

## RETAIL MARKET AT A GLANCE

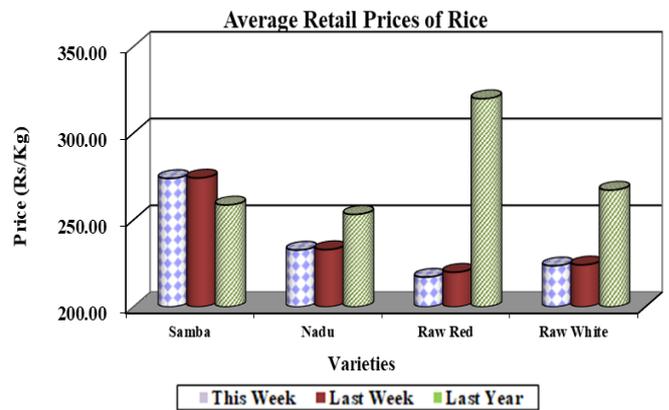
### Summary

#### Rice/ Paddy

Prices of local raw red and raw white have decreased due to increased supply from main producing areas. Prices ranged Rs.210.00-220.00/kg for raw red and Rs.220.00-230.00/kg for raw white.

Average farmgate prices of long grain white and long grain red paddy varieties have decreased in most of the producing areas due to commencement of the harvesting season.

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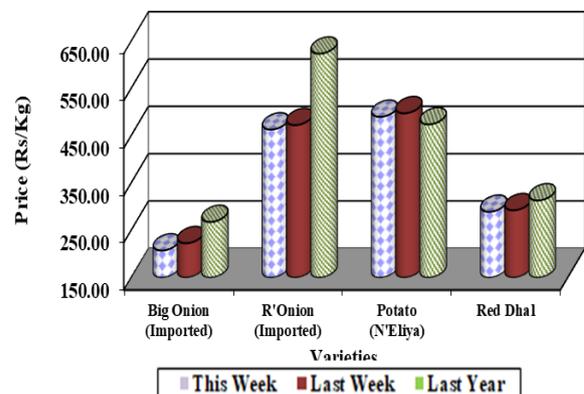


#### Other Field Crops

Prices of both imported red onion and imported big onion have decreased. Price ranged Rs.400.00-520.00/kg for imported red onion and Rs.160.00-240.00/kg for imported big onion. Prices of both Nuwara Eliya and imported potatoes have decreased. Prices ranged Rs.440.00-560.00/kg for Nuwara Eliya potato and Rs.160.00-260.00/kg for imported potato.

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Average Retail Prices of Other Field Crops

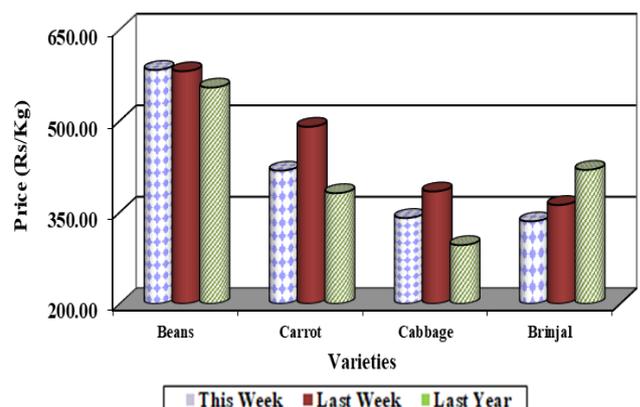


#### Vegetables

Prices of all the vegetable varieties except green beans and capsicum have decreased due to high supplies from main producing areas. Among the up-country vegetables, the highest price decrease was noted for knolkhol followed by carrot.

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Average Retail Prices of Vegetables



#### Coconut

Prices of both large and small nuts have increased. Prices ranged Rs.180.00-200.00 for a large nut and Rs.160.00-180.00 for a small nut.

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## Rice

### Wholesale

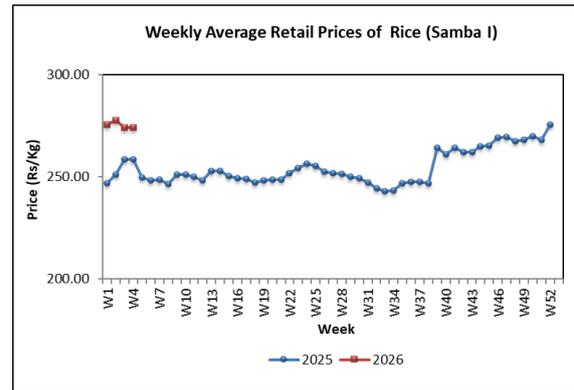
Prices of raw red, raw white have decreased by 2% due to arrive of the new stocks to the market and price ranged Rs.200.00-205.00/kg for raw red and Rs.200.00-210/kg for raw white. Prices of most of the other local rice varieties have decreased slightly as well. Imported ponni samba has increased by 2% due to unavailability of sufficient stoks and price ranged Rs.235.00-240.00/kg.

Compared to same period of last year, the highest price increase of 39% recorded for keeri samba while the highest price decrease of 11% was recorded for raw white.

### Retail

Prices of local raw red and raw white rice have decreased by Rs.3.00/kg and Rs.1.00/kg with increased supply. There is no significant price change was observed for other rice varieties.

Compared to the same period of the last year, the highest price increase of 38% was recorded for local keeri samba while the highest price decreased of 32% was recorded for local raw red.



## Paddy

The average farmgate prices of long grain white and long grain red paddy varieties have decreased in most of the producing areas. The price of long grain white paddy varied between Rs.108.00–125.00/kg in major producing areas, recording a decrease of Rs. 4.00/kg in the Ampara district. Additionally, the price of long grain red paddy ranged between Rs.110.00–120.00/kg, recording a decrease of Rs. 5.00/kg in the Hambantota district. Price of short grain (samba) paddy ranged between Rs.135.00–148.00/kg, recording a decrease of Rs. 3.00/kg in the Polonnaruwa district. The price of keeri samba paddy ranged between Rs.160.00-175.00/kg in the major producing areas.

Compared to the same time period last year, the average prices of short grain and keeri samba paddy have increased significantly, with the highest price increase observed for short grain paddy in Polonnaruwa (25%). Meanwhile, prices of

long grain white and long grain red paddy have decreased in most of the producing areas.

### Dried Chilies

#### Wholesale

Price of imported dried chilies has increased by 3% and price ranged Rs.750.00-850.00/kg,

Compared to same period of last year, current wholesale price of imported dried chilies has increased by 22%.

#### Retail

Price of imported dried chilies has increased by Rs.11.00/kg and price ranged Rs.850.00-1300.00/kg.

Compared to the same period of the last year, current retail price of imported dried chilies has increased by 19%.

### Onion

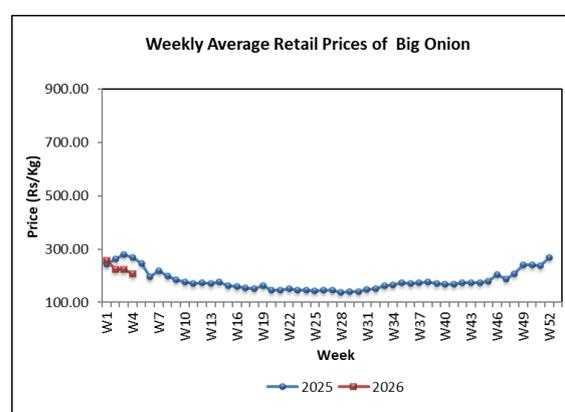
#### Wholesale

Price of imported red onion has decreased by 4% and price ranged Rs.240.00-320.00/kg. price of imported big onion has increased by 7% due to unavailability of sufficient stocks at the market and price ranged Rs.110.00-160.00/kg.

Compared to same period of last year current wholesale price of imported red onion and imported big onion varieties have decreased by 41% and 22% respectively.

#### Retail

Prices of both imported red onions and imported big onions have decreased by Rs.9.00/kg and Rs.16.00/kg respectively.



Compared to the same period of the last year, prices of both imported red onion and imported big onion have decreased by 26% and 23% respectively.

### Potato

#### Wholesale

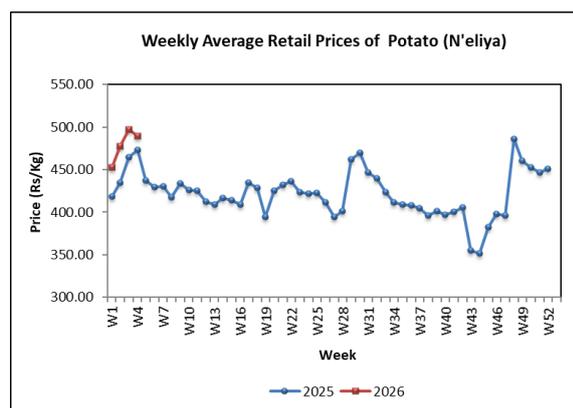
Price of Nuwara Eliya potato has not changed significantly and price ranged Rs.410.00-430.00/kg. The price of imported potato has decreased by 13% due to availability of sufficient stocks of the

market and price ranged Rs.120.00-280.00/kg.

Compared to same period of last year, current wholesale price of Nuwara Eliya potato has increased by 14% while the price of imported potato has decreased by 5%.

### Retail

Prices of both Nuwara-Eliya and imported potatoes have decreased by Rs.8.00/kg and Rs.29.00/kg respectively.



Compared to the same period of the last year, price of Nuwara Eliya potato has increased by 3% while the price of imported potato has decreased by 13%.

### Pulses

#### Wholesale

Prices of green gram and red dhal have decreased by 1% and 3% and price ranged Rs.600.00-650.00/kg and

Rs.235.00-250.00/kg. Prices of both white cowpea and red cowpea have also decreased by 6% and 11% respectively due to availability of sufficient stocks and price ranged Rs.650.00-800.00/kg for white cowpea and Rs.680.00-800.00/kg for red cowpea.

Compared to same period of last year current wholesale prices of most of the pulses varieties have increased with the highest price increase was noted for red cowpea.

### Retail

Prices of all types of pulses have decreased. The highest price decrease of Rs.18.00/kg was recorded for white cowpea. Prices ranged Rs.700.00-1100.00/kg for green gram, Rs.850.00-1300.00/kg for both cowpea varieties and Rs.260.00-320.00/kg for red dhal.

Compared to the same period of the last year, the highest price increase of 30% was recorded for red cowpea and price of red dhal has decreased by 8%.

### Vegetables

#### Wholesale

Prices of all vegetable varieties except for green beans, long beans and capsicum have

decreased, with increased supply from most of the producing areas.

Among the upcountry vegetable varieties, the highest price decrease of 31% reported for knolkhol, with increased supply from Dambulla, Kandy and Welimada areas. Similarly, prices of raddish have also decreased by 30%, due to increased supply from Nuwara Eliya, Bandarawela, Puttalam, Beruwela and Welimada areas. In addition, prices of other up-country vegetables have also decreased in the range of 2%-16%, due to high supply.

Considering the low-country vegetables, the highest price decrease was reported for cucumber as 28%, due to increased supply from Balangoda, Embilipitiya, Hambanthota, Kurunegala and Monaragala areas.

In addition, prices of brinjals have also decreased by 16%, with increased supply from Embilipitiya, Balangoda, Hambanthota and Bandarawela. Prices of other low country vegetables have decreased in the range of 1%-13%, with increased supply from major producing areas.

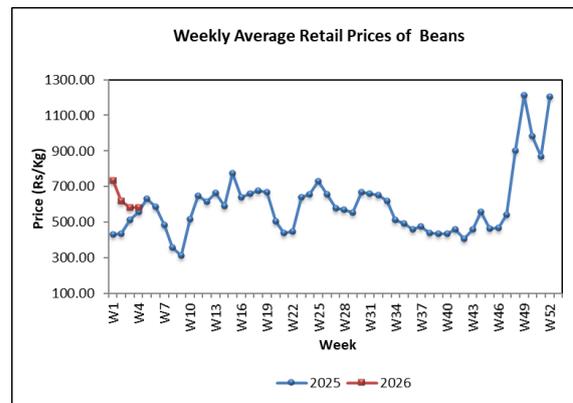
Although prices of both green beans and long beans have increased at the beginning of the week. Its prices have shown a decreasing trend at the later part of the week high supplies from Balangoda.

Hence, during next couple of weeks prices of green beans and long beans will be decreased further.

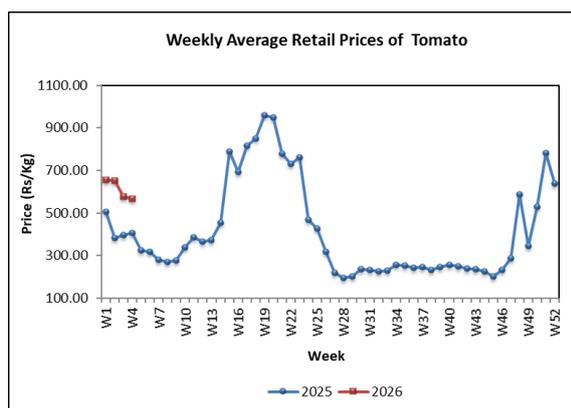
Compared to the same period of last year, prices of most of the vegetables have increased, with the highest price increase of 53% reported for luffa.

### Retail

Prices of all the vegetable varieties except green beans and capsicum have decreased. Considering the up-country vegetables, the highest price decrease was reported for knokhol by Rs.124.00/kg followed by carrot by Rs.72.00/kg.



Considering the low-country vegetable varieties, the highest price decrease was reported for cucumber Rs.64.00/kg. Prices of green chili and lime have also decreased by Rs.94.00/kg and Rs.69.00/kg respectively.



Compared to the same period last year, prices of most vegetable varieties have increased, with highest price increase of 40% reported for tomatoes.

### Coconut Wholesale

Supplies of coconut have increased, from major producing areas. Hence, prices of both large and small nuts have decreased by 2% and 3% respectively. Price ranged Rs.150.00-165.00 for a large nut and Rs.130.00-145.00 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 22% and 23% respectively.

### Retail

Prices of both large and small nuts have increased by around Rs.2.00/nut. The prices ranged Rs.180.00-200.00 for a large nut and Rs.160.00-180.00 for a small nut.

Compared to the same period of last year, current retail prices of both large and small nuts have decreased by 10% and 7% respectively.

