (White)	-	-	-	-	-	-	Pineapple Large	300.00 - 350.00	326.25	318.75	467.14	2.35	-30.16
<b><u>Dried Chillies</u></b>							Pineapple Medium	250.00 - 280.00	267.50	262.50	367.14	1.90	-27.14
Imported	750.00 - 800.00	780.00	780.00	721.67	0.00	8.08	Pineapple Small	200.00 - 240.00	223.75	216.25	285.71	3.47	-21.69
<b><u>Onion</u></b>							<b>Mango</b>						
Sinnan	150.00 - 200.00	180.00	196.67	295.00	-8.47	-38.98	Betti	-	-	-	43.60	-	-
Vedalan	-	-	182.50		-	-	Karthakolomban	85.00 - 115.00	95.63	80.00	133.64	19.53	-28.44
Imported	250.00 - 350.00	294.00	328.57	430.00	-10.52	-31.63	Vilad	-	-	-	-	-	-
<b><u>Big Onion</u></b>							Kohu	-	-	-	-	-	-
Imported	150.00 - 200.00	178.00	180.83	163.75	-1.57	8.70	<b><u>Other</u></b>						
Local	-	-	-	-	-	-	Wood Apple	45.00 - 52.00	48.78	48.44	47.50	0.69	2.69
<b><u>Potato</u></b>							Orange	85.00 - 100.00	88.57	92.00	117.00	-3.73	-24.30
Welimada	-	-	-	-	-	-	Avocado	370.00 - 500.00	439.29	502.00	301.25	-12.49	45.82
N'Eliya	330.00 - 400.00	362.00	334.17	344.17	8.33	5.18	Slime Apple	30.00 - 60.00	42.29	53.71	37.73	-21.28	12.08
Imported	130.00 - 290.00	180.71	180.00	196.88	0.40	-8.21	Grapes (Imp., Rs/kg)	1250.00 - 1400.00	1316.67	1450.00	1685.00	-9.20	-21.86
<b><u>Pulses</u></b>							King Coconut	140.00 - 150.00	145.00	145.00	166.36	0.00	-12.84
Green Gram	550.00 - 800.00	670.00	706.67	550.00	-5.19	21.82	<b><u>Sea Fish</u></b>						
Cowpea (White)	750.00 - 800.00	775.00	775.00	580.00	0.00	33.62	Salaya	300.00 - 400.00	342.86	358.33	324.17	-4.32	5.77
Cowpea (Red)	750.00 - 800.00	775.00	800.00	563.33	-3.13	37.57	Hurulla	600.00 - 900.00	733.33	630.00	829.23	16.40	-11.56
Red Dhal	250.00 - 255.00	252.17	251.88	277.14	0.12	-9.01	Balaya	800.00 - 900.00	818.75	825.00	757.86	-0.76	8.03
<b><u>Vegetable</u></b>							Kelawalla	1200.00 - 1500.00	1316.67	1580.00	1213.33	-16.67	8.52
Beans (Butter)	-	-	-	-	-	-	Thora	2000.00 - 2200.00	2083.33	1733.33	2266.67	20.19	-8.09
Beans(Green)	400.00 - 700.00	553.00	905.00	216.00	-38.90	156.02	Paraw	900.00 - 1100.00	1016.67	1400.00	1325.83	-27.38	-23.32
Carrot	350.00 - 400.00	375.00	210.00	244.44	78.57	53.41	Mora	800.00 - 900.00	866.67		1176.25		-26.32
Leeks	300.00 - 400.00	351.00	297.00	238.00	18.18	47.48	Shrimps	1500.00 - 1600.00	1550.00	1520.00	1958.33	1.97	-20.85
Beetroot	620.00 - 700.00	652.22	531.82	450.00	22.64	44.94	Thalapath	2200.00 - 2450.00	2300.00	2450.00	1904.17	-6.12	20.79
Knolkhol	380.00 - 400.00	392.00	365.00	213.00	7.40	84.04	<b><u>Eggs</u></b>						
Raddish	150.00 - 200.00	178.00	202.22	112.00	-11.98	58.93	Brown	34.00 - 37.00	35.50	39.33	38.38	-9.75	-7.49
Cabbage	250.00 - 300.00	279.09	251.11	170.00	11.14	64.17	White	32.00 - 35.00	33.50	37.50	35.63	-10.67	-5.96
Tomato	400.00 - 500.00	453.00	410.00	367.00	10.49	23.43	<b><u>Dried Fish</u></b>						
Ladies Fingers	100.00 - 200.00	147.27	172.00	108.00	-14.38	36.36	Sprats	1200.00 - 1800.00	1442.86	1170.00	1025.00	23.32	40.77
Brinjal	200.00 - 500.00	340.00	450.00	350.00	-24.44	-2.86	Sprats (Imported)	850.00 - 950.00	922.22	942.86	735.83	-2.19	25.33
Capsicum	600.00 - 1500.00	990.00	1620.00	540.00	-38.89	83.33	Kattawa	1650.00 - 1900.00	1766.67	1633.33	1250.00	8.16	41.33
Pumpkin	130.00 - 150.00	137.00	115.00	151.00	19.13	-9.27	Kattawa (Imported)	1500.00 - 1650.00	1578.57	1633.33	1250.00	-3.35	26.29
Cucumber	80.00 - 120.00	104.00	140.00	118.00	-25.71	-11.86	Thora	2400.00 - 2900.00	2725.00				
Bitter Gourd	550.00 - 650.00	600.00	760.00	375.00	-21.05	60.00	Thora (Imported)	2200.00 - 2800.00	2491.67				
Snake Gourd	200.00 - 400.00	285.00	359.09	218.00	-20.63	30.73	Mora	2450.00 - 2600.00	2477.78	2483.33	1855.00	-0.22	33.57
Drumstick	-	-	-	-	-	-	Mora (Imported)	2100.00 - 2400.00	2240.00	1283.33	805.00	74.55	178.26
Luffa	450.00 - 600.00	520.00	506.67	240.00	2.63	116.67	Balaya	1200.00 - 1300.00	1258.33	1283.33	805.00	-1.95	56.31
Long Beans	100.00 - 200.00	148.00	275.00	197.00	-46.18	-24.87	Balaya (Imported)	1600.00 - 1700.00	1650.00				
Ash Plantain	150.00 - 180.00	165.71	184.00	138.00	-9.94	20.08	Anguluwa	1650.00 - 2100.00	1887.50	1383.33	1260.83	36.45	49.70
Green Chillies	600.00 - 1000.00	815.00	1131.82	870.00	-27.99	-6.32	Anguluwa (Imported)	1700.00 - 1800.00	1750.00	1800.00	1446.67	-2.78	20.97
Lime	150.00 - 250.00	200.00	225.00	237.00	-11.11	-15.61	Maduwa	1200.00 - 1450.00	1325.00	1383.33	1260.83	-4.22	5.09
<b><u>Root Crops</u></b>							Maduwa (Imported)	-	-	-	-	-	-
Sweet Potato	180.00 - 260.00	234.00	231.43	128.00	1.11	82.81	Koduwa	-	-	631.25	753.33		
Manioc	80.00 - 130.00	100.00	91.25	111.00	9.59	-9.91	Koduwa (Imported)	-	-	-	-	-	-
<b><u>Leafy Vegetable</u></b>							Salaya	600.00 - 700.00	628.57	631.25	753.33	-0.42	-16.56
Mukunuwenna	35.00 - 60.00	47.50	55.00	43.75	-13.64	8.57	Salaya (Imported)	-	-	-	-	-	-
Kankun	35.00 - 60.00	47.50	55.00	43.75	-13.64	8.57							
Gotukola (Rs/kg)	250.00 - 400.00	322.50	380.00	320.00	-15.13	0.78							