### Fruits Wholesale

Prices of all the fruit varieties except ambul, kolikuttu and seeni banana have increased due to limited supply to the market. The highest price increase of 47% was reported for karthakolomban mango. Further, price of papaw has also increased by 18% due to limited supply. In addition, price of imported grapes has increased by 17%. Furthermore, prices of passion fruit, large sized pineapple, and slim apple have increased by 16%,14% and 11% respectively due to limited supply from major producing areas.

Compared to the same period of last year, current prices of most of the fruit varieties have increased with the highest price increase of 195% noted for papaw.

### Retail

Prices of most of the fruit varieties have increased. The highest price increase was reported for imported grapes by Rs.186.00/kg. Prices of papaw

and karthakolomban mango have increased by Rs.75.00/kg and Rs.60.00/fruit respectively. Also, prices of medium size of pineapple and large size of pineapple have increased by Rs.13/fruit and Rs.12/fruit respectively. However, the price of avocado has decreased by Rs.21.00/fruit.

Compared to the same period of last year, prices of most of fruit varieties have increased with the highest price increase of 113% reported for papaw.

**Fresh Fish**

**Wholesale**

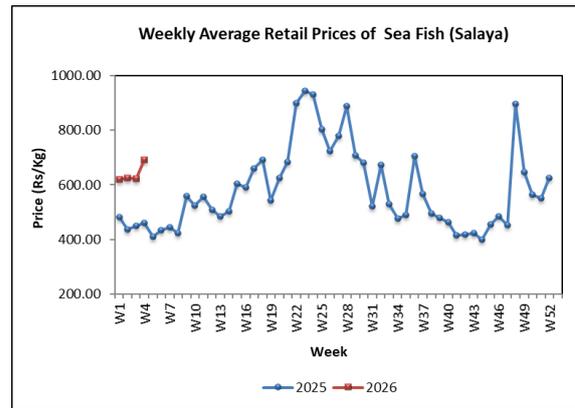
Prices of most fresh fish types have decreased. The highest price decrease was noted for hurulla as 29%. The second highest price decrease was noted for kelawalla as 14%. While Prices of salaya and thora have has increased by 20% and 6% respectively.

Compared to the same period of last year, current wholesale prices of most of the fresh fish types have increased with the highest price increase of 54% was noted for salaya.

**Retail**

Retail prices of all the fish varieties except shrimp and thalapath have increased

during this week. The highest price increase was recorded for balaya at Rs.278.00/kg. The second and third price increases were recorded for parawa and thora by Rs.108.00 and Rs.105.00/kg respectively. Prices of thalapath and shrimps have decreased by Rs.72.00/kg and Rs.39.00/kg respectively.



Compared to the same period last year, retail prices of all the fish varieties have increased in the range of 8%-51% with the highest price increase recorded for salaya.

**Dried Fish**

**Wholesale**

Prices of most of the local and imported dried fish types have increased. The highest price increase of 86% was noted for imported mora. The second highest price increase of 41% was noted for local anguluwa. Meanwhile, Price of local balaya has decreased by 8%.

Compared to the same period of last year, the current wholesale prices of most of the dried fish types have increased and the highest price increase was noted for imported mora (201%).

### **Retail**

Prices of the most dried fish varieties have increased. The highest price increase was recorded for local thora by Rs.367.0/kg. The second and third highest price increase was recorded for balaya (Rs.70.00/kg) and mora (Rs.30.00/kg). The highest price decrease was recorded for angulua by Rs.137.00/kg.

Compared to the same period last year, retail prices of all dried fish varieties except salaya have increased in the range of 12%-22%, with the highest price increase recorded for kattawa and mora.

### **Eggs**

#### **Wholesale**

Prices of both brown and white eggs have increased by 7% and 6% respectively. Price ranged Rs.32.00-34.00 for brown egg and Rs.30.00-32.00 for white egg.

Compared to the same period of last year, current wholesale prices of both brown and white eggs have increased by 10% and 12% respectively.

### **Retail**

Prices of both brown and white eggs have increased by Rs.2.00/egg and Rs.3.00/egg respectively. Price ranged S.34.00-35.00/egg for brown egg and Rs.32.00-34.00/egg for white egg.

Compared to the same period last year, prices of both brown and white eggs have increased by 8%.

### **Meat**

#### **Retail**

Prices of beef has increased by Rs.50.00/kg. The price increase of skinless curry chicken was recorded as Rs.7.00/kg. However, prices of mutton and broiler chicken have decreased by Rs.7.00/kg respectively.

Compared to the same period last year, retail prices of all meats have increased with the highest price increase of 130% was noted for pork.

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

Week 04:23 - 29 Jan 2026

LOCATIONS	Rice Varieties													
	Samba 1		Samba 2		Keeri Samba		Nadu 1		Nadu 2		Raw Red		Raw White	
Colombo	270.00	280.00	-	-	360.00	380.00	230.00	240.00	-	-	210.00	220.00	220.00	230.00
Gampaha	-	-	-	-	-	-	230.00	230.00	-	-	215.00	220.00	215.00	220.00
Kurunegala	-	-	-	-	-	-	230.00	230.00	225.00	225.00	220.00	220.00	215.00	220.00
Nikaweratiya	-	-	-	-	345.00	365.00	230.00	235.00	210.00	214.00	-	-	205.00	212.00
Dambulla	270.00	275.00	240.00	250.00	350.00	360.00	228.00	230.00	223.00	225.00	215.00	220.00	212.00	215.00
Anuradhapura	280.00	290.00	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	360.00	360.00	230.00	230.00	227.00	228.00	216.00	220.00	217.00	218.00
Polonnaruwa	-	-	240.00	240.00	-	-	230.00	230.00	-	-	220.00	220.00	220.00	220.00
Kaluthara	280.00	280.00	-	-	350.00	360.00	230.00	230.00	220.00	225.00	207.00	220.00	210.00	220.00
Badulla	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Keppetipola	270.00	280.00	-	-	360.00	370.00	230.00	230.00	224.00	226.00	195.00	202.00	200.00	205.00
Moneragala	-	-	240.00	245.00	350.00	360.00	230.00	230.00	-	-	200.00	210.00	200.00	210.00
Kegalle	-	-	-	-	-	-	230.00	230.00	-	-	220.00	220.00	215.00	220.00
Ampara	-	-	240.00	250.00	350.00	350.00	230.00	230.00	223.00	225.00	188.00	220.00	187.00	220.00
Dehiattakandiya	270.00	290.00	-	-	360.00	360.00	230.00	230.00	220.00	227.00	220.00	220.00	205.00	220.00
Nuwaraeliya	270.00	280.00	-	-	365.00	380.00	230.00	230.00	225.00	227.00	200.00	206.00	205.00	206.00
Kandy	275.00	280.00	250.00	255.00	350.00	360.00	230.00	230.00	220.00	225.00	218.00	220.00	218.00	220.00
Puttalam	275.00	280.00	250.00	260.00	350.00	360.00	230.00	230.00	210.00	220.00	220.00	220.00	210.00	220.00
Hambantota	-	-	-	-	-	-	230.00	230.00	-	-	180.00	190.00	210.00	210.00
Rathnapura	275.00	290.00	-	-	370.00	380.00	230.00	240.00	225.00	228.00	208.00	214.00	215.00	220.00
Matara	-	-	240.00	260.00	-	-	230.00	230.00	225.00	225.00	190.00	200.00	210.00	220.00
Galle	270.00	280.00	245.00	250.00	350.00	370.00	230.00	230.00	-	-	200.00	215.00	210.00	220.00
Tissamaharama	-	-	240.00	240.00	-	-	230.00	230.00	-	-	187.00	190.00	208.00	210.00
Meegoda (DEC)	-	-	240.00	245.00	-	-	230.00	230.00	220.00	225.00	200.00	210.00	210.00	220.00
Embilipitiya	-	-	240.00	240.00	334.00	335.00	230.00	230.00	212.00	220.00	185.00	190.00	208.00	212.00
Jaffna	-	-	245.00	250.00	350.00	360.00	226.00	230.00	-	-	220.00	225.00	210.00	220.00
Vavuniya	-	-	-	-	-	-	230.00	235.00	-	-	219.00	224.00	216.00	220.00
Mannar	-	-	257.00	260.00	350.00	355.00	230.00	235.00	-	-	220.00	220.00	220.00	220.00
Killinochchi	-	-	-	-	-	-	230.00	235.00	-	-	210.00	215.00	216.00	220.00
Mullaittivu	-	-	246.00	250.00	-	-	225.00	228.00	223.00	223.00	200.00	206.00	220.00	225.00
Batticaloa	-	-	262.00	265.00	355.00	360.00	230.00	230.00	-	-	215.00	220.00	220.00	225.00
Trincomalee	-	-	250.00	250.00	340.00	350.00	225.00	230.00	-	-	215.00	220.00	215.00	220.00
Hanguranketha	-	-	240.00	240.00	-	-	228.00	230.00	-	-	207.00	215.00	215.00	215.00
Veyangoda	-	-	240.00	240.00	-	-	230.00	230.00	220.00	225.00	220.00	220.00	215.00	220.00
Galenbindunuwewa	-	-	-	-	-	-	230.00	230.00	225.00	225.00	220.00	220.00	210.00	220.00
Bandarawela	-	-	-	-	355.00	360.00	230.00	230.00	-	-	200.00	210.00	205.00	210.00
Matale	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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

Week 04:23 - 29 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 - 42500	12000 - 16000	-	5500 - 8000	6000 - 14000	-	20500 - 21500	30000 - 32500	32500 - 40000	11750 - 12500
Kurunegala	40000 - 41500	15000 - 15750	-	7250 - 7500	6500 - 6750	-	-	30750 - 31250	42500 - 43000	12000 - 12250
Nikaweratiya	40000 - 42000	16500 - 17500	-	6750 - 7500	6500 - 7250	-	-	30500 - 31500	43000 - 44500	12000 - 12500
Dehiattakandiya	41000 - 42500	17000 - 19000	-	8000 - 8750	6500 - 8750	-	-	25000 - 30000	30000 - 45000	11750 - 12600
Dambulla (DEC)	42500 - 43000	14500 - 15500	-	7250 - 8000	6250 - 6500	-	-	27500 - 30000	34000 - 36500	11250 - 12000
Anuradhapura	40000 - 42500	17000 - 19000	-	7500 - 8500	7250 - 8250	-	-	32500 - 35000	37500 - 45000	12250 - 12500
Thambuththegama	38000 - 40000	15500 - 15500	-	6750 - 8400	6500 - 7000	-	-	27500 - 29000	37500 - 39000	12500 - 12750
Polonnaruwa	42500 - 45000	18000 - 19000	-	8000 - 9000	7000 - 8000	-	19000 - 19000	36000 - 38000	45000 - 48000	12000 - 12500
Kaluthara	40000 - 42500	15000 - 15500	-	7500 - 8000	9000 - 10500	-	-	32500 - 35000	40000 - 45000	12500 - 13000
Puttalam	40000 - 42000	-	10000 - 15000	7000 - 8250	7750 - 8250	-	24000 - 25000	34000 - 35000	42500 - 43000	12900 - 13000
Kandy	38000 - 39000	17000 - 17500	-	6500 - 8250	6500 - 7000	-	19000 - 20000	30000 - 35000	39000 - 42500	12000 - 12250
Matara	40000 - 42000	17000 - 18500	-	6250 - 7500	7000 - 7500	-	-	31500 - 33000	37500 - 40000	12500 - 13000
Hambantota	38500 - 40000	16000 - 17500	-	7500 - 7750	7000 - 7500	-	-	27500 - 30000	40000 - 40000	12750 - 13000
Kegalle	40000 - 42000	15000 - 16000	-	7500 - 8000	6000 - 6250	-	-	32000 - 32500	38000 - 39000	12000 - 13000
Galle	39000 - 42500	18000 - 21000	-	7500 - 9000	7500 - 10000	-	-	30000 - 40000	41000 - 45000	12250 - 13000
Tissamaharama	41500 - 42500	18500 - 19000	-	7000 - 7500	8000 - 8250	-	-	26000 - 27500	-	11500 - 12000
Meegoda (DEC)	39000 - 42500	14000 - 15000	-	6750 - 7750	5750 - 6500	-	19000 - 20000	31000 - 32500	39500 - 42500	12100 - 12600
Jaffna	41500 - 41500	-	14900 - 15000	9250 - 9500	9200 - 9500	-	-	32800 - 33100	-	13000 - 13200
Vavuniya	42500 - 43500	-	15000 - 17500	8000 - 8500	8000 - 8500	-	-	30000 - 31000	-	12500 - 13000
Mannar	37900 - 37900	13000 - 13250	-	8500 - 9000	7400 - 7500	-	-	32000 - 32500	-	12250 - 12500
Killinochchi	40000 - 42000	-	16500 - 18000	7500 - 8500	7500 - 8500	-	-	31500 - 33000	-	12250 - 12750
Mullattivu	41500 - 43000	-	17000 - 17500	8500 - 9000	8500 - 10500	-	-	33000 - 35000	-	12500 - 12750
Batticaloa	-	-	-	6000 - 6750	10000 - 10000	-	20000 - 22500	30000 - 30000	35000 - 35000	12500 - 13500
Trincomalee	-	-	-	-	-	-	-	-	-	-
Galenbindunuwewa	41000 - 44000	17000 - 23000	-	8000 - 10000	7000 - 10000	-	-	30500 - 36500	39000 - 44000	12000 - 13250
Matale	-	-	-	-	-	-	-	-	-	-