This Week: Week 01:02 - 08 Jan 2026  
 Last Week: Week 52: 26 Dec 2025-01 Jan 2026

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

**Week 01:02 - 08 Jan 2026**

COMMODITY	Range	Average Price			Change Compared to		COMMODITY	Range	Average Price			Change Compared to	
		This Week	Last Week	Last Year	Last Week (%)	Last Year (%)			This Week	Last Week	Last Year	Last Week (%)	Last Year (%)
<b><u>Rice</u></b>							<b><u>Coconut</u></b>						
<b>Local</b>							Large	190.00 · 200.00	195.53	199.50	184.77	-3.97	5.82
Samba 1	260.00 · 285.00	275.53	275.45	246.80	0.07	11.64	Small	165.00 · 185.00	179.41	181.88	161.25	-2.46	11.26
Samba 2	-	-	-	-	-	-							
Keeri Samba	350.00 · 360.00	354.67	353.75	264.68	0.92	34.00							
Nadu 1	230.00 · 240.00	234.09	234.09	249.38	0.00	-6.13	<b><u>Fruits (Rs/fruit)</u></b>						
Nadu 2	-	-	-	-	-	-	<b>Plantain</b>						
Raw (Red)	220.00 · 230.00	222.83	223.64	270.00	-0.81	-17.47	Ambul (Rs/kg)	180.00 · 280.00	233.64	213.20	210.53	20.44	10.98
Raw (White)	220.00 · 230.00	223.91	224.29	252.08	-0.37	-11.17	Kolikuttu (Rs/kg)	300.00 · 380.00	349.09	322.50	361.43	26.59	-3.41
<b>Imported</b>							Seeni (Rs/kg)	180.00 · 250.00	209.09	191.74	209.19	17.35	-0.05
Samba	250.00 · 260.00	254.21	252.00	248.54	2.21	2.28	Anamalu	40.00 · 54.00	47.00	45.76	43.37	1.24	8.37
Nadu	-	-	-	-	-	-	Ambun	56.00 · 75.00	65.29	64.00	61.50	1.29	6.17
Raw (Red)	-	-	-	-	-	-	Papaw(Rs/kg)	250.00 · 380.00	326.50	320.56	290.97	5.94	12.21
Raw (White)	-	-	-	-	-	-	Passion Fruit	50.00 · 100.00	69.55	57.67	70.87	11.88	-1.87
<b><u>Dried Chillies</u></b>							Pineapple Large	400.00 · 450.00	432.17	431.50	610.71	0.67	-29.23
Imported	900.00 · 1200.00	1040.48	1042.86	941.18	-2.38	10.55	Pineapple Medium	300.00 · 350.00	337.31	336.50	470.36	0.81	-28.29
<b><u>Onion</u></b>							Pineapple Small	240.00 · 280.00	264.81	263.18	375.71	1.63	-29.52
Sinnan	-	-	-	-	-	-	<b>Mango</b>						
Vedalan	-	-	-	-	-	-	Betti	-	-	-	-	-	-
Imported	400.00 · 520.00	462.14	468.70	551.67	-6.55	-16.23	Karthakolomban	100.00 · 180.00	128.16	114.47	177.78	13.68	-27.91
<b><u>Big Onion</u></b>							Vilad	-	-	-	-	-	-
Imported	220.00 · 300.00	255.60	267.92	244.47	-12.32	4.55	Kohu	-	-	-	-	-	-
<b><u>Potato</u></b>							<b><u>Other</u></b>						
Local	-	-	-	-	-	-	Wood Apple	60.00 · 130.00	96.58	95.79	81.61	0.79	18.34
Welimada	-	-	-	-	-	-	Orange	90.00 · 170.00	126.07	126.92	167.89	-0.85	-24.91
N'Eliya	420.00 · 480.00	452.73	451.25	418.40	1.48	8.20	Avocado	500.00 · 600.00	542.50	713.33	353.85	-170.83	53.32
Imported	200.00 · 260.00	240.83	239.20	263.44	1.63	-8.58	Slime Apple	50.00 · 120.00	85.00	94.38	86.97	-9.38	-2.26
<b><u>Pulses</u></b>							Grapes (Imp., Rs/kg)	1600.00 · 2500.00	2000.00	2064.71	2212.50	-64.71	-9.60
Green Gram	700.00 · 1000.00	863.18	865.71	816.56	-2.53	5.71	King Coconut	150.00 · 200.00	172.86	172.78	198.06	0.08	-12.73
Cowpea (White)	1000.00 · 1200.00	1078.26	1087.50	828.18	-9.24	30.20	<b><u>Sea Fish</u></b>						
Cowpea (Red)	1000.00 · 1200.00	1069.57	1097.50	829.60	-27.93	28.93	Salaya	500.00 · 760.00	618.67	625.63	480.48	-6.96	28.76
Red Dhal	280.00 · 320.00	295.00	292.08	314.41	2.92	-6.17	Hurulla	800.00 · 1400.00	1090.63	1057.50	928.33	33.13	17.48