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

Week 04:23 - 29 Jan 2026

LOCATIONS	Dried Chillies	Red Onion		Big Onion	Potato			Pulses		
	Imported	Imported	Local		Imported	Welimada	Nuwara Eliya	Green Gram	Cowpea	Red Dhal
Colombo	850.00 - 1300.00	400.00 - 520.00	-	160.00 - 240.00	160.00 - 260.00	-	440.00 - 560.00	700.00 - 1100.00	850.00 - 1300.00	260.00 - 320.00
Gampaha	940.00 - 1000.00	480.00 - 480.00	-	180.00 - 240.00	200.00 - 240.00	-	-	640.00 - 1000.00	890.00 - 1000.00	300.00 - 320.00
Kurunegala	940.00 - 1000.00	400.00 - 440.00	-	180.00 - 200.00	200.00 - 220.00	-	-	700.00 - 800.00	940.00 - 1000.00	270.00 - 280.00
Nikaweratiya	800.00 - 850.00	350.00 - 420.00	-	160.00 - 175.00	160.00 - 170.00	-	-	650.00 - 690.00	920.00 - 950.00	250.00 - 265.00
Dambulla	900.00 - 1000.00	440.00 - 460.00	-	180.00 - 200.00	160.00 - 200.00	-	-	800.00 - 850.00	850.00 - 900.00	260.00 - 270.00
Anuradhapura	850.00 - 1000.00	360.00 - 480.00	-	180.00 - 200.00	180.00 - 200.00	-	-	700.00 - 800.00	800.00 - 1000.00	260.00 - 280.00
Thambuththegama	860.00 - 920.00	350.00 - 420.00	-	160.00 - 200.00	160.00 - 180.00	-	-	720.00 - 750.00	850.00 - 950.00	258.00 - 265.00
Polonnaruwa	900.00 - 920.00	400.00 - 440.00	-	180.00 - 200.00	180.00 - 220.00	390.00 - 400.00	420.00 - 440.00	750.00 - 800.00	800.00 - 1000.00	280.00 - 300.00
Kaluthara	850.00 - 920.00	380.00 - 400.00	-	180.00 - 200.00	180.00 - 250.00	-	-	650.00 - 740.00	840.00 - 980.00	255.00 - 270.00
Badulla	-	-	-	-	-	-	-	-	-	-
Keppetipola	880.00 - 900.00	340.00 - 360.00	-	170.00 - 180.00	170.00 - 180.00	380.00 - 400.00	-	660.00 - 700.00	850.00 - 900.00	270.00 - 280.00
Moneragala	900.00 - 1000.00	440.00 - 480.00	-	180.00 - 200.00	180.00 - 200.00	-	460.00 - 480.00	720.00 - 760.00	800.00 - 900.00	260.00 - 280.00
Kegalle	900.00 - 1100.00	380.00 - 400.00	-	170.00 - 200.00	180.00 - 220.00	-	-	700.00 - 760.00	840.00 - 850.00	260.00 - 300.00
Ampara	850.00 - 900.00	350.00 - 390.00	-	160.00 - 190.00	160.00 - 180.00	400.00 - 400.00	440.00 - 480.00	650.00 - 700.00	800.00 - 900.00	250.00 - 255.00
Dehiattakandiya	860.00 - 950.00	380.00 - 400.00	-	180.00 - 200.00	160.00 - 200.00	-	-	600.00 - 750.00	700.00 - 950.00	255.00 - 270.00
Nuwaraeliya	880.00 - 930.00	360.00 - 380.00	-	180.00 - 200.00	190.00 - 210.00	-	420.00 - 440.00	680.00 - 700.00	800.00 - 850.00	270.00 - 280.00
Kandy	900.00 - 1000.00	480.00 - 500.00	-	180.00 - 200.00	170.00 - 200.00	-	450.00 - 480.00	720.00 - 850.00	960.00 - 1000.00	280.00 - 300.00
Puttalam	850.00 - 950.00	-	400.00 - 480.00	160.00 - 200.00	200.00 - 220.00	-	550.00 - 600.00	700.00 - 850.00	850.00 - 1000.00	270.00 - 280.00
Rathnapura	880.00 - 1000.00	400.00 - 450.00	-	180.00 - 230.00	220.00 - 260.00	-	-	660.00 - 700.00	860.00 - 950.00	265.00 - 280.00
Hambantota	850.00 - 900.00	400.00 - 480.00	-	180.00 - 200.00	180.00 - 240.00	-	450.00 - 480.00	600.00 - 700.00	850.00 - 900.00	267.00 - 280.00
Matara	860.00 - 950.00	400.00 - 480.00	-	160.00 - 180.00	180.00 - 200.00	-	-	650.00 - 800.00	800.00 - 900.00	275.00 - 300.00
Galle	900.00 - 950.00	420.00 - 520.00	-	160.00 - 200.00	180.00 - 240.00	-	-	650.00 - 850.00	850.00 - 1000.00	260.00 - 280.00
Tissamaharama	890.00 - 960.00	400.00 - 420.00	-	180.00 - 200.00	180.00 - 200.00	-	420.00 - 440.00	580.00 - 620.00	-	260.00 - 280.00
Meegoda (DEC)	900.00 - 960.00	400.00 - 480.00	-	160.00 - 200.00	160.00 - 180.00	420.00 - 440.00	480.00 - 520.00	720.00 - 800.00	960.00 - 1040.00	260.00 - 280.00
Embilipitiya	870.00 - 900.00	-	400.00 - 480.00	160.00 - 180.00	170.00 - 200.00	-	480.00 - 500.00	700.00 - 750.00	820.00 - 860.00	260.00 - 300.00
Jaffna	940.00 - 980.00	-	350.00 - 360.00	200.00 - 220.00	180.00 - 200.00	-	-	680.00 - 700.00	-	270.00 - 280.00
Vavuniya	900.00 - 960.00	-	-	180.00 - 190.00	180.00 - 200.00	-	-	650.00 - 680.00	-	275.00 - 280.00
Mannar	850.00 - 900.00	-	-	180.00 - 200.00	200.00 - 200.00	-	-	700.00 - 750.00	-	260.00 - 270.00
Killinochchi	850.00 - 900.00	-	380.00 - 420.00	190.00 - 210.00	190.00 - 210.00	-	-	680.00 - 720.00	-	260.00 - 270.00
Mullaittivu	850.00 - 880.00	-	350.00 - 360.00	-	180.00 - 220.00	-	-	680.00 - 720.00	-	255.00 - 260.00
Batticaloa	800.00 - 850.00	-	350.00 - 350.00	240.00 - 250.00	240.00 - 250.00	-	500.00 - 550.00	680.00 - 700.00	800.00 - 850.00	250.00 - 270.00
Trincomalee	880.00 - 920.00	-	360.00 - 370.00	180.00 - 200.00	190.00 - 200.00	-	-	700.00 - 740.00	1050.00 - 1100.00	275.00 - 280.00
Hanguranketha	895.00 - 940.00	-	350.00 - 380.00	170.00 - 195.00	160.00 - 220.00	-	-	700.00 - 760.00	770.00 - 900.00	250.00 - 260.00
Veyangoda	900.00 - 1000.00	440.00 - 520.00	-	200.00 - 240.00	180.00 - 240.00	-	-	720.00 - 1000.00	1000.00 - 1200.00	260.00 - 320.00
Galenbindunuwewa	840.00 - 900.00	360.00 - 480.00	-	180.00 - 220.00	160.00 - 220.00	-	-	630.00 - 750.00	830.00 - 900.00	250.00 - 270.00
Bandarawela	850.00 - 900.00	400.00 - 480.00	-	160.00 - 200.00	170.00 - 200.00	380.00 - 420.00	-	700.00 - 750.00	850.00 - 950.00	250.00 - 270.00
Matale	-	-	-	-	-	-	-	-	-	-

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

Week 04:23 - 29 Jan 2026

Locations	Butter Beans	Green Beans	Carrot	Leeks	Beetroot	Knolkhol
Colombo	-	350.00 - 500.00	260.00 - 320.00	220.00 - 320.00	350.00 - 600.00	180.00 - 230.00
Meegoda (DEC)	-	400.00 - 480.00	300.00 - 390.00	330.00 - 360.00	450.00 - 550.00	200.00 - 240.00
Dambulla (DEC)	-	400.00 - 450.00	250.00 - 300.00	280.00 - 320.00	350.00 - 450.00	140.00 - 180.00
Keppetipola (DEC)	-	400.00 - 450.00	250.00 - 300.00	320.00 - 340.00	320.00 - 350.00	240.00 - 260.00
Norochchole (DEC)	-	500.00 - 580.00	480.00 - 560.00	450.00 - 500.00	480.00 - 550.00	280.00 - 300.00
Nuwara Eliya	-	480.00 - 520.00	350.00 - 360.00	320.00 - 330.00	320.00 - 330.00	240.00 - 250.00
Kandy	-	400.00 - 450.00	300.00 - 330.00	300.00 - 330.00	450.00 - 480.00	200.00 - 250.00
Hambantota	-	-	-	-	-	-
Thambuththegama (DEC)	-	380.00 - 450.00	350.00 - 400.00	350.00 - 400.00	460.00 - 580.00	-
Jaffna	-	-	-	-	-	-
Bandarawela	-	360.00 - 420.00	250.00 - 300.00	280.00 - 320.00	350.00 - 400.00	220.00 - 250.00
Veyangoda	-	400.00 - 450.00	280.00 - 360.00	340.00 - 380.00	260.00 - 340.00	200.00 - 220.00

Locations	Raddish	Cabbage	Tomato	Ladies Fingers	Brinjal	Capsicum
Colombo	60.00 - 100.00	160.00 - 220.00	280.00 - 500.00	180.00 - 220.00	100.00 - 180.00	550.00 - 700.00
Meegoda (DEC)	90.00 - 120.00	220.00 - 290.00	400.00 - 480.00	260.00 - 300.00	150.00 - 200.00	750.00 - 850.00
Moneragala	100.00 - 120.00	250.00 - 300.00	350.00 - 400.00	200.00 - 230.00	120.00 - 150.00	700.00 - 750.00
Dambulla (DEC)	50.00 - 65.00	150.00 - 200.00	400.00 - 450.00	240.00 - 260.00	130.00 - 150.00	700.00 - 750.00
Keppetipola (DEC)	60.00 - 80.00	200.00 - 230.00	350.00 - 400.00	190.00 - 200.00	120.00 - 150.00	650.00 - 700.00
Norochchole (DEC)	90.00 - 120.00	240.00 - 280.00	450.00 - 500.00	280.00 - 300.00	150.00 - 180.00	750.00 - 850.00
Nuwara Eliya	100.00 - 120.00	260.00 - 270.00	440.00 - 460.00	210.00 - 220.00	140.00 - 160.00	680.00 - 720.00
Kandy	90.00 - 100.00	200.00 - 220.00	450.00 - 480.00	250.00 - 270.00	150.00 - 200.00	600.00 - 650.00
Hambantota	120.00 - 160.00	-	330.00 - 400.00	250.00 - 280.00	150.00 - 160.00	750.00 - 800.00
Thambuththegama (DEC)	80.00 - 100.00	170.00 - 200.00	300.00 - 350.00	180.00 - 220.00	100.00 - 140.00	650.00 - 800.00
Tissamaharama	140.00 - 160.00	280.00 - 300.00	370.00 - 390.00	180.00 - 200.00	150.00 - 170.00	740.00 - 760.00
Jaffna	-	-	-	-	-	-
Bandarawela	70.00 - 80.00	180.00 - 220.00	400.00 - 420.00	220.00 - 230.00	120.00 - 150.00	650.00 - 700.00
Veyangoda	80.00 - 100.00	200.00 - 260.00	400.00 - 460.00	260.00 - 300.00	140.00 - 190.00	830.00 - 880.00

Locations	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa
Colombo	70.00 - 100.00	60.00 - 120.00	450.00 - 500.00	180.00 - 250.00	-	350.00 - 500.00
Meegoda (DEC)	80.00 - 90.00	50.00 - 70.00	500.00 - 540.00	220.00 - 250.00	-	320.00 - 380.00
Moneragala	100.00 - 120.00	100.00 - 130.00	500.00 - 550.00	220.00 - 230.00	-	500.00 - 550.00
Dambulla (DEC)	70.00 - 90.00	50.00 - 60.00	450.00 - 500.00	150.00 - 200.00	-	300.00 - 350.00
Keppetipola (DEC)	80.00 - 90.00	80.00 - 100.00	450.00 - 480.00	190.00 - 200.00	-	380.00 - 400.00
Norochchole (DEC)	100.00 - 130.00	100.00 - 120.00	600.00 - 700.00	240.00 - 250.00	-	500.00 - 600.00
Nuwara Eliya	90.00 - 100.00	80.00 - 90.00	480.00 - 500.00	200.00 - 220.00	-	400.00 - 420.00
Kandy	80.00 - 100.00	90.00 - 100.00	350.00 - 400.00	150.00 - 200.00	-	400.00 - 450.00
Hambantota	100.00 - 100.00	80.00 - 100.00	550.00 - 600.00	250.00 - 250.00	-	350.00 - 400.00
Thambuththegama (DEC)	90.00 - 110.00	30.00 - 50.00	380.00 - 450.00	160.00 - 200.00	-	320.00 - 360.00
Tissamaharama	120.00 - 140.00	120.00 - 140.00	550.00 - 570.00	220.00 - 240.00	-	440.00 - 460.00
Jaffna	-	-	-	-	-	-
Bandarawela	80.00 - 90.00	90.00 - 100.00	450.00 - 480.00	200.00 - 220.00	-	350.00 - 400.00
Veyangoda	90.00 - 110.00	40.00 - 80.00	500.00 - 550.00	200.00 - 250.00	-	300.00 - 350.00

**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	120.00 - 200.00	150.00 - 200.00	450.00 - 550.00	100.00 - 200.00	220.00 - 240.00	70.00 - 100.00
Meegoda (DEC)	240.00 - 280.00	130.00 - 180.00	450.00 - 500.00	120.00 - 140.00	180.00 - 200.00	100.00 - 120.00
Moneragala	150.00 - 170.00	80.00 - 100.00	650.00 - 700.00	130.00 - 150.00	240.00 - 260.00	80.00 - 100.00
Dambulla (DEC)	150.00 - 200.00	150.00 - 180.00	430.00 - 500.00	100.00 - 120.00	160.00 - 200.00	70.00 - 90.00
Keppetipola (DEC)	180.00 - 200.00	170.00 - 190.00	400.00 - 450.00	120.00 - 140.00	220.00 - 230.00	100.00 - 120.00
Norochhole (DEC)	150.00 - 200.00	180.00 - 180.00	500.00 - 550.00	170.00 - 220.00	-	120.00 - 150.00
Nuwara Eliya	200.00 - 220.00	190.00 - 200.00	450.00 - 480.00	150.00 - 160.00	200.00 - 220.00	90.00 - 100.00
Kandy	150.00 - 200.00	160.00 - 180.00	400.00 - 450.00	120.00 - 150.00	180.00 - 200.00	100.00 - 110.00
Hambantota	80.00 - 100.00	80.00 - 100.00	600.00 - 700.00	100.00 - 150.00	280.00 - 300.00	150.00 - 180.00
Thambuththegama (DEC)	160.00 - 200.00	120.00 - 150.00	500.00 - 550.00	80.00 - 110.00	170.00 - 220.00	80.00 - 100.00
Tissamaharama	120.00 - 140.00	150.00 - 160.00	570.00 - 600.00	140.00 - 160.00	260.00 - 280.00	140.00 - 160.00
Jaffna	-	-	-	-	-	-
Bandarawela	200.00 - 220.00	190.00 - 210.00	400.00 - 450.00	140.00 - 150.00	190.00 - 210.00	-
Veyangoda	160.00 - 180.00	180.00 - 200.00	500.00 - 550.00	110.00 - 150.00	180.00 - 210.00	120.00 - 130.00