<b><u>Vegetable</u></b>							Balaya	900.00 · 1600.00	1225.00	1410.00	987.50	-185.00	24.05
Beans (Butter)	-	-	-	-	-	-	Kelawalla	1600.00 · 2800.00	2266.67	2505.00	1943.33	-238.33	16.64
Beans(Green)	560.00 · 850.00	733.75	1206.25	434.52	-472.50	68.87	Thora	2500.00 · 4000.00	3120.83	3061.54	3025.00	59.29	3.17
Carrot	400.00 · 680.00	518.18	393.46	323.33	124.72	60.26	Paraw	1300.00 · 2500.00	1975.00	2141.67	1960.00	-166.67	0.77
Leeks	400.00 · 650.00	516.25	441.92	344.84	74.33	49.71	Mora	1000.00 · 1200.00	1100.00	-	-	-	-
Beetroot	680.00 · 1000.00	868.13	812.73	556.55	55.40	55.98	Shrimps	1800.00 · 2600.00	2068.18	2037.14	2292.11	31.04	-9.77
Knolkhol	480.00 · 800.00	623.33	609.41	377.27	13.92	65.22	Thalalpath	2500.00 · 3200.00	2928.57	3000.00	2742.11	-71.43	6.80
Raddish	300.00 · 600.00	423.33	428.64	229.67	-5.30	84.33	<b><u>Eggs</u></b>						
Cabbage	300.00 · 600.00	446.92	439.62	283.45	7.31	57.67	Brown	38.00 · 42.00	39.00	42.31	39.03	-3.31	-0.07
Tomato	450.00 · 800.00	654.62	638.40	502.81	16.22	30.19	White	35.00 · 40.00	36.42	39.75	37.50	-3.33	-2.89
Ladies Fingers	280.00 · 560.00	395.20	398.85	260.00	-3.65	52.00	<b><u>Dried Fish</u></b>						
Brijjal	450.00 · 800.00	565.20	670.00	451.94	-104.80	25.06	Sprats	2000.00 · 2400.00	2200.00	1840.00	1852.38	360.00	18.77
Capsicum	800.00 · 1800.00	1186.00	1921.74	740.74	-735.74	60.11	Sprats (Imported)	1200.00 · 1400.00	1337.50	1343.75	1250.00	-6.25	7.00
Pumpkin	180.00 · 320.00	256.00	254.00	271.67	2.00	-5.77	Kattawa	2300.00 · 2800.00	2418.18	2366.67	1990.91	51.52	21.46
Cucumber	200.00 · 320.00	261.67	286.80	234.67	-25.13	11.51	Thora	-	-	-	-	-	-
Bitter Gourd	600.00 · 1000.00	807.50	975.00	554.67	-167.50	45.58	Mora	2600.00 · 3200.00	2923.08	2933.33	2410.00	-10.26	21.29
Snake Gourd	360.00 · 600.00	485.22	522.00	340.33	-36.78	42.57	Balaya	1400.00 · 2400.00	1871.43	2042.86	1613.33	-171.43	16.00
Drumstick	-	-	-	-	-	-	Anguluwa	2400.00 · 3000.00	2690.91	2620.00	2225.00	70.91	20.94
Luffa	550.00 · 700.00	621.43	627.06	417.78	-5.63	48.75	Maduwa	-	-	-	-	-	-
Long Beans	300.00 · 500.00	400.87	520.00	350.71	-119.13	14.30	Koduwa	-	-	-	-	-	-
Ash Plantain	240.00 · 400.00	325.22	332.31	245.71	-7.09	32.36	Salaya	1000.00 · 1200.00	1070.00	1130.00	1076.19	-60.00	-0.58
Green Chillies	800.00 · 1600.00	1192.00	1552.31	1107.14	-360.31	7.66	<b><u>Meat</u></b>						
Lime	350.00 · 650.00	528.00	532.50	539.31	-4.50	-2.10	Beef (without Bones)	2700.00 · 2800.00	2783.33	2740.00	2541.67	43.33	9.51
<b><u>Root Crops</u></b>							Chicken (Broiler)	1150.00 · 1240.00	1196.67	1249.09	1204.00	-52.42	-0.61
Sweet Potato	280.00 · 400.00	368.50	366.96	243.45	1.54	51.37	Chicken (Curry)	1150.00 · 1240.00	1196.67	1237.78	1107.14	-41.11	8.09
Manioc	160.00 · 260.00	220.83	217.60	195.36	3.23	13.04	Mutton	3800.00 · 4300.00	4016.67	4000.00	3618.18	16.67	11.01
<b><u>Leafy Vegetable(Rs/bundle)</u></b>							Pork	2700.00 · 2800.00	2766.67	2725.00	1212.50	41.67	128.18
Mukunuwenna	40.00 · 80.00	71.18	75.88	75.24	-4.71	-5.40							
Kankun	40.00 · 80.00	71.18	75.88	75.24	-4.71	-5.40							
Gotukola	260.00 · 320.00	293.33	294.44	168.50	-1.11	74.09							