<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	45.00 - 55.00	45.00 - 55.00	260.00 - 300.00	150.00 - 165.00	130.00 - 145.00
Meegoda (DEC)	60.00 - 70.00	60.00 - 70.00	210.00 - 240.00	165.00 - 180.00	150.00 - 160.00
Norochhole (DEC)	40.00 - 40.00	40.00 - 40.00	-	135.00 - 145.00	120.00 - 125.00
Nuwara Eliya	-	-	-	-	-
Dambulla (DEC)	25.00 - 30.00	25.00 - 35.00	125.00 - 150.00	115.00 - 125.00	85.00 - 90.00
Kandy	45.00 - 50.00	50.00 - 55.00	260.00 - 270.00	130.00 - 140.00	90.00 - 100.00
Hambantota	45.00 - 50.00	45.00 - 50.00	-	170.00 - 180.00	120.00 - 140.00
Thambuththegama (DEC)	-	-	-	120.00 - 130.00	90.00 - 100.00
Tissamaharama	35.00 - 40.00	35.00 - 40.00	-	-	-
Jaffna	-	-	-	-	-
Bandarawela	-	-	-	-	-
Veyangoda	-	-	-	-	-

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

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

Week 04:23 - 29 Jan 2026

LOCATIONS	Up Country Varieties																
	Butter Beans		Green Beans		Carrot		Leeks		Beetroot		Knol Khol		Raddish		Cabbage		Tomato
Colombo	-	450.00 - 700.00	300.00 - 600.00	360.00 - 600.00	500.00 - 1000.00	280.00 - 480.00	140.00 - 360.00	280.00 - 480.00	400.00 - 650.00								
Gampaha	-	600.00 - 720.00	560.00 - 600.00	540.00 - 600.00	750.00 - 800.00	450.00 - 480.00	200.00 - 320.00	300.00 - 440.00	640.00 - 720.00								
Kurunegala	-	580.00 - 650.00	460.00 - 540.00	500.00 - 600.00	700.00 - 780.00	380.00 - 400.00	160.00 - 220.00	360.00 - 400.00	680.00 - 740.00								
Nikaweratiya	-	560.00 - 640.00	480.00 - 540.00	480.00 - 540.00	600.00 - 720.00	320.00 - 440.00	160.00 - 240.00	400.00 - 450.00	480.00 - 550.00								
Dambulla	-	600.00 - 680.00	440.00 - 480.00	400.00 - 480.00	580.00 - 640.00	380.00 - 400.00	200.00 - 240.00	300.00 - 380.00	600.00 - 640.00								
Anuradhapura	-	600.00 - 640.00	560.00 - 600.00	560.00 - 600.00	640.00 - 700.00	360.00 - 400.00	200.00 - 240.00	360.00 - 400.00	560.00 - 600.00								
Thambuththegama	-	580.00 - 640.00	500.00 - 600.00	500.00 - 600.00	700.00 - 780.00	-	160.00 - 220.00	280.00 - 320.00	450.00 - 580.00								
Polonnaruwa	-	580.00 - 640.00	400.00 - 440.00	440.00 - 480.00	600.00 - 680.00	300.00 - 360.00	140.00 - 200.00	360.00 - 400.00	550.00 - 600.00								
Kaluthara	-	580.00 - 640.00	400.00 - 480.00	440.00 - 500.00	600.00 - 780.00	400.00 - 480.00	200.00 - 280.00	400.00 - 440.00	480.00 - 600.00								
Badulla	-	-	-	-	-	-	-	-	-								
Keppetipola	-	480.00 - 520.00	330.00 - 360.00	380.00 - 400.00	380.00 - 420.00	300.00 - 320.00	120.00 - 150.00	260.00 - 300.00	420.00 - 460.00								
Moneragala	-	560.00 - 600.00	380.00 - 400.00	440.00 - 480.00	600.00 - 640.00	380.00 - 400.00	160.00 - 200.00	400.00 - 440.00	480.00 - 520.00								
Kegalle	-	600.00 - 640.00	520.00 - 560.00	520.00 - 560.00	600.00 - 650.00	560.00 - 600.00	320.00 - 360.00	320.00 - 360.00	520.00 - 560.00								
Ampara	-	480.00 - 620.00	480.00 - 520.00	380.00 - 480.00	480.00 - 560.00	280.00 - 360.00	180.00 - 260.00	320.00 - 400.00	400.00 - 560.00								
Dehiattakandiya	-	600.00 - 600.00	580.00 - 600.00	600.00 - 600.00	-	400.00 - 400.00	200.00 - 200.00	300.00 - 380.00	600.00 - 600.00								
Nuwaraeliya	-	580.00 - 600.00	450.00 - 460.00	420.00 - 440.00	400.00 - 420.00	340.00 - 360.00	200.00 - 220.00	360.00 - 380.00	550.00 - 600.00								
Kandy	-	520.00 - 600.00	550.00 - 600.00	480.00 - 520.00	600.00 - 650.00	320.00 - 360.00	160.00 - 200.00	300.00 - 320.00	600.00 - 650.00								
Puttalam	-	650.00 - 700.00	640.00 - 700.00	580.00 - 600.00	600.00 - 800.00	300.00 - 400.00	180.00 - 200.00	400.00 - 480.00	600.00 - 650.00								
Hambantota	-	700.00 - 720.00	480.00 - 550.00	560.00 - 600.00	720.00 - 800.00	350.00 - 400.00	180.00 - 240.00	400.00 - 480.00	400.00 - 450.00								
Rathnapura	-	560.00 - 650.00	400.00 - 480.00	460.00 - 530.00	750.00 - 840.00	-	180.00 - 230.00	350.00 - 400.00	450.00 - 520.00								
Matara	-	480.00 - 620.00	480.00 - 520.00	480.00 - 600.00	680.00 - 720.00	400.00 - 480.00	160.00 - 200.00	340.00 - 480.00	580.00 - 600.00								
Galle	-	600.00 - 600.00	480.00 - 600.00	480.00 - 500.00	600.00 - 600.00	400.00 - 480.00	240.00 - 280.00	380.00 - 400.00	440.00 - 600.00								
Tissamaharama	-	600.00 - 620.00	430.00 - 450.00	440.00 - 450.00	560.00 - 580.00	300.00 - 320.00	180.00 - 200.00	360.00 - 380.00	420.00 - 450.00								
Meegoda (DEC)	-	600.00 - 640.00	480.00 - 560.00	480.00 - 560.00	640.00 - 680.00	320.00 - 400.00	280.00 - 320.00	360.00 - 480.00	520.00 - 600.00								
Embilipitiya	-	500.00 - 600.00	400.00 - 480.00	480.00 - 520.00	520.00 - 600.00	280.00 - 320.00	180.00 - 240.00	300.00 - 400.00	400.00 - 520.00								
Jaffna	-	550.00 - 600.00	550.00 - 580.00	400.00 - 430.00	600.00 - 650.00	-	240.00 - 260.00	370.00 - 400.00	550.00 - 600.00								
Vavuniya	-	450.00 - 480.00	500.00 - 600.00	500.00 - 600.00	600.00 - 650.00	400.00 - 450.00	200.00 - 240.00	240.00 - 260.00	600.00 - 650.00								
Mannar	-	600.00 - 650.00	450.00 - 500.00	400.00 - 450.00	600.00 - 600.00	-	300.00 - 350.00	400.00 - 400.00	600.00 - 650.00								
Killinochchi	-	780.00 - 820.00	580.00 - 620.00	380.00 - 420.00	580.00 - 620.00	-	180.00 - 200.00	380.00 - 420.00	580.00 - 620.00								
Mullaittivu	-	600.00 - 650.00	480.00 - 520.00	400.00 - 450.00	580.00 - 620.00	-	280.00 - 300.00	400.00 - 420.00	500.00 - 550.00								
Batticaloa	-	500.00 - 550.00	400.00 - 450.00	400.00 - 400.00	600.00 - 650.00	300.00 - 300.00	200.00 - 220.00	400.00 - 400.00	500.00 - 600.00								
Trincomalee	-	650.00 - 700.00	500.00 - 520.00	450.00 - 480.00	550.00 - 600.00	-	300.00 - 320.00	360.00 - 400.00	520.00 - 560.00								
Hanguranketha	-	510.00 - 550.00	360.00 - 400.00	340.00 - 380.00	520.00 - 580.00	260.00 - 300.00	110.00 - 140.00	240.00 - 280.00	480.00 - 520.00								
Veyangoda	-	600.00 - 720.00	440.00 - 520.00	480.00 - 560.00	480.00 - 520.00	360.00 - 440.00	240.00 - 280.00	360.00 - 400.00	560.00 - 640.00								
Galenbindunuwewa	-	660.00 - 740.00	480.00 - 600.00	520.00 - 600.00	650.00 - 760.00	480.00 - 500.00	240.00 - 320.00	320.00 - 400.00	560.00 - 620.00								
Bandarawela	-	500.00 - 600.00	360.00 - 420.00	380.00 - 440.00	500.00 - 540.00	300.00 - 340.00	160.00 - 180.00	280.00 - 320.00	480.00 - 540.00								
Matale	-	-	-	-	-	-	-	-	-								

Table 07 (Contd.)

LOCATIONS	Low Country Varieties									
	Ladies Fingers	Brinjal	Capsicum	Pumpkin	Cucumber	Bitter Gourd	Snake Gourd	Drumstick	Luffa	Long Beans
Colombo	300.00 - 600.00	200.00 - 480.00	600.00 - 1200.00	150.00 - 260.00	100.00 - 280.00	500.00 - 800.00	260.00 - 600.00	-	450.00 - 800.00	240.00 - 400.00
Gampaha	400.00 - 480.00	300.00 - 400.00	950.00 - 1000.00	260.00 - 300.00	220.00 - 300.00	780.00 - 800.00	400.00 - 480.00	-	600.00 - 700.00	400.00 - 520.00
Kurunegala	440.00 - 480.00	300.00 - 400.00	860.00 - 980.00	180.00 - 220.00	160.00 - 220.00	760.00 - 800.00	360.00 - 400.00	-	560.00 - 600.00	400.00 - 500.00
Nikaweratiya	320.00 - 380.00	240.00 - 320.00	800.00 - 880.00	200.00 - 230.00	160.00 - 240.00	600.00 - 720.00	350.00 - 400.00	-	480.00 - 600.00	320.00 - 420.00
Dambulla	380.00 - 420.00	280.00 - 340.00	1000.00 - 1100.00	160.00 - 200.00	160.00 - 200.00	760.00 - 800.00	340.00 - 400.00	-	540.00 - 600.00	300.00 - 400.00
Anuradhapura	360.00 - 400.00	300.00 - 320.00	880.00 - 1000.00	160.00 - 200.00	200.00 - 240.00	640.00 - 720.00	300.00 - 340.00	-	600.00 - 640.00	280.00 - 320.00
Thambuththegama	320.00 - 400.00	160.00 - 250.00	880.00 - 1000.00	180.00 - 220.00	120.00 - 180.00	600.00 - 700.00	300.00 - 360.00	-	440.00 - 550.00	300.00 - 380.00
Polonnaruwa	320.00 - 400.00	320.00 - 360.00	900.00 - 1000.00	150.00 - 200.00	140.00 - 200.00	640.00 - 700.00	280.00 - 360.00	-	500.00 - 600.00	320.00 - 360.00
Kaluthara	380.00 - 400.00	300.00 - 400.00	800.00 - 1000.00	180.00 - 240.00	200.00 - 240.00	680.00 - 800.00	360.00 - 400.00	-	400.00 - 600.00	320.00 - 400.00
Badulla	-	-	-	-	-	-	-	-	-	-
Keppetipola	260.00 - 280.00	180.00 - 220.00	750.00 - 850.00	150.00 - 160.00	160.00 - 180.00	530.00 - 560.00	280.00 - 300.00	-	460.00 - 480.00	260.00 - 280.00
Moneragala	300.00 - 340.00	200.00 - 240.00	800.00 - 880.00	200.00 - 240.00	200.00 - 240.00	600.00 - 640.00	300.00 - 320.00	-	680.00 - 720.00	240.00 - 300.00
Kegalle	440.00 - 480.00	320.00 - 360.00	760.00 - 800.00	250.00 - 280.00	240.00 - 300.00	760.00 - 800.00	360.00 - 400.00	-	600.00 - 640.00	360.00 - 400.00
Ampara	360.00 - 420.00	280.00 - 320.00	800.00 - 960.00	150.00 - 200.00	160.00 - 240.00	600.00 - 720.00	320.00 - 380.00	-	360.00 - 440.00	280.00 - 320.00
Dehiattakandiya	300.00 - 400.00	200.00 - 260.00	-	120.00 - 200.00	100.00 - 150.00	600.00 - 600.00	300.00 - 300.00	-	400.00 - 400.00	150.00 - 200.00
Nuwaraeliya	320.00 - 340.00	240.00 - 260.00	780.00 - 800.00	180.00 - 200.00	160.00 - 180.00	580.00 - 600.00	300.00 - 320.00	-	500.00 - 520.00	300.00 - 320.00
Kandy	360.00 - 400.00	240.00 - 260.00	800.00 - 850.00	160.00 - 180.00	180.00 - 200.00	550.00 - 600.00	300.00 - 320.00	-	550.00 - 600.00	240.00 - 260.00
Puttalam	350.00 - 400.00	250.00 - 360.00	900.00 - 1000.00	180.00 - 200.00	200.00 - 280.00	700.00 - 800.00	350.00 - 400.00	-	700.00 - 800.00	280.00 - 320.00
Rathnapura	240.00 - 300.00	240.00 - 320.00	1000.00 - 1200.00	180.00 - 220.00	200.00 - 240.00	650.00 - 730.00	300.00 - 400.00	-	500.00 - 600.00	320.00 - 370.00
Hambantota	320.00 - 350.00	200.00 - 240.00	920.00 - 1000.00	200.00 - 240.00	120.00 - 200.00	700.00 - 720.00	300.00 - 400.00	-	500.00 - 600.00	150.00 - 200.00
Matara	320.00 - 380.00	200.00 - 240.00	1000.00 - 1200.00	120.00 - 140.00	100.00 - 120.00	640.00 - 800.00	320.00 - 400.00	-	480.00 - 600.00	200.00 - 240.00
Galle	320.00 - 360.00	240.00 - 320.00	800.00 - 840.00	140.00 - 200.00	140.00 - 200.00	680.00 - 700.00	320.00 - 400.00	-	400.00 - 600.00	200.00 - 280.00
Tissamaharama	240.00 - 250.00	200.00 - 220.00	800.00 - 830.00	160.00 - 180.00	160.00 - 180.00	600.00 - 640.00	260.00 - 280.00	-	500.00 - 520.00	160.00 - 180.00
Meegoda (DEC)	400.00 - 480.00	280.00 - 320.00	1000.00 - 1200.00	200.00 - 240.00	160.00 - 200.00	640.00 - 720.00	400.00 - 500.00	-	600.00 - 680.00	320.00 - 400.00
Embilipitiya	280.00 - 320.00	160.00 - 200.00	800.00 - 900.00	160.00 - 200.00	60.00 - 100.00	600.00 - 650.00	300.00 - 400.00	-	400.00 - 520.00	180.00 - 240.00
Jaffna	320.00 - 350.00	350.00 - 400.00	750.00 - 800.00	110.00 - 130.00	180.00 - 210.00	800.00 - 950.00	350.00 - 380.00	-	-	550.00 - 580.00
Vavuniya	400.00 - 450.00	200.00 - 240.00	800.00 - 850.00	200.00 - 240.00	200.00 - 240.00	800.00 - 840.00	400.00 - 450.00	-	400.00 - 450.00	500.00 - 580.00
Mannar	400.00 - 450.00	350.00 - 400.00	800.00 - 900.00	180.00 - 200.00	-	700.00 - 800.00	400.00 - 400.00	-	-	450.00 - 500.00
Killinochchi	300.00 - 330.00	400.00 - 440.00	880.00 - 920.00	180.00 - 200.00	180.00 - 200.00	880.00 - 920.00	340.00 - 360.00	-	-	450.00 - 480.00
Mullaittivu	300.00 - 340.00	300.00 - 350.00	750.00 - 820.00	120.00 - 150.00	180.00 - 220.00	650.00 - 700.00	350.00 - 400.00	-	-	500.00 - 550.00
Batticaloa	300.00 - 320.00	350.00 - 400.00	800.00 - 900.00	160.00 - 200.00	300.00 - 300.00	600.00 - 650.00	300.00 - 320.00	-	350.00 - 400.00	350.00 - 400.00
Trincomalee	340.00 - 360.00	460.00 - 500.00	800.00 - 860.00	200.00 - 220.00	240.00 - 250.00	660.00 - 700.00	320.00 - 350.00	-	-	500.00 - 550.00
Hanguranketha	350.00 - 380.00	280.00 - 320.00	750.00 - 800.00	140.00 - 180.00	140.00 - 180.00	510.00 - 550.00	250.00 - 280.00	-	450.00 - 480.00	250.00 - 280.00
Veyangoda	400.00 - 480.00	320.00 - 400.00	1100.00 - 1200.00	140.00 - 240.00	200.00 - 240.00	720.00 - 800.00	360.00 - 400.00	-	440.00 - 520.00	320.00 - 400.00
Galenbindunuwewa	280.00 - 340.00	320.00 - 420.00	1000.00 - 1200.00	180.00 - 240.00	200.00 - 240.00	760.00 - 800.00	360.00 - 400.00	-	560.00 - 600.00	280.00 - 340.00
Bandarawela	280.00 - 320.00	260.00 - 300.00	750.00 - 850.00	160.00 - 180.00	160.00 - 200.00	520.00 - 600.00	340.00 - 380.00	-	500.00 - 540.00	280.00 - 320.00
Matale	-	-	-	-	-	-	-	-	-	-