**This Week:** Week 01:02 - 08 Jan 2026  
**Last Week:** Week 52: 26 Dec 2025-01 Jan 2026

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

Week 01:02 - 08 Jan 2026

COMMODITY	Range	Average Price	COMMODITY	Range	Average Price	COMMODITY	Range	Average Price
<b><u>Paddy</u></b>			<b><u>Vegetable (Up Country)</u></b>			<b><u>Snake Gourd</u></b>		
<b>Short Grain</b>			<b>Beans</b>			Dambulla	182.50 - 210.00	195.63
A'pura	143.00 - 148.00	145.00	Dambulla	400.00 - 480.00	440.00	Hambantota	-	
P'naruwa	-		Welimada	500.00 - 530.00	514.00	Embilipitiya	280.00 - 320.00	300.00
Kalawewa	145.00 - 148.00	147.00	Badulla	560.00 - 620.00	590.00	Matara	-	
Kurunegala	139.00 - 144.00	141.60	<b>Carrot</b>			A'pura	180.00 - 200.00	188.00
Dehiattakandiya	135.00 - 135.00	135.00	N'Eliya	360.00 - 380.00	368.00	<b>Luffa</b>		
Nikaweratiya	140.00 - 145.00	142.60	Welimada	300.00 - 325.00	312.00	Dambulla	330.00 - 350.00	340.00
Ampara	140.00 - 145.00	142.00	Hanguranketha	300.00 - 350.00	320.00	Hambantota	-	
<b>Long Grain (White)</b>			<b>Leeks</b>			Embilipitiya	480.00 - 500.00	492.50
A'pura	127.00 - 130.00	128.20	N'Eliya	340.00 - 350.00	346.00	Matara	-	
P'naruwa	-		Welimada	325.00 - 350.00	340.00	A'pura	360.00 - 380.00	368.00
Kalawewa	127.00 - 130.00	128.60	<b>Beetroot</b>			<b>Green Chillies</b>		
Kurunegala	124.00 - 128.00	126.33	N'Eliya	440.00 - 460.00	448.00	Dambulla	580.00 - 650.00	632.00
Dehiattakandiya	128.00 - 130.00	129.33	Dambulla	-		Hambantota	-	
Embilipitiya	-		Kurunegala	-		Embilipitiya	750.00 - 800.00	775.00
Nikaweratiya	125.00 - 130.00	127.20	Welimada	485.00 - 520.00	499.00	Puttalam	712.00 - 760.00	728.00
Hambantota	-		Hanguranketha	-		A'pura	900.00 - 950.00	920.00
Ampara	124.00 - 125.00	124.50	<b>Knol Khol</b>			<b>Pumpkin</b>		
<b>Long Grain (Red)</b>			N'Eliya	430.00 - 440.00	435.00	Dambulla	86.00 - 120.00	105.20
Matara	128.00 - 130.00	129.50	Welimada	380.00 - 425.00	409.00	Hambantota	-	
Hambantota	120.00 - 125.00	123.33	Hanguranketha	300.00 - 320.00	310.00	Embilipitiya	120.00 - 140.00	130.00
Embilipitiya	118.00 - 120.00	119.25	<b>Raddish</b>			Matara	75.00 - 90.00	81.67
<b>Keeri Samba</b>			N'Eliya	110.00 - 120.00	115.00	A'pura	70.00 - 90.00	78.00
A'pura	165.00 - 170.00	167.00	Welimada	65.00 - 80.00	72.00	Moneragala	70.00 - 80.00	74.00
P'naruwa	-		Hambantota	-		<b>Cucumber</b>		
Kalawewa	165.00 - 170.00	166.40	Hanguranketha	70.00 - 80.00	75.00	A'pura	40.00 - 60.00	48.00
Kurunegala	160.00 - 165.00	162.33	<b>Cabbage</b>			Dambulla	60.00 - 76.00	68.20
Dehiattakandiya	168.00 - 170.00	169.33	N'Eliya	230.00 - 250.00	242.00	Hambantota	-	
<b>Red Onion</b>			Welimada	200.00 - 225.00	212.00	Matara	90.00 - 100.00	95.00
Puttalam	-		Badulla	260.00 - 280.00	270.00	<b>Long Beans</b>		
Jaffna	210.00 - 220.00	216.00	Hanguranketha	180.00 - 200.00	190.00	Dambulla	95.00 - 130.00	113.00
<b>Big Onion</b>			<b>Tomato</b>			Hambantota	-	
Dambulla	-		Welimada	340.00 - 370.00	355.00	Embilipitiya	100.00 - 120.00	107.50
Kalawewa	-		Hambantota	-		Matara	200.00 - 240.00	220.00
A'pura	-		Dambulla	340.00 - 370.00	356.00	A'pura	120.00 - 140.00	128.00
<b>Potato</b>			Hanguranketha	300.00 - 310.00	303.33	<b>Ash Plantain</b>		
N'Eliya	290.00 - 310.00	300.00	<b>Vegetable (Low Country)</b>			Hambantota	-	
Badulla	315.00 - 330.00	321.67	<b>Ladies Fingers</b>			Embilipitiya	120.00 - 140.00	127.50
Welimada	290.00 - 320.00	306.00	A'pura	180.00 - 200.00	188.00	Matara	95.00 - 100.00	98.33
<b>Pulses</b>			Dambulla	145.00 - 172.50	160.00	<b>Lime</b>		
<b>Green Gram</b>			Hambantota	-		Hambantota	-	
Hambantota	-		Embilipitiya	180.00 - 200.00	192.50	Embilipitiya	200.00 - 240.00	222.50
Moneragala	480.00 - 530.00	500.00	Matara	160.00 - 170.00	163.33	Moneragala	100.00 - 130.00	112.00
Embilipitiya	440.00 - 450.00	445.00	<b>Brinjal</b>			<b>Fruits (Rs/kg)</b>		
Nikaweratiya	420.00 - 450.00	435.00	A'pura	350.00 - 380.00	362.00	<b>Banana</b>		
A'pura	500.00 - 530.00	512.00	Dambulla	290.00 - 340.00	320.00	<b>Ambul</b>		
<b>Cowpea</b>			Hambantota	-		Moneragala	50.00 - 60.00	54.00
Hambantota	-		Embilipitiya	250.00 - 280.00	265.00	Embilipitiya	100.00 - 130.00	112.00
Nikaweratiya	480.00 - 540.00	510.00	Matara	330.00 - 340.00	333.33	Hambantota	-	
Moneragala	-		Welimada	260.00 - 285.00	273.75	<b>Kolikuttu</b>		
Embilipitiya	750.00 - 760.00	755.00	<b>Capsicum</b>			Moneragala	170.00 - 190.00	178.00
<b>Maize</b>			Badulla	600.00 - 670.00	636.67	Embilipitiya	150.00 - 180.00	166.00
A'pura	-		Welimada	550.00 - 580.00	560.00	Hambantota	-	
Kalawewa	175.00 - 180.00	178.33	<b>Bitter Gourd</b>			<b>Papaw</b>		
<b>Gingelly</b>			A'pura	360.00 - 400.00	376.00	Moneragala	70.00 - 90.00	78.00
A'pura	-		Dambulla	400.00 - 450.00	430.00	Embilipitiya	160.00 - 175.00	167.50
Kalawewa	-		Hambantota	-		Hambantota	-	
<b>Black Gram</b>			Embilipitiya	600.00 - 630.00	615.00	<b>Pineapple</b>		
A'pura	-		Matara	500.00 - 550.00	523.33	Divulapitiya	-	
Kalawewa	-							