**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	200.00 - 400.00	500.00 - 1000.00	200.00 - 500.00	280.00 - 450.00	150.00 - 250.00	60.00 - 100.00	60.00 - 100.00	150.00 - 360.00	180.00 - 200.00	160.00 - 180.00
Gampaha	320.00 - 360.00	950.00 - 1100.00	300.00 - 400.00	400.00 - 440.00	150.00 - 160.00	60.00 - 70.00	60.00 - 70.00	40.00 - 50.00	180.00 - 200.00	110.00 - 140.00
Kurunegala	300.00 - 360.00	900.00 - 1000.00	280.00 - 300.00	350.00 - 360.00	170.00 - 200.00	50.00 - 60.00	60.00 - 60.00	50.00 - 60.00	175.00 - 180.00	110.00 - 130.00
Nikaweratiya	240.00 - 320.00	1000.00 - 1250.00	300.00 - 400.00	260.00 - 340.00	160.00 - 180.00	50.00 - 60.00	50.00 - 60.00	150.00 - 160.00	150.00 - 170.00	120.00 - 140.00
Dambulla	280.00 - 300.00	800.00 - 900.00	300.00 - 400.00	280.00 - 320.00	180.00 - 200.00	60.00 - 80.00	60.00 - 80.00	50.00 - 60.00	145.00 - 150.00	110.00 - 120.00
Anuradhapura	240.00 - 280.00	800.00 - 1000.00	200.00 - 300.00	320.00 - 360.00	200.00 - 240.00	50.00 - 60.00	50.00 - 60.00	50.00 - 60.00	150.00 - 170.00	120.00 - 140.00
Thambuththegama	180.00 - 250.00	700.00 - 750.00	150.00 - 180.00	300.00 - 350.00	160.00 - 200.00	-	-	-	140.00 - 150.00	110.00 - 120.00
Polonnaruwa	280.00 - 300.00	780.00 - 1000.00	350.00 - 400.00	280.00 - 300.00	160.00 - 200.00	50.00 - 50.00	50.00 - 50.00	50.00 - 50.00	160.00 - 160.00	120.00 - 140.00
Kaluthara	280.00 - 320.00	700.00 - 1000.00	300.00 - 500.00	300.00 - 340.00	180.00 - 200.00	80.00 - 80.00	80.00 - 100.00	100.00 - 120.00	180.00 - 200.00	140.00 - 150.00
Badulla	-	-	-	-	-	-	-	-	-	-
Keppetipola	240.00 - 260.00	550.00 - 600.00	250.00 - 260.00	260.00 - 270.00	140.00 - 160.00	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	800.00 - 1000.00	200.00 - 260.00	300.00 - 340.00	140.00 - 160.00	50.00 - 60.00	50.00 - 60.00	60.00 - 80.00	140.00 - 150.00	100.00 - 120.00
Kegalle	240.00 - 280.00	850.00 - 900.00	300.00 - 350.00	280.00 - 320.00	180.00 - 200.00	80.00 - 90.00	80.00 - 90.00	50.00 - 50.00	190.00 - 200.00	170.00 - 180.00
Ampara	240.00 - 280.00	500.00 - 600.00	200.00 - 400.00	280.00 - 320.00	150.00 - 180.00	60.00 - 70.00	60.00 - 70.00	70.00 - 100.00	150.00 - 180.00	120.00 - 130.00
Dehiattakandiya	300.00 - 320.00	600.00 - 800.00	200.00 - 400.00	300.00 - 300.00	200.00 - 200.00	50.00 - 50.00	50.00 - 50.00	50.00 - 50.00	130.00 - 140.00	100.00 - 120.00
Nuwaraeliya	300.00 - 320.00	600.00 - 650.00	320.00 - 350.00	300.00 - 320.00	220.00 - 240.00	70.00 - 80.00	70.00 - 80.00	80.00 - 90.00	180.00 - 200.00	160.00 - 170.00
Kandy	260.00 - 300.00	600.00 - 650.00	240.00 - 280.00	280.00 - 300.00	160.00 - 200.00	70.00 - 80.00	70.00 - 80.00	60.00 - 70.00	160.00 - 170.00	110.00 - 130.00
Puttalam	200.00 - 240.00	600.00 - 700.00	280.00 - 320.00	400.00 - 400.00	200.00 - 200.00	50.00 - 60.00	50.00 - 60.00	50.00 - 60.00	170.00 - 200.00	150.00 - 160.00
Rathnapura	220.00 - 280.00	800.00 - 880.00	250.00 - 350.00	280.00 - 350.00	120.00 - 160.00	80.00 - 80.00	80.00 - 80.00	100.00 - 100.00	170.00 - 200.00	130.00 - 160.00
Hambanthota	120.00 - 160.00	800.00 - 1000.00	200.00 - 250.00	400.00 - 480.00	200.00 - 240.00	60.00 - 70.00	60.00 - 70.00	80.00 - 100.00	180.00 - 230.00	140.00 - 160.00
Matara	240.00 - 300.00	800.00 - 1000.00	200.00 - 250.00	260.00 - 320.00	160.00 - 200.00	50.00 - 60.00	50.00 - 60.00	80.00 - 100.00	190.00 - 220.00	160.00 - 170.00
Galle	280.00 - 320.00	800.00 - 1000.00	250.00 - 300.00	280.00 - 320.00	160.00 - 240.00	60.00 - 70.00	50.00 - 60.00	80.00 - 100.00	180.00 - 200.00	160.00 - 170.00
Tissamaharama	180.00 - 220.00	640.00 - 660.00	200.00 - 220.00	320.00 - 340.00	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)	280.00 - 320.00	700.00 - 800.00	240.00 - 300.00	360.00 - 400.00	160.00 - 200.00	80.00 - 80.00	80.00 - 80.00	100.00 - 120.00	180.00 - 200.00	160.00 - 170.00
Embilipitiya	160.00 - 200.00	800.00 - 900.00	250.00 - 300.00	200.00 - 280.00	150.00 - 180.00	60.00 - 80.00	50.00 - 70.00	100.00 - 120.00	150.00 - 180.00	100.00 - 140.00
Jaffna	150.00 - 180.00	580.00 - 620.00	150.00 - 200.00	280.00 - 320.00	180.00 - 200.00	110.00 - 120.00	80.00 - 80.00	100.00 - 100.00	200.00 - 210.00	110.00 - 120.00
Vavuniya	200.00 - 250.00	500.00 - 550.00	150.00 - 180.00	350.00 - 380.00	200.00 - 240.00	50.00 - 60.00	50.00 - 60.00	80.00 - 90.00	160.00 - 180.00	70.00 - 90.00
Mannar	200.00 - 220.00	800.00 - 800.00	300.00 - 350.00	280.00 - 300.00	200.00 - 200.00	80.00 - 85.00	60.00 - 60.00	90.00 - 100.00	140.00 - 150.00	90.00 - 100.00
Killinochchi	230.00 - 250.00	600.00 - 640.00	200.00 - 240.00	240.00 - 260.00	180.00 - 200.00	65.00 - 75.00	50.00 - 60.00	70.00 - 75.00	140.00 - 160.00	80.00 - 100.00
Mullaittivu	140.00 - 160.00	600.00 - 650.00	200.00 - 240.00	280.00 - 320.00	180.00 - 200.00	80.00 - 80.00	60.00 - 60.00	50.00 - 50.00	140.00 - 150.00	70.00 - 80.00
Batticaloa	230.00 - 240.00	800.00 - 800.00	350.00 - 350.00	250.00 - 250.00	150.00 - 160.00	100.00 - 100.00	100.00 - 100.00	100.00 - 100.00	170.00 - 180.00	85.00 - 100.00
Trincomalee	220.00 230.00	1000.00 1100.00	240.00 260.00	250.00 270.00	180.00 200.00	75.00 80.00	70.00 75.00	50.00 55.00	160.00 170.00	100.00 110.00
Hanguranketha	250.00 - 280.00	750.00 - 800.00	200.00 - 250.00	260.00 - 300.00	120.00 - 140.00	50.00 - 50.00	50.00 - 50.00	50.00 - 50.00	150.00 - 160.00	130.00 - 145.00
Veyangoda	320.00 - 360.00	760.00 - 900.00	320.00 - 400.00	320.00 - 360.00	180.00 - 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 - 200.00	760.00 - 820.00	300.00 - 400.00	300.00 - 320.00	200.00 - 240.00	50.00 - 60.00	50.00 - 60.00	50.00 - 60.00	130.00 - 140.00	100.00 - 120.00
Bandarawela	240.00 - 280.00	580.00 - 650.00	200.00 - 300.00	260.00 - 280.00	160.00 - 180.00	70.00 - 80.00	70.00 - 80.00	80.00 - 100.00	170.00 - 180.00	130.00 - 150.00
Matale	-	-	-	-	-	-	-	-	-	-