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

**Week 01:02 - 08 Jan 2026**

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<b>CROP</b>	<b>PELIYAGODA</b>	<b>MAHARAGAMA</b>	<b>KIRULAPONE</b>	<b>NUGEGODA</b>	<b>NARAHENPITA</b>	<b>DEMATAGODA</b>	<b>THOTALANGA</b>	<b>KADAWATHA</b>	<b>KIRIBATHGODA</b>
<b><u>Rice</u></b>									
<b>Local</b>									
Samba 1	260.00 - 280.00	280.00 - 280.00	270.00 - 280.00	270.00 - 280.00	270.00 - 280.00	270.00 - 270.00	270.00 - 270.00	280.00 - 280.00	270.00 - 285.00
Samba 2	-	-	-	-	-	-	-	-	-
Keeri Samba	350.00 - 360.00	-	350.00 - 360.00	350.00 - 360.00	350.00 - 360.00	350.00 - 350.00	350.00 - 350.00	350.00 - 350.00	360.00 - 360.00
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 - 230.00	230.00 - 240.00	230.00 - 240.00
Nadu 2	-	-	-	-	-	-	-	-	-
Raw (Red)	220.00 - 220.00	220.00 - 220.00	220.00 - 220.00	220.00 - 220.00	220.00 - 230.00	220.00 - 220.00	220.00 - 230.00	220.00 - 220.00	220.00 - 230.00
Raw (White)	220.00 - 230.00	220.00 - 220.00	220.00 - 230.00	220.00 - 230.00	220.00 - 230.00	230.00 - 230.00	220.00 - 230.00	220.00 - 230.00	220.00 - 230.00
<b>Imported</b>									
Samba	250.00 - 260.00	260.00 - 260.00	250.00 - 260.00	250.00 - 260.00	250.00 - 260.00	-	250.00 - 260.00	260.00 - 260.00	260.00 - 260.00
Nadu	-	-	-	-	-	-	-	-	-
Raw (Red)	-	-	-	-	-	-	-	-	-
Raw (White)	-	-	-	-	-	-	-	-	-
<b><u>Dried Chillies</u></b>									
Imported	900.00 - 950.00	1100.00 - 1100.00	1100.00 - 1200.00	1000.00 - 1200.00	1200.00 - 1200.00	1200.00 - 1200.00	900.00 - 1000.00	900.00 - 1000.00	1100.00 - 1200.00
<b><u>Red Onion</u></b>									
Sinnan	-	-	-	-	-	-	-	-	-
Vedalan	-	-	-	-	-	-	-	-	-
Imported	400.00 - 460.00	480.00 - 520.00	480.00 - 500.00	480.00 - 500.00	480.00 - 520.00	480.00 - 500.00	400.00 - 460.00	480.00 - 500.00	400.00 - 520.00
<b><u>Big Onion</u></b>									
Imported	220.00 - 240.00	280.00 - 300.00	240.00 - 260.00	240.00 - 280.00	280.00 - 300.00	240.00 - 260.00	240.00 - 260.00	220.00 - 240.00	260.00 - 280.00
Local	-	-	-	-	-	-	-	-	-
<b><u>Potato</u></b>									
Welimada	-	-	-	-	-	-	-	-	-
N'Eliya	420.00 - 450.00	480.00 - 480.00	440.00 - 450.00	440.00 - 450.00	-	-	440.00 - 450.00	-	-
Imported	200.00 - 220.00	240.00 - 260.00	220.00 - 240.00	220.00 - 240.00	240.00 - 260.00	240.00 - 240.00	220.00 - 240.00	240.00 - 260.00	240.00 - 260.00
<b><u>Pulses</u></b>									
Green Gram	700.00 - 850.00	800.00 - 800.00	1000.00 - 1000.00	800.00 - 1000.00	900.00 - 1000.00	800.00 - 800.00	700.00 - 1000.00	960.00 - 980.00	900.00 - 1000.00
Cowpea (White)	1000.00 - 1100.00	1100.00 - 1100.00	1000.00 - 1200.00	1000.00 - 1200.00	1000.00 - 1100.00	1000.00 - 1000.00	1000.00 - 1100.00	1000.00 - 1000.00	1200.00 - 1200.00
Cowpea (Red)	1000.00 - 1100.00	1100.00 - 1100.00	1000.00 - 1200.00	1000.00 - 1200.00	1000.00 - 1100.00	1000.00 - 1000.00	1000.00 - 1100.00	1000.00 - 1100.00	1100.00 - 1200.00
Red Dhal	280.00 - 290.00	300.00 - 320.00	280.00 - 320.00	280.00 - 300.00	300.00 - 320.00	280.00 - 280.00	280.00 - 300.00	280.00 - 300.00	280.00 - 300.00

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

**Week 01:02 - 08 Jan 2026**

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<b>CROP</b>	<b>PELIYAGODA</b>	<b>MAHARAGAMA</b>	<b>KIRULAPONE</b>	<b>NUGEGODA</b>	<b>NARAHENPITA</b>	<b>DEMATAGODA</b>	<b>THOTALANGA</b>	<b>KADAWATHA</b>	<b>KIRIBATHGODA</b>
<b><i>Vegetable</i></b>									
Beans	560.00 - 650.00	800.00 - 850.00	800.00 - 850.00	800.00 - 850.00	700.00 - 800.00	600.00 - 600.00	650.00 - 700.00	750.00 - 800.00	800.00 - 850.00
Carrot	400.00 - 450.00	650.00 - 680.00	480.00 - 520.00	560.00 - 600.00	600.00 - 650.00	400.00 - 400.00	400.00 - 450.00	550.00 - 560.00	550.00 - 560.00
Leeks	400.00 - 500.00	640.00 - 650.00	550.00 - 600.00	500.00 - 550.00	550.00 - 560.00	600.00 - 650.00	480.00 - 500.00	400.00 - 450.00	400.00 - 400.00
Beetroot	680.00 - 700.00	900.00 - 1000.00	800.00 - 800.00	900.00 - 950.00	900.00 - 900.00	-	800.00 - 800.00	1000.00 - 1000.00	900.00 - 1000.00
Knolkhol	480.00 - 550.00	600.00 - 600.00	-	800.00 - 800.00	550.00 - 600.00	-	-	-	-
Raddish	300.00 - 400.00	600.00 - 600.00	380.00 - 400.00	560.00 - 600.00	350.00 - 360.00	-	300.00 - 300.00	420.00 - 420.00	-
Cabbage	300.00 - 350.00	600.00 - 600.00	360.00 - 400.00	550.00 - 600.00	350.00 - 400.00	400.00 - 450.00	300.00 - 350.00	550.00 - 560.00	550.00 - 560.00
Tomato	450.00 - 550.00	800.00 - 800.00	550.00 - 600.00	560.00 - 800.00	560.00 - 600.00	560.00 - 600.00	550.00 - 560.00	700.00 - 800.00	800.00 - 800.00
Ladies Fingers	280.00 - 320.00	480.00 - 560.00	350.00 - 400.00	500.00 - 560.00	350.00 - 360.00	320.00 - 320.00	350.00 - 400.00	360.00 - 400.00	350.00 - 400.00
Brinjal	450.00 - 500.00	600.00 - 650.00	450.00 - 520.00	500.00 - 560.00	550.00 - 600.00	450.00 - 460.00	480.00 - 550.00	800.00 - 800.00	700.00 - 800.00
Capsicum	800.00 - 850.00	1400.00 - 1600.00	900.00 - 1100.00	1100.00 - 1200.00	900.00 - 1000.00	1000.00 - 1200.00	1200.00 - 1400.00	1500.00 - 1600.00	1600.00 - 1800.00
Pumpkin	180.00 - 200.00	280.00 - 320.00	260.00 - 280.00	260.00 - 280.00	240.00 - 260.00	320.00 - 320.00	200.00 - 220.00	260.00 - 280.00	260.00 - 280.00
Cucumber	200.00 - 210.00	320.00 - 320.00	260.00 - 280.00	320.00 - 320.00	250.00 - 260.00	240.00 - 260.00	220.00 - 240.00	240.00 - 260.00	280.00 - 320.00
Bitter Gourd	600.00 - 650.00	700.00 - 800.00	750.00 - 800.00	900.00 - 1000.00	800.00 - 800.00	-	1000.00 - 1000.00	900.00 - 900.00	900.00 - 1000.00
Snake Gourd	360.00 - 400.00	600.00 - 600.00	480.00 - 520.00	560.00 - 600.00	450.00 - 480.00	400.00 - 400.00	450.00 - 550.00	560.00 - 560.00	400.00 - 560.00
Drumstick	-	-	-	-	-	-	-	-	-
Luffa	580.00 - 600.00	650.00 - 700.00	560.00 - 600.00	550.00 - 550.00	700.00 - 700.00	-	-	550.00 - 550.00	550.00 - 600.00
Long Beans	300.00 - 340.00	400.00 - 500.00	350.00 - 400.00	500.00 - 500.00	450.00 - 480.00	400.00 - 450.00	350.00 - 360.00	450.00 - 460.00	320.00 - 400.00
Ash Plantain	240.00 - 260.00	400.00 - 400.00	360.00 - 400.00	350.00 - 400.00	320.00 - 320.00	320.00 - 320.00	260.00 - 280.00	340.00 - 360.00	320.00 - 340.00
Green Chillies	800.00 - 900.00	1100.00 - 1300.00	900.00 - 1000.00	1000.00 - 1200.00	1200.00 - 1400.00	1200.00 - 1400.00	1300.00 - 1400.00	1550.00 - 1600.00	1500.00 - 1600.00
Lime	350.00 - 400.00	600.00 - 600.00	560.00 - 600.00	560.00 - 600.00	500.00 - 560.00	550.00 - 600.00	400.00 - 450.00	600.00 - 650.00	600.00 - 600.00
<b><i>Root Crops</i></b>									
Sweet Potato	280.00 - 320.00	360.00 - 400.00	360.00 - 400.00	400.00 - 400.00	360.00 - 400.00	360.00 - 360.00	350.00 - 400.00	400.00 - 400.00	400.00 - 400.00
Manioc	180.00 - 200.00	220.00 - 240.00	230.00 - 240.00	250.00 - 260.00	200.00 - 220.00	220.00 - 240.00	160.00 - 180.00	230.00 - 240.00	230.00 - 240.00
<b><i>Leafy Vegetable</i></b>									
Mukunuwenna	40.00 - 50.00	70.00 - 80.00	70.00 - 80.00	80.00 - 80.00	70.00 - 80.00	70.00 - 80.00	60.00 - 70.00	80.00 - 80.00	70.00 - 80.00
Kankun	40.00 - 50.00	70.00 - 80.00	70.00 - 80.00	80.00 - 80.00	70.00 - 80.00	70.00 - 80.00	60.00 - 70.00	80.00 - 80.00	70.00 - 80.00
Gotukola	280.00 - 320.00	280.00 - 320.00	260.00 - 280.00	280.00 - 320.00	280.00 - 320.00	280.00 - 320.00	260.00 - 280.00	280.00 - 320.00	280.00 - 320.00
<b><i>Coconut</i></b>									
Large	190.00 - 200.00	190.00 - 200.00	190.00 - 200.00	190.00 - 200.00	195.00 - 200.00	190.00 - 195.00	190.00 - 195.00	195.00 - 200.00	195.00 - 200.00
Small	170.00 - 180.00	180.00 - 180.00	180.00 - 185.00	185.00 - 185.00	185.00 - 185.00	185.00 - 185.00	165.00 - 170.00	180.00 - 185.00	170.00 - 180.00