**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	-	-	350.00 - 600.00	100.00 - 150.00	60.00 - 130.00	50.00 - 125.00	500.00 - 840.00	40.00 - 120.00	1800.00 - 3000.00	160.00 - 200.00
Gampaha	-	-	370.00 - 400.00	-	80.00 - 100.00	160.00 - 160.00	-	67.00 - 84.00	2250.00 - 2300.00	140.00 - 150.00
Kurunegala	-	-	380.00 - 400.00	-	90.00 - 100.00	-	-	80.00 - 84.00	2200.00 - 2250.00	150.00 - 160.00
Nikaweratiya	-	-	250.00 - 300.00	40.00 - 60.00	-	120.00 - 150.00	-	-	2000.00 - 2300.00	150.00 - 200.00
Dambulla	100.00 - 120.00	60.00 - 80.00	300.00 - 360.00	50.00 - 60.00	80.00 - 120.00	100.00 - 120.00	400.00 - 500.00	100.00 - 120.00	2900.00 - 3000.00	160.00 - 200.00
Anuradhapura	-	-	300.00 - 350.00	-	60.00 - 90.00	-	-	80.00 - 120.00	2400.00 - 2600.00	180.00 - 220.00
Thambuththegama	-	-	350.00 - 400.00	-	-	-	-	-	-	150.00 - 160.00
Polonnaruwa	-	-	350.00 - 360.00	-	70.00 - 75.00	45.00 - 50.00	-	-	2800.00 - 3000.00	180.00 - 180.00
Kaluthara	-	-	350.00 - 400.00	-	84.00 - 100.00	-	-	80.00 - 100.00	2000.00 - 2400.00	150.00 - 180.00
Badulla	-	-	-	-	-	-	-	-	-	-
Keppetipola	40.00 - 45.00	25.00 - 28.00	350.00 - 360.00	80.00 - 90.00	60.00 - 65.00	70.00 - 80.00	-	70.00 - 80.00	2200.00 - 2500.00	180.00 - 200.00
Moneragala	-	-	280.00 - 320.00	-	50.00 - 60.00	60.00 - 80.00	-	50.00 - 60.00	2400.00 - 2500.00	130.00 - 150.00
Kegalle	-	-	340.00 - 350.00	-	100.00 - 120.00	-	-	100.00 - 120.00	2000.00 - 2100.00	150.00 - 160.00
Ampara	-	-	380.00 - 400.00	-	-	-	-	-	2000.00 - 2200.00	170.00 - 180.00
Dehiattakandiya	-	-	250.00 - 350.00	-	40.00 - 60.00	50.00 - 80.00	-	-	2700.00 - 2800.00	120.00 - 150.00
Nuwaraeliya	45.00 - 50.00	25.00 - 30.00	360.00 - 380.00	110.00 - 120.00	66.00 - 70.00	80.00 - 90.00	-	80.00 - 90.00	2500.00 - 2600.00	190.00 - 200.00
Kandy	-	-	400.00 - 420.00	80.00 - 100.00	90.00 - 100.00	140.00 - 150.00	450.00 - 500.00	80.00 - 100.00	2000.00 - 2500.00	170.00 - 200.00
Puttalam	-	-	250.00 - 300.00	55.00 - 60.00	-	45.00 - 60.00	-	-	2400.00 - 3000.00	150.00 - 150.00
Hambantota	-	-	350.00 - 380.00	50.00 - 70.00	60.00 - 70.00	-	-	50.00 - 50.00	2000.00 - 2300.00	120.00 - 150.00
Rathnapura	80.00 - 100.00	-	320.00 - 390.00	-	80.00 - 110.00	-	-	-	2000.00 - 2400.00	120.00 - 150.00
Matara	-	-	330.00 - 350.00	95.00 - 110.00	80.00 - 90.00	150.00 - 180.00	-	60.00 - 70.00	2000.00 - 2100.00	150.00 - 180.00
Galle	-	-	300.00 - 380.00	100.00 - 120.00	100.00 - 125.00	-	-	96.00 - 120.00	2000.00 - 2500.00	180.00 - 200.00
Tissamaharama	-	-	340.00 - 360.00	-	75.00 - 80.00	-	-	65.00 - 70.00	2800.00 - 3000.00	160.00 - 170.00
Meegoda (DEC)	-	-	380.00 - 400.00	-	75.00 - 100.00	-	-	42.00 - 60.00	2200.00 - 2500.00	120.00 - 150.00
Embilipitiya	60.00 - 80.00	20.00 - 40.00	300.00 - 340.00	15.00 - 25.00	80.00 - 100.00	70.00 - 120.00	-	10.00 - 20.00	1850.00 - 2250.00	160.00 - 180.00
Jaffna	70.00 - 80.00	-	160.00 - 180.00	70.00 - 75.00	50.00 - 60.00	50.00 - 60.00	700.00 - 800.00	-	2500.00 - 2700.00	200.00 - 220.00
Vavuniya	-	-	200.00 - 240.00	90.00 - 100.00	50.00 - 60.00	-	-	-	2200.00 - 2300.00	200.00 - 240.00
Mannar	-	-	250.00 - 300.00	80.00 - 90.00	50.00 - 60.00	45.00 - 50.00	500.00 - 550.00	-	2400.00 - 2500.00	150.00 - 150.00
Killinochchi	-	-	250.00 - 280.00	100.00 - 120.00	50.00 - 60.00	45.00 - 50.00	-	-	2850.00 - 2950.00	180.00 - 200.00
Mullaittivu	-	-	-	45.00 - 55.00	50.00 - 55.00	-	-	-	2350.00 - 2500.00	150.00 - 160.00
Batticaloa	-	-	240.00 - 250.00	35.00 - 40.00	35.00 - 40.00	45.00 - 50.00	-	-	2400.00 - 2500.00	200.00 - 200.00
Trincomalee	75.00 - 80.00	-	190.00 - 220.00	75.00 - 80.00	50.00 - 55.00	80.00 - 85.00	-	-	2400.00 - 2500.00	190.00 - 200.00
Veyangoda	-	-	350.00 - 380.00	70.00 - 82.00	50.00 - 55.00	55.00 - 70.00	-	-	1800.00 - 2000.00	140.00 - 150.00
Galenbindunuwewa	-	-	240.00 - 290.00	25.00 - 30.00	-	-	-	-	2400.00 - 2600.00	140.00 - 160.00
Bandarawela	60.00 - 60.00	-	300.00 - 320.00	70.00 - 80.00	80.00 - 100.00	-	-	80.00 - 100.00	2500.00 - 2800.00	160.00 - 200.00
Matale	-	-	-	-	-	-	-	-	-	-

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

Week 04:23 - 29 Jan 2026

Locations	Sea Fish					
	Salaya	Hurulla	Balaya	Kelawalla	Thora	Paraw
Colombo	400.00 – 500.00	550.00 – 700.00	700.00 – 800.00	900.00 – 1300.00	2400.00 – 2700.00	1100.00 – 1300.00
Kandy	480.00 – 500.00	1000.00 – 1100.00	1000.00 – 1200.00	1500.00 – 1600.00	2400.00 – 2500.00	1250.00 – 1400.00
Kaluthara	-	-	900.00 – 1000.00	1300.00 – 1400.00	2300.00 – 2300.00	1300.00 – 1500.00
Puttalam	450.00 – 500.00	800.00 – 900.00	950.00 – 1050.00	1400.00 – 1500.00	-	1450.00 – 1700.00
Matara	440.00 – 450.00	880.00 – 900.00	1100.00 – 1200.00	-	-	-
Hambantota	300.00 – 400.00	750.00 – 800.00	800.00 – 1000.00	1200.00 – 1200.00	-	1100.00 – 1200.00
Galle	-	-	800.00 – 850.00	1200.00 – 1300.00	2400.00 – 2400.00	1000.00 – 1200.00
Batticaloa	200.00 – 200.00	-	800.00 – 900.00	1000.00 – 1000.00	-	1000.00 – 1000.00
Trincomalee	-	-	-	-	-	-
Mannar	550.00 – 600.00	-	900.00 – 1000.00	-	-	1200.00 – 1300.00

Locations	Sea Fish				Eggs	
	Mora	Shrimps	Thalapath	Teppeli	Brown	White
Colombo	1200.00 – 1400.00	1800.00 – 2600.00	2000.00 – 2400.00	-	32.00 – 34.00	30.00 – 32.00
Kandy	1400.00 – 1500.00	2400.00 – 2500.00	2300.00 – 2400.00	-	31.00 – 33.00	30.00 – 31.00
Kaluthara	1200.00 – 1300.00	-	2200.00 – 2300.00	-	-	-
Puttalam	1450.00 – 1700.00	950.00 – 1300.00	2300.00 – 2350.00	-	34.00 – 34.00	31.00 – 32.00
Matara	1150.00 – 1200.00	2650.00 – 2700.00	2000.00 – 2100.00	-	32.00 – 33.00	28.00 – 29.00
Hambantota	800.00 – 900.00	2000.00 – 2000.00	-	-	-	32.00 – 33.00
Galle	-	-	1800.00 – 2000.00	-	29.00 – 30.00	27.00 – 31.00
Batticaloa	700.00 – 700.00	1300.00 – 1400.00	1500.00 – 1600.00	-	30.00 – 30.00	28.00 – 28.00
Trincomalee	-	-	-	-	-	-
Mannar	1550.00 – 1600.00	1350.00 – 1400.00	-	-	32.00 – 33.00	30.00 – 30.00

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

Week 04:23 - 29 Jan 2026

Locations	Local Dried Fish					
	Sprats	Kattawa	Thora	Mora	Balaya	Anguluwa
Colombo	65000 – 75000	80000 – 87500	125000 – 145000	122500 – 130000	52500 – 62500	100000 – 110000
Kandy	65000 – 70000	90000 – 100000	-	125000 – 127500	60000 – 70000	-
Batticaloa	50000 – 50000	100000 – 112500	-	-	80000 – 90000	-
Trincomalee	-	-	-	-	-	-
Mannar	-	90500 – 110000	-	120000 – 122500	72500 – 75000	77500 – 80000

Locations	Local Dried Fish			Imported Dried Fish		
	Maduwa	Koduwa	Salaya	Sprats	Kattawa	Thora
Colombo	65000 – 75000	-	32500 – 37500	40000 – 47500	70000 – 85000	120000 – 127500
Kandy	-	-	37500 – 40000	42500 – 47500	82500 – 85000	-
Batticaloa	-	-	35000 – 35000	40000 – 40000	-	-
Trincomalee	-	-	-	-	-	-
Mannar	80000 – 82500	-	-	62000 – 65250	-	-

Locations	Imported Dried Fish					
	Mora	Balaya	Anguluwa	Maduwa	Koduwa	Salaya
Colombo	110000 – 120000	-	82500 – 90000	35000 – 40000	-	-
Kandy	-	-	-	-	-	-
Batticaloa	-	-	-	-	-	-
Trincomalee	-	-	-	-	-	-
Mannar	-	-	-	-	-	-



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

Week 04:23 - 29 Jan 2026

LOCATIONS	Dried Fish													
	Sprats-Imported		Kattawa		Thora		Mora		Balaya		Anguluwa		Salaya	
Colombo	1100.00	1400.00	2300.00	2800.00	3400.00	4000.00	2600.00	3000.00	1400.00	2600.00	2400.00	3000.00	800.00	1200.00
Gampaha	1400.00	1500.00	2800.00	2800.00	3800.00	3800.00	3000.00	3000.00	-	-	2400.00	2400.00	1400.00	1400.00
Kurunegala	1400.00	1500.00	-	-	-	-	2600.00	2700.00	-	-	2200.00	2200.00	1250.00	1300.00
Nikaweratiya	1200.00	1400.00	2200.00	2400.00	-	-	-	-	1500.00	1650.00	2200.00	2400.00	900.00	1200.00
Dambulla	1000.00	1100.00	2400.00	2600.00	-	-	2800.00	3000.00	1500.00	1600.00	2200.00	2300.00	-	-
Anuradhapura	1200.00	1400.00	2400.00	2600.00	-	-	2600.00	3000.00	1600.00	2000.00	2200.00	2600.00	800.00	1200.00
Thambuththegama	1100.00	1180.00	2000.00	2250.00	-	-	-	-	1600.00	1700.00	-	-	880.00	1100.00
Polonnaruwa	1100.00	1200.00	2100.00	2200.00	-	-	2800.00	3000.00	1500.00	1600.00	2000.00	2000.00	1400.00	1500.00
Kaluthara	1000.00	1280.00	2000.00	2500.00	-	-	2800.00	3000.00	1400.00	1700.00	2400.00	2600.00	1000.00	1000.00
Badulla	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Keppetipola	1250.00	1300.00	2400.00	2500.00	3400.00	3500.00	2600.00	2800.00	1400.00	1500.00	1700.00	1800.00	1100.00	1200.00
Moneragala	1200.00	1400.00	2200.00	2400.00	-	-	2600.00	2800.00	1600.00	1800.00	2200.00	2400.00	800.00	1000.00
Kegalle	1120.00	1200.00	2600.00	2600.00	3200.00	3400.00	2700.00	2800.00	1500.00	1800.00	-	-	-	-
Ampara	-	-	2500.00	2500.00	-	-	2400.00	2400.00	1500.00	1600.00	1600.00	1800.00	600.00	700.00
Dehiattakandiya	1000.00	1100.00	2200.00	2600.00	-	-	-	-	1600.00	1800.00	1500.00	1500.00	800.00	1000.00
Nuwaraeliya	1250.00	1280.00	2600.00	2700.00	3600.00	3700.00	2800.00	2900.00	1500.00	1600.00	1900.00	2000.00	1200.00	1300.00
Kandy	1200.00	1400.00	2700.00	2800.00	3500.00	3600.00	2800.00	2900.00	1900.00	2000.00	2200.00	2400.00	1000.00	1100.00
Puttalam	1100.00	1200.00	2200.00	2400.00	-	-	2400.00	2600.00	1400.00	1600.00	1200.00	1400.00	1000.00	1120.00
Hambantota	1200.00	1300.00	2000.00	2200.00	4600.00	4600.00	-	-	2000.00	2200.00	2200.00	2300.00	-	-
Rathnapura	1040.00	1200.00	2200.00	2400.00	3200.00	3600.00	2880.00	2980.00	1520.00	1760.00	2350.00	2400.00	800.00	880.00
Matara	1250.00	1400.00	2000.00	2200.00	-	-	-	-	1500.00	1600.00	2000.00	2100.00	-	-
Galle	1000.00	1400.00	2000.00	2400.00	2800.00	3200.00	2000.00	2800.00	1400.00	1800.00	1800.00	2200.00	-	-
Tissamaharama	1200.00	1350.00	-	-	-	-	2500.00	2700.00	1750.00	1900.00	2400.00	2500.00	-	-
Meegoda	1000.00	1200.00	2000.00	2200.00	-	-	2500.00	2800.00	1300.00	1700.00	2000.00	2200.00	800.00	1000.00
Embilipitiya	1200.00	1400.00	2400.00	2500.00	-	-	2850.00	3000.00	1450.00	1800.00	2400.00	2500.00	950.00	1100.00
Jaffna	-	-	2600.00	2800.00	3100.00	3250.00	3000.00	3300.00	1800.00	2000.00	-	-	800.00	1200.00
Vavuniya	-	-	2100.00	2200.00	-	-	-	-	1300.00	1400.00	-	-	600.00	700.00
Mannar	-	-	2800.00	2800.00	-	-	2800.00	3000.00	1800.00	2000.00	1900.00	1950.00	-	-
Killinochchi	1300.00	1400.00	2450.00	2500.00	-	-	2400.00	2500.00	-	-	-	-	900.00	1000.00
Mullaittivu	1200.00	1300.00	2400.00	2500.00	-	-	2450.00	2600.00	1450.00	1550.00	-	-	850.00	960.00
Batticaloa	1200.00	1250.00	2500.00	2800.00	-	-	-	-	2000.00	2000.00	-	-	600.00	650.00
Trincomalee	1200.00	1250.00	2200.00	2300.00	-	-	-	-	1350.00	1400.00	1250.00	1300.00	700.00	750.00
Veyangoda	1000.00	1400.00	2200.00	2400.00	-	-	2400.00	2700.00	1600.00	1800.00	2200.00	2400.00	1000.00	1200.00
Galenbindunuwewa	1200.00	1400.00	2600.00	2800.00	3400.00	3500.00	2600.00	2900.00	1800.00	2000.00	2400.00	2600.00	650.00	850.00
Bandarawela	1200.00	1300.00	2300.00	2400.00	-	-	2800.00	3000.00	1600.00	1800.00	2300.00	2400.00	800.00	1000.00
Matale	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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