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

**Week 01:02 - 08 Jan 2026**

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<b><i>Plantain</i></b>									
Ambul (Rs/Kg)	250.00 - 280.00	240.00 - 240.00	250.00 - 280.00	240.00 - 240.00	270.00 - 280.00	250.00 - 280.00	180.00 - 200.00	180.00 - 220.00	180.00 - 200.00
Kolikuttu (Rs/Kg)	300.00 - 350.00	360.00 - 360.00	350.00 - 380.00	300.00 - 350.00	350.00 - 380.00	350.00 - 380.00	300.00 - 300.00	350.00 - 380.00	350.00 - 380.00
Seeni (Rs/Kg)	180.00 - 200.00	220.00 - 240.00	250.00 - 250.00	220.00 - 220.00	220.00 - 240.00	200.00 - 220.00	180.00 - 200.00	180.00 - 200.00	200.00 - 220.00
Anamalu	43.00 - 50.00	50.00 - 50.00	54.00 - 54.00	43.00 - 50.00	45.00 - 50.00	43.00 - 45.00	43.00 - 50.00	50.00 - 50.00	40.00 - 42.00
Ambun	60.00 - 70.00	70.00 - 70.00	75.00 - 75.00	60.00 - 70.00	60.00 - 70.00	60.00 - 60.00	60.00 - 70.00	70.00 - 70.00	56.00 - 60.00
<b><i>Pineapple</i></b>									
Large	400.00 - 450.00	420.00 - 420.00	450.00 - 450.00	400.00 - 450.00	400.00 - 450.00	400.00 - 400.00	450.00 - 450.00	400.00 - 450.00	400.00 - 450.00
Medium	300.00 - 350.00	320.00 - 320.00	300.00 - 350.00	300.00 - 350.00	350.00 - 350.00	300.00 - 350.00	350.00 - 350.00	300.00 - 350.00	300.00 - 350.00
Small	240.00 - 280.00	250.00 - 280.00	240.00 - 280.00	240.00 - 280.00	260.00 - 280.00	250.00 - 260.00	250.00 - 280.00	240.00 - 280.00	240.00 - 280.00
<b><i>Mango</i></b>									
Betti	-	-	-	-	-	-	-	-	-
Karthakolomban	100.00 - 120.00	180.00 - 180.00	135.00 - 170.00	170.00 - 180.00	100.00 - 120.00	100.00 - 135.00	100.00 - 100.00	135.00 - 150.00	100.00 - 120.00
Vilad	-	-	-	-	-	-	-	-	-
Kohu	-	-	-	-	-	-	-	-	-
<b><i>Other Fruits</i></b>									
Wood Apple	70.00 - 75.00	120.00 - 120.00	120.00 - 120.00	130.00 - 130.00	100.00 - 110.00	60.00 - 100.00	60.00 - 80.00	60.00 - 80.00	80.00 - 100.00
Orange	90.00 - 100.00	-	170.00 - 170.00	170.00 - 170.00	100.00 - 135.00	100.00 - 100.00	-	100.00 - 120.00	120.00 - 155.00
Avocado	500.00 - 500.00	-	-	-	600.00 - 600.00	-	-	500.00 - 570.00	-
Slime Apple	70.00 - 80.00	100.00 - 100.00	120.00 - 120.00	100.00 - 120.00	80.00 - 110.00	80.00 - 100.00	50.00 - 60.00	50.00 - 80.00	60.00 - 80.00
Grapes (Rs/Kg)	1600.00 - 1700.00	2300.00 - 2300.00	1800.00 - 2000.00	2500.00 - 2500.00	1800.00 - 2000.00	2000.00 - 2000.00	2000.00 - 2000.00	2000.00 - 2000.00	1800.00 - 2000.00
Papaw (Rs/Kg)	280.00 - 350.00	360.00 - 360.00	350.00 - 380.00	340.00 - 380.00	350.00 - 350.00	300.00 - 350.00	250.00 - 350.00	350.00 - 350.00	280.00 - 280.00
Passion	60.00 - 60.00	-	100.00 - 100.00	80.00 - 100.00	60.00 - 65.00	-	50.00 - 50.00	50.00 - 50.00	60.00 - 80.00
King Coconut	160.00 - 170.00	200.00 - 200.00	200.00 - 200.00	200.00 - 200.00	160.00 - 170.00	200.00 - 200.00	150.00 - 150.00	150.00 - 150.00	150.00 - 160.00