Week 04:23 - 29 Jan 2026

LOCATIONS	Meat		Meat (Chicken)		Meat					
	Beef		Broiler	Curry	Mutton	Pork				
Colombo	2800.00	- 2900.00	1150.00	- 1330.00	1150.00	- 1300.00	3800.00	- 4300.00	2700.00	- 2800.00
Gampaha	-		1150.00	- 1250.00	1400.00	- 1400.00	4000.00	- 4000.00	2600.00	- 2600.00
Kurunegala	2600.00	- 2600.00	1200.00	- 1280.00	-		-		2750.00	- 2750.00
Nikaweratiya	2400.00	- 2600.00	1150.00	- 1250.00	-		-		-	
Dambulla	-		1150.00	- 1200.00	1300.00	- 1350.00	-		2500.00	- 2600.00
Anuradhapura	2500.00	- 2600.00	1150.00	- 1250.00	1300.00	- 1400.00	-		2400.00	- 2600.00
Thambuththegama	-		1180.00	- 1250.00	-		-		2600.00	- 3000.00
Polonnaruwa	2500.00	- 2800.00	1200.00	- 1350.00	1400.00	- 1500.00	3500.00	- 3500.00	3000.00	- 3200.00
Kaluthara	2600.00	- 2600.00	1100.00	- 1180.00	1100.00	- 1300.00	-		2600.00	- 2700.00
Badulla	-		-		-		-		-	
Keppetipola	2400.00	- 2400.00	1250.00	- 1260.00	1350.00	- 1360.00	-		-	
Moneragala	2400.00	- 2400.00	1170.00	- 1300.00	1500.00	- 1550.00	-		3000.00	- 3200.00
Kegalle	2450.00	- 2600.00	1250.00	- 1280.00	1130.00	- 1150.00	3600.00	- 3600.00	2800.00	- 3000.00
Ampara	2400.00	- 2600.00	1150.00	- 1300.00	-		-		2800.00	- 3200.00
Dehiattakandiya	-		1200.00	- 1250.00	-		-		2500.00	- 2700.00
Nuwaraeliya	2300.00	- 2400.00	1240.00	- 1260.00	1350.00	- 1380.00	3800.00	- 4000.00	2800.00	- 2900.00
Kandy	2500.00	- 2500.00	1020.00	- 1050.00	1300.00	- 1320.00	3500.00	- 3600.00	2800.00	- 2900.00
Puttalam	2450.00	- 2500.00	1250.00	- 1300.00	1500.00	- 1600.00	4200.00	- 4200.00	-	
Hambantota	-		1200.00	- 1200.00	-		-		-	
Rathnapura	2600.00	- 2600.00	1100.00	- 1200.00	1200.00	- 1300.00	3700.00	- 3700.00	2700.00	- 2700.00
Matara	-		1145.00	- 1200.00	1280.00	- 1300.00	-		-	
Galle	2600.00	- 2700.00	1150.00	- 1200.00	-		3500.00	- 3600.00	-	
Tissamaharama	-		1250.00	- 1350.00	-		-		-	
Meegoda	-		1180.00	- 1260.00	1250.00	- 1300.00	-		2900.00	- 3000.00
Embilipitiya	2450.00	- 2500.00	1050.00	- 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	1350.00	- 1450.00	1450.00	- 1600.00	-		-	
Mannar	2200.00	- 2300.00	1450.00	- 1500.00	1550.00	- 1600.00	-		-	
Killinochchi	2400.00	- 2500.00	1300.00	- 1400.00	1500.00	- 1600.00	3900.00	- 4000.00	-	
Mullaittivu	2200.00	- 2200.00	1400.00	- 1400.00	1550.00	- 1600.00	-		-	
Batticaloa	2200.00	- 2200.00	1450.00	- 1450.00	1600.00	- 1600.00	3900.00	- 4000.00	-	
Trincomalee	2250.00	- 2300.00	1350.00	- 1400.00	1600.00	- 1650.00	3400.00	- 3500.00	-	
Veyangoda	2600.00	- 2600.00	1100.00	- 1150.00	-		-		2500.00	- 2500.00
Galenbindunuwewa	2400.00	- 2400.00	1030.00	- 1050.00	1400.00	- 1400.00	3500.00	- 3500.00	-	
Bandarawela	2400.00	- 2500.00	1180.00	- 1250.00	-		3500.00	- 3600.00	-	
Matale	-		-		-		-		-	

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

Week 04:23 - 29 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>Rice</b>							<b>Coconut</b>						
<b>Local</b>							Large	150.00 - 165.00	157.50	160.00	202.22	-1.56	-22.12
Samba 1	255.00 - 265.00	259.20	261.40		-0.84		Small	130.00 - 145.00	137.50	141.67	178.33	-2.94	-22.90
Samba 2	250.00 - 258.00	252.50	256.29		-1.48								
Keeri Samba	340.00 - 370.00	353.33	350.00	255.00	0.95	38.56	<b>Fruits (Rs/fruit)</b>						
Nadu 1	220.00 - 225.00	221.56	224.33	237.50	-1.24	-6.71	<b>Plantain</b>						
Nadu 2	215.00 - 220.00	217.71	219.43	231.00	-0.78	-5.75	Ambul (Rs/kg)	120.00 - 160.00	140.00	152.73	111.82	-8.33	25.20
Raw (Red)	200.00 - 205.00	203.00	207.78		-2.30		Kolikuttu (Rs/kg)	200.00 - 230.00	211.67	214.17	181.67	-1.17	16.51
Raw (White)	200.00 - 210.00	206.00	210.00	232.50	-1.90	-11.40	Seeni (Rs/kg)	100.00 - 150.00	120.00	126.67	110.91	-5.26	8.20
<b>Imported</b>							Anamalu	31.00 - 43.00	36.58	33.42	29.60	9.48	23.59
Samba	235.00 - 240.00	237.86	234.17	228.00	1.58	4.32	Ambun	44.00 - 60.00	51.00	47.67	41.10	6.99	24.09
Nadu	-	-	-	-	-	-	Papaw(Rs/kg)	300.00 - 400.00	357.50	303.00	121.00	17.99	195.45
Raw (Red)	-	-	-	-	-	-	Passion Fruit	90.00 - 110.00	98.57	85.00	60.63	15.97	62.59
Raw (White)	-	-	-	-	-	-	Pineapple Large	320.00 - 400.00	356.25	313.57	438.57	13.61	-18.77
<b>Dried Chillies</b>							Pineapple Medium	250.00 - 300.00	270.00	263.75	338.57	2.37	-20.25
Imported	750.00 - 850.00	790.00	769.00	650.00	2.73	21.54	Pineapple Small	200.00 - 240.00	218.75	215.45	268.57	1.53	-18.55
<b>Onion</b>							<b>Mango</b>						
Sinnan	-	-	183.33	275.00			Betti	-	-	-	-	-	-
Vedalan	-	-	-	460.00			Karthakolomban	135.00 - 200.00	168.33	114.38	154.17	47.18	9.19
Imported	240.00 - 320.00	280.56	291.25	478.33	-3.67	-41.35	Vilad	-	-	-	-	-	-
<b>Big Onion</b>							Kohu	-	-	-	-	-	-
Imported	110.00 - 160.00	136.82	128.00	176.43	6.89	-22.45	<b>Other</b>						
Local	-	-	-	-	-	-	Wood Apple	44.00 - 60.00	50.67	47.75	54.55	6.11	-7.11
<b>Potato</b>							Orange	35.00 - 58.00	43.90	43.11	57.22	1.83	-23.28
Welimada	-	-	-	-	-	-	Avocado	400.00 - 500.00	466.88	462.14	256.67	1.02	81.90
N'Eliya	410.00 - 430.00	422.14	425.56	370.00	-0.80	14.09	Slime Apple	30.00 - 50.00	44.29	40.00	31.67	10.71	39.85
Imported	120.00 - 280.00	180.00	207.78	190.00	-13.37	-5.26	Grapes (Imp., Rs/kg)	1600.00 - 1800.00	1700.00	1450.00	1775.00	17.24	-4.23
<b>Pulses</b>							King Coconut	120.00 - 170.00	151.25	140.00	152.50	8.04	-0.82
Green Gram	600.00 - 650.00	630.00	638.57	600.00	-1.34	5.00	<b>Sea Fish</b>						
Cowpea (White)	650.00 - 800.00	730.00	775.00	566.67	-5.81	28.82	Salaya	400.00 - 500.00	450.00	375.00	292.50	20.00	53.85
Cowpea (Red)	680.00 - 800.00	736.00	825.00	550.00	-10.79	33.82	Hurulla	550.00 - 700.00	608.33	857.14	980.83	-29.03	-37.98
Red Dhal	235.00 - 250.00	241.67	249.38	273.57	-3.09	-11.66	Balaya	700.00 - 800.00	758.33	833.33	881.67	-9.00	-13.99
<b>Vegetable</b>							Kelawalla	900.00 - 1300.00	1083.33	1266.67	1484.55	-14.47	-27.03
Beans (Butter)	-	-	-	-	-	-	Thora	2400.00 - 2700.00	2550.00	2416.67	2375.00	5.52	7.37
Beans(Green)	350.00 - 500.00	410.00	400.00	462.00	2.50	-11.26	Paraw	1100.00 - 1300.00	1225.00	1183.33	1403.33	3.52	-12.71
Carrot	260.00 - 320.00	290.91	308.89	246.00	-5.82	18.26	Mora	1200.00 - 1400.00	1266.67	1450.00	1128.75	-12.64	12.22
Leeks	220.00 - 320.00	271.00	308.00	216.00	-12.01	25.46	Shrimps	1800.00 - 2600.00	2250.00	2350.00	1950.83	-4.26	15.34
Beetroot	350.00 - 600.00	450.00	538.89	357.00	-16.49	26.05	Thalapat	2000.00 - 2400.00	2214.29	2383.33	2104.17	-7.09	5.23
Knolkhol	180.00 - 230.00	201.11	292.86	200.00	-31.33	0.56	<b>Eggs</b>						
Raddish	60.00 - 100.00	74.55	106.15	116.00	-29.78	-35.74	Brown	32.00 - 34.00	32.80	30.67	29.94	6.96	9.56
Cabbage	160.00 - 220.00	190.00	194.55	134.00	-2.34	41.79	White	30.00 - 32.00	31.00	29.33	27.63	5.68	12.22
Tomato	280.00 - 500.00	366.00	396.00	263.00	-7.58	39.16	<b>Dried Fish</b>						
Ladies Fingers	180.00 - 220.00	201.82	214.17	212.00	-5.77	-4.80	Sprats	1300.00 - 1500.00	1400.00	1456.25	1041.67	-3.86	34.40
Brinjal	100.00 - 180.00	143.64	172.00	311.00	-16.49	-53.81	Sprats (Imported)	800.00 - 950.00	881.11	897.14	702.50	-1.79	25.43
Capsicum	550.00 - 700.00	627.27	550.00	785.00	14.05	-20.09	Kattawa	1600.00 - 1750.00	1668.75	1608.33	1260.83	3.76	32.35
Pumpkin	70.00 - 100.00	86.36	94.55	108.00	-8.65	-20.03	Kattawa (Imported)	1400.00 - 1700.00	1620.00	1608.33	1260.83	0.73	28.49
Cucumber	60.00 - 120.00	83.64	115.56	130.00	-27.62	-35.66	Thora	2500.00 - 2900.00	2692.86	2541.67		5.95	
Bitter Gourd	450.00 - 500.00	466.67	490.00	340.00	-4.76	37.25	Thora (Imported)	2400.00 - 2550.00	2483.33	2250.00		10.37	
Snake Gourd	180.00 - 250.00	204.00	234.00	178.00	-12.82	14.61	Mora	2450.00 - 2600.00	2538.75	2500.00	1741.67	1.55	45.77
Drumstick	-	-	-	-	-	-	Mora (Imported)	2200.00 - 2400.00	2325.00	1250.00	772.31	86.00	201.05
Luffa	350.00 - 500.00	422.73	425.00	276.00	-0.53	53.16	Balaya	1050.00 - 1250.00	1155.56	1250.00		-7.56	
Long Beans	120.00 - 200.00	163.00	155.45	256.00	4.85	-36.33	Balaya (Imported)	-	-	1878.57	1270.83		
Ash Plantain	150.00 - 200.00	168.89	172.22	145.00	-1.94	16.48	Anguluwa	2000.00 - 2200.00	2090.00	1485.71	1270.83	40.67	64.46
Green Chillies	450.00 - 550.00	505.00	455.56	900.00	10.85	-43.89	Anguluwa (Imported)	1650.00 - 1800.00	1757.14	1758.33	1420.83	-0.07	23.67
Lime	100.00 - 200.00	153.33	149.00	146.00	2.91	5.02	Maduwa	1300.00 - 1500.00	1428.57	1485.71	1270.83	-3.85	12.41
<b>Root Crops</b>							Maduwa (Imported)	700.00 - 800.00	741.67				
Sweet Potato	220.00 - 240.00	231.43	244.55	137.00	-5.36	68.93	Koduwa	-	-	675.00	792.50		
Manioc	70.00 - 100.00	87.14	99.00	100.00	-11.98	-12.86	Koduwa (Imported)	-	-	-	-		
<b>Leafy Vegetable</b>							Salaya	650.00 - 750.00	685.71	675.00	792.50	1.59	-13.47
Mukunuwenna	45.00 - 55.00	50.00	50.00	43.75	0.00	14.29	Salaya (Imported)	-	-	-	-		
Kankun	45.00 - 55.00	50.00	50.00	43.75	0.00	14.29							
Gotukola (Rs/kg)	260.00 - 300.00	280.00	285.00	310.00	-1.75	-9.68							