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

**Week 01:02 - 08 Jan 2026**

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<b><i>Sea Fish</i></b>									
Salaya	500.00 - 650.00	600.00 - 600.00	700.00 - 720.00	700.00 - 700.00	760.00 - 760.00	720.00 - 720.00	500.00 - 600.00	550.00 - 680.00	-
Hurulla	800.00 - 900.00	1100.00 - 1100.00	1400.00 - 1400.00	1200.00 - 1200.00	1000.00 - 1000.00	1000.00 - 1000.00	800.00 - 1000.00	1000.00 - 1200.00	-
Balaya	900.00 - 1200.00	-	-	-	1600.00 - 1600.00	1600.00 - 1600.00	-	900.00 - 1000.00	-
Kelawalla	1600.00 - 1800.00	2800.00 - 2800.00	2400.00 - 2800.00	2400.00 - 2400.00	-	2400.00 - 2400.00	2000.00 - 2100.00	2800.00 - 2800.00	-
Thora	2500.00 - 2650.00	3400.00 - 3400.00	4000.00 - 4000.00	3800.00 - 3800.00	-	3000.00 - 3000.00	2500.00 - 2800.00	3200.00 - 3200.00	-
Paraw	1300.00 - 1500.00	2400.00 - 2400.00	2200.00 - 2400.00	2400.00 - 2400.00	2500.00 - 2500.00	2400.00 - 2400.00	1400.00 - 1400.00	1400.00 - 1400.00	-
Mora	1000.00 - 1200.00	-	-	-	-	-	-	-	-
Shrimps Small	1800.00 - 1900.00	2400.00 - 2400.00	2600.00 - 2600.00	-	1800.00 - 1800.00	1900.00 - 1900.00	2000.00 - 2100.00	2000.00 - 2000.00	-
Talopath	2500.00 - 2800.00	3200.00 - 3200.00	3000.00 - 3200.00	3000.00 - 3000.00	2800.00 - 2800.00	2800.00 - 3000.00	3000.00 - 3000.00	3000.00 - 3000.00	-
<b><i>Eggs (Rs/egg)</i></b>									
Brown	38.00 - 39.00	38.00 - 38.00	38.00 - 38.00	38.00 - 38.00	38.00 - 38.00	40.00 - 40.00	38.00 - 42.00	39.00 - 40.00	40.00 - 40.00
White	35.00 - 36.00	35.00 - 35.00	35.00 - 35.00	35.00 - 35.00	35.00 - 35.00	36.00 - 36.00	36.00 - 40.00	38.00 - 38.00	38.00 - 38.00
<b><i>Dried Fish</i></b>									
Sprats	2200.00 - 2400.00	-	2000.00 - 2000.00	2200.00 - 2400.00	2000.00 - 2000.00	-	2400.00 - 2400.00	-	2000.00 - 2000.00
Kattawa	-	2400.00 - 2400.00	2400.00 - 2400.00	2800.00 - 2800.00	2400.00 - 2400.00	-	2400.00 - 2400.00	2300.00 - 2400.00	2400.00 - 2400.00
Thora	-	-	-	-	-	-	-	-	-
Mora	2600.00 - 2600.00	3000.00 - 3000.00	3000.00 - 3000.00	3000.00 - 3200.00	-	2800.00 - 2800.00	3000.00 - 3000.00	2800.00 - 3000.00	3200.00 - 3200.00
Balaya	1400.00 - 1600.00	1900.00 - 1900.00	2400.00 - 2400.00	2400.00 - 2400.00	2000.00 - 2000.00	1400.00 - 1500.00	2000.00 - 2000.00	1800.00 - 2000.00	2200.00 - 2200.00
Anguluwa	2800.00 - 2800.00	2600.00 - 2600.00	2400.00 - 2400.00	2800.00 - 3000.00	-	2800.00 - 3000.00	-	2600.00 - 2600.00	2600.00 - 2600.00
Salaya	1000.00 - 1100.00	-	1000.00 - 1000.00	-	1000.00 - 1200.00	-	-	1200.00 - 1200.00	1200.00 - 1200.00
<b><i>Meat</i></b>									
Beef (without Bones)	-	2800.00 - 2800.00	2800.00 - 2800.00	2800.00 - 2800.00	2800.00 - 2800.00	-	2700.00 - 2700.00	2800.00 - 2800.00	-
Chicken (Broiler)	1150.00 - 1150.00	1230.00 - 1230.00	1240.00 - 1240.00	1240.00 - 1240.00	1150.00 - 1150.00	1150.00 - 1150.00	1150.00 - 1150.00	1220.00 - 1220.00	1240.00 - 1240.00
Chicken (Curry)	1150.00 - 1150.00	1230.00 - 1230.00	1240.00 - 1240.00	1240.00 - 1240.00	1150.00 - 1150.00	1150.00 - 1150.00	1150.00 - 1150.00	1220.00 - 1220.00	1240.00 - 1240.00
Mutton	-	4000.00 - 4000.00	4300.00 - 4300.00	4000.00 - 4000.00	3800.00 - 3800.00	-	4000.00 - 4000.00	4000.00 - 4000.00	-
Pork	-	2700.00 - 2700.00	-	-	-	-	-	2800.00 - 2800.00	2800.00 - 2800.00

## Annex 05 : Food Composition of Selected Food Commodities

Commodity	Energy (kcal/100g)	Protein (g/100g)	Total fat (g/100g)	Retinol Eq ( $\mu$ g/100g)	Vit B2 (mg/100g)	Vit B6 (mg/100g)	Folate ( $\mu$ g/100g)	Vit C (mg/100g)	Calcium (mg/100g)	Magnesium (mg/100g)	Iron (mg/100g)	Zinc (mg/100g)
<b>Rice</b>												
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
<b>Dried chilies</b>	233	12.68	6.41	437	0.84	0.42	46.83	NA	107	231	5.39	1.65
<b>Onion</b>												
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
<b>Potatoes</b>	71	1.67	0.25		0.01	0.09	14.31	20.5	9.83	23.84	0.46	0.29
<b>Pulses</b>												
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
<b>Vegetables</b>												
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
<b>Coconuts nuts</b>	<b>390</b>	<b>3.67</b>	<b>39.92</b>	<b>-</b>	<b>0.05</b>	<b>0.11</b>	<b>14.86</b>	<b>-</b>				

<b>Root Crop</b>												
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
<b>Leafy Vegetables</b>												
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
<b>Meat</b>												
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
<b>Fish</b>												
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