This Week: Week 04:23 - 29 Jan 2026  
 Last Week: Week 03:16 - 22 Jan 2026

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

**Week 04:23 - 29 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>Rice</b>							<b>Coconut</b>						
<b>Local</b>							<b>Large</b>						
Samba 1	270.00 - 280.00	274.05	274.32	258.75	-0.27	5.91	180.00 - 200.00	191.00	189.25	211.50	1.75	-9.69	
Samba 2	-	-	-	-	-	-	Small	160.00 - 180.00	167.89	166.47	181.47	1.42	-7.48
Keeri Samba	360.00 - 380.00	371.54	371.05	270.15	0.49	37.53	<b>Fruits (Rs/fruit)</b>						
Nadu 1	230.00 - 240.00	232.80	233.04	253.33	-0.24	-8.11	<b>Plantain</b>						
Nadu 2	-	-	-	-	-	-	Ambul (Rs/kg)	160.00 - 250.00	210.00	215.87	194.36	-5.87	8.05
Raw (Red)	210.00 - 220.00	217.17	220.00	320.00	-2.83	-32.13	Kolikuttu (Rs/kg)	250.00 - 360.00	311.30	315.45	296.67	-4.15	4.93
Raw (White)	220.00 - 230.00	223.70	224.23	267.33	-0.54	-16.32	Seeni (Rs/kg)	160.00 - 240.00	202.73	204.09	197.78	-1.36	2.50
<b>Imported</b>							<b>Anamalu</b>						
Samba	240.00 - 260.00	251.67	251.52	239.04	0.14	5.28	Ambun	36.00 - 57.00	46.19	43.40	43.90	2.79	5.20
Nadu	-	-	-	-	-	-	Papaw(Rs/kg)	56.00 - 75.00	64.40	61.13	64.50	3.27	-0.16
Raw (Red)	-	-	-	-	-	-	Passion Fruit	350.00 - 600.00	451.74	376.52	211.84	75.22	113.24
Raw (White)	-	-	-	-	-	-	Pineapple Large	100.00 - 150.00	122.73	111.82	93.10	10.91	31.83
<b>Dried Chillies</b>							<b>Pineapple Medium</b>						
Imported	850.00 - 1300.00	1076.52	1065.22	906.82	11.30	18.71	Pineapple Small	380.00 - 520.00	436.00	423.64	568.79	12.36	-23.35
<b>Onion</b>							<b>Mango</b>						
Sinnan	-	-	-	-	-	-	Betti	240.00 - 300.00	266.50	262.73	350.65	3.77	-24.00
Vedalan	-	-	-	-	-	-	Karthakolomban	150.00 - 270.00	201.25	141.00	217.37	60.25	-7.42
Imported	400.00 - 520.00	462.59	471.92	622.89	-9.33	-25.73	Vilad	-	-	-	-	-	-
<b>Big Onion</b>							<b>Kohu</b>						
Imported	160.00 - 240.00	206.80	222.31	267.14	-15.51	-22.59	<b>Other</b>						
<b>Local</b>							<b>Wood Apple</b>						
<b>Potato</b>							<b>Orange</b>						
Welimada	-	-	-	-	-	-	50.00 - 125.00	85.63	90.00	122.63	-4.38	-30.18	
N'Eliya	440.00 - 560.00	489.23	496.88	473.50	-7.64	3.32	Avocado	500.00 - 840.00	614.38	635.63	321.82	-21.25	90.91
Imported	160.00 - 260.00	214.81	244.00	245.76	-29.19	-12.59	Slime Apple	40.00 - 120.00	84.38	78.82	75.14	5.55	12.29
<b>Pulses</b>							<b>Grapes (Imp., Rs/kg)</b>						
Green Gram	700.00 - 1100.00	915.22	931.67	779.19	-16.45	17.46	1800.00 - 3000.00	2292.86	2106.67	2306.25	186.19	-0.58	
Cowpea (White)	850.00 - 1300.00	1080.68	1099.09	837.57	-18.41	29.03	King Coconut	160.00 - 200.00	183.75	173.33	191.29	10.42	-3.94
Cowpea (Red)	850.00 - 1300.00	1076.14	1093.18	825.45	-17.05	30.37	<b>Sea Fish</b>						
Red Dhal	260.00 - 320.00	288.75	292.00	312.63	-3.25	-7.64	Salaya	550.00 - 800.00	692.86	622.50	459.52	70.36	50.78
<b>Vegetable</b>							<b>Hurulla</b>						
Beans (Butter)	-	-	-	-	-	-	1200.00 - 1400.00	1244.44	1171.43	1155.00	73.02	7.74	
Beans(Green)	450.00 - 700.00	583.70	581.48	554.67	2.22	5.24	Balaya	1500.00 - 1600.00	1566.67	1288.89	1042.50	277.78	50.28
Carrot	300.00 - 600.00	418.40	490.37	381.52	-71.97	9.67	Kelawalla	2400.00 - 2800.00	2533.33	2438.46	2187.62	94.87	15.80
Leeks	360.00 - 600.00	482.40	496.79	395.16	-14.39	22.08	Thora	3200.00 - 4000.00	3730.00	3625.00	3250.00	105.00	14.77
Beetroot	500.00 - 1000.00	723.33	726.00	525.81	-2.67	37.57	Paraw	2000.00 - 2600.00	2414.29	2306.67	2091.67	107.62	15.42
Knolkhol	280.00 - 480.00	392.17	516.36	379.00	-124.19	3.48	Mora	2000.00 - 2000.00	2000.00	1980.00	20.00	20.00	
Raddish	140.00 - 360.00	246.80	301.85	250.00	-55.05	-1.28	Shrimps	2400.00 - 3200.00	2891.67	2930.77	2395.24	-39.10	20.73
Cabbage	280.00 - 480.00	340.80	384.29	296.25	-43.49	15.04	Thalalpath	3000.00 - 3500.00	3161.54	3233.33	2766.67	-71.79	14.27
Tomato	400.00 - 650.00	567.83	578.15	405.31	-10.32	40.10	<b>Eggs</b>						
Ladies Fingers	300.00 - 600.00	388.40	388.85	328.75	-0.45	18.14	Brown	34.00 - 35.00	34.62	33.00	32.00	1.62	8.17
Brinjal	200.00 - 480.00	335.20	362.07	419.67	-26.87	-20.13	White	32.00 - 34.00	33.15	30.33	30.65	2.82	8.17
Capsicum	600.00 - 1200.00	889.58	861.03	1000.00	28.55	-11.04	<b>Dried Fish</b>						
Pumpkin	150.00 - 260.00	212.80	241.72	240.32	-28.92	-11.45	Sprats	1800.00 - 2400.00	2142.86	2146.67	1820.00	-3.81	17.74
Cucumber	100.00 - 280.00	205.22	268.97	256.56	-63.75	-20.01	Sprats (Imported)	1100.00 - 1400.00	1288.24	1300.00	1150.00	-11.76	12.02
Bitter Gourd	500.00 - 800.00	692.27	717.31	518.67	-25.03	33.47	Kattawa	2300.00 - 2800.00	2466.67	2460.00	2020.00	6.67	22.11
Snake Gourd	260.00 - 600.00	422.08	439.63	366.77	-17.55	15.08	Thora	3400.00 - 4000.00	4000.00	3633.33	366.67	366.67	
Drumstick	-	-	-	-	-	-	Mora	2600.00 - 3000.00	2908.33	2878.57	2380.00	29.76	22.20
Luffa	450.00 - 800.00	590.95	599.17	484.83	-8.21	21.89	Balaya	1400.00 - 2600.00	1952.94	1883.33	1684.21	69.61	15.96
Long Beans	240.00 - 400.00	347.62	371.85	396.55	-24.23	-12.34	Anguluwa	2400.00 - 3000.00	2580.00	2716.67	2228.57	-136.67	15.77
Ash Plantain	200.00 - 400.00	306.00	321.72	258.89	-15.72	18.20	Maduwa	-	-	-	-	-	-
Green Chillies	500.00 - 1000.00	807.69	901.72	1500.00	-94.03	-46.15	Koduwa	-	-	-	-	-	-
Lime	200.00 - 500.00	339.58	408.33	384.69	-68.75	-11.72	Salaya	800.00 - 1200.00	1057.14	1047.06	1064.00	10.08	-0.64
<b>Root Crops</b>							<b>Meat</b>						
Sweet Potato	280.00 - 450.00	355.50	371.54	264.14	-16.04	34.59	Beef (without Bones)	2800.00 - 2900.00	2850.00	2800.00	2600.00	50.00	9.62
Manioc	150.00 - 250.00	201.74	204.07	210.71	-2.33	-4.26	Chicken (Broiler)	1150.00 - 1330.00	1221.82	1228.89	1105.88	-7.07	10.48
<b>Leafy Vegetable(Rs/bundle)</b>							<b>Chicken (Curry)</b>						
Mukunuwenna	60.00 - 100.00	83.33	78.81	77.50	4.52	7.53	Mutton	3800.00 - 4300.00	4014.29	4033.33	3627.27	-19.05	10.67
Kankun	60.00 - 100.00	84.44	78.81	76.50	5.63	10.38	Pork	2700.00 - 2800.00	2733.33	2733.33	1187.50	0.00	130.18
Gotukola	150.00 - 360.00	274.38	291.00	163.50	-16.63	67.81							

**This Week:** Week 04:23 - 29 Jan 2026  
**Last Week:** Week 03:16 - 22 Jan 2026

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

Week 04:23 - 29 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	140.00 - 172.50	149.38
A'pura	140.00 - 145.00	142.00	Dambulla	400.00 - 430.00	412.50	Hambantota	-	
P'naruwa	148.00 - 148.00	148.00	Welimada	385.00 - 430.00	411.00	Embilipitiya	180.00 - 200.00	192.50
Kalawewa	142.00 - 145.00	143.40	Badulla	-		Matara	-	
Kurunegala	140.00 - 144.00	142.00	<b>Carrot</b>			A'pura	180.00 - 200.00	188.00
Dehiattakandiya	135.00 - 135.00	135.00	N'Eliya	320.00 - 330.00	324.00	<b>Luffa</b>		
Nikaweratiya	140.00 - 145.00	142.60	Welimada	240.00 - 280.00	259.00	Dambulla	290.00 - 320.00	305.00
Ampara	140.00 - 145.00	142.67	Hanguranketha	250.00 - 270.00	260.00	Hambantota	-	
<b>Long Grain (White)</b>			<b>Leeks</b>			Embilipitiya	300.00 - 320.00	307.50
A'pura	119.00 - 123.00	120.60	N'Eliya	290.00 - 300.00	294.00	Matara	-	
P'naruwa	122.00 - 125.00	123.80	Welimada	300.00 - 325.00	315.00	A'pura	360.00 - 380.00	368.00
Kalawewa	118.00 - 122.00	119.60	<b>Beetroot</b>			<b>Green Chillies</b>		
Kurunegala	115.00 - 120.00	117.67	N'Eliya	280.00 - 300.00	292.00	Dambulla	480.00 - 520.00	500.00
Dehiattakandiya	120.00 - 125.00	121.67	Dambulla	-		Hambantota	600.00 - 600.00	600.00
Embilipitiya	-		Kurunegala	-		Embilipitiya	550.00 - 600.00	572.50
Nikaweratiya	114.00 - 120.00	116.60	Welimada	300.00 - 335.00	322.00	Puttalam	428.00 - 430.00	428.50
Hambantota	-		Hanguranketha	-		A'pura	500.00 - 550.00	520.00
Ampara	108.00 - 118.00	111.00	<b>Knol Khol</b>			<b>Pumpkin</b>		
<b>Long Grain (Red)</b>			N'Eliya	215.00 - 225.00	220.00	Dambulla	72.00 - 86.00	77.60
Matara	110.00 - 115.00	111.75	Welimada	220.00 - 245.00	231.00	Hambantota	-	
Hambantota	110.00 - 115.00	112.50	Hanguranketha	-		Embilipitiya	80.00 - 100.00	92.50
Embilipitiya	117.00 - 120.00	118.50	<b>Raddish</b>			Matara	45.00 - 50.00	48.33
<b>Keeri Samba</b>			N'Eliya	60.00 - 70.00	66.00	A'pura	60.00 - 70.00	64.00
A'pura	165.00 - 170.00	167.00	Welimada	45.00 - 60.00	53.00	Moneragala	50.00 - 60.00	54.00
P'naruwa	-		Hambantota	-		<b>Cucumber</b>		
Kalawewa	165.00 - 172.00	167.80	Hanguranketha	60.00 - 70.00	65.00	A'pura	40.00 - 50.00	44.00
Kurunegala	160.00 - 165.00	162.50	<b>Cabbage</b>			Dambulla	46.00 - 57.00	50.20
Dehiattakandiya	165.00 - 175.00	170.00	N'Eliya	230.00 - 240.00	236.00	Hambantota	-	
<b>Red Onion</b>			Welimada	185.00 - 210.00	201.00	Matara	40.00 - 50.00	45.00
Puttalam	-		Badulla	-		<b>Long Beans</b>		
Jaffna	280.00 - 300.00	288.00	Hanguranketha	160.00 - 190.00	176.67	Dambulla	140.00 - 152.50	144.50
<b>Big Onion</b>			<b>Tomato</b>			Hambantota	80.00 - 100.00	90.00
Dambulla	-		Welimada	335.00 - 380.00	354.00	Embilipitiya	100.00 - 120.00	112.50
Kalawewa	-		Hambantota	-		Matara	100.00 - 110.00	103.33
A'pura	-		Dambulla	380.00 - 410.00	392.00	A'pura	160.00 - 180.00	168.00
<b>Potato</b>			Hanguranketha	350.00 - 400.00	376.67	<b>Ash Plantain</b>		
N'Eliya	315.00 - 330.00	323.00	<b>Vegetable (Low Country)</b>			Hambantota	-	
Badulla	-		<b>Ladies Fingers</b>			Embilipitiya	100.00 - 120.00	107.50
Welimada	320.00 - 340.00	330.00	A'pura	180.00 - 200.00	188.00	Matara	100.00 - 120.00	106.67
<b>Pulses</b>			Dambulla	210.00 - 240.00	225.00	<b>Lime</b>		
<b>Green Gram</b>			Hambantota	-		Hambantota	-	
Hambantota	-		Embilipitiya	180.00 - 200.00	192.50	Embilipitiya	100.00 - 120.00	107.50
Moneragala	550.00 - 600.00	570.00	Matara	100.00 - 120.00	106.67	Moneragala	70.00 - 80.00	74.00
Embilipitiya	510.00 - 520.00	515.00	<b>Brinjal</b>			<b>Fruits (Rs/kg)</b>		
Nikaweratiya	430.00 - 450.00	438.75	A'pura	160.00 - 180.00	168.00	<b>Banana</b>		
A'pura	540.00 - 580.00	556.00	Dambulla	110.00 - 130.00	120.00	<b>Ambul</b>		
<b>Cowpea</b>			Hambantota	75.00 - 100.00	85.00	Moneragala	80.00 - 90.00	84.00
Hambantota	-		Embilipitiya	90.00 - 120.00	105.00	Embilipitiya	50.00 - 80.00	64.00
Nikaweratiya	480.00 - 540.00	510.00	Matara	100.00 - 120.00	110.00	Hambantota	85.00 - 100.00	91.67
Moneragala	-		Welimada	100.00 - 135.00	121.00	<b>Kolikuttu</b>		
Embilipitiya	650.00 - 660.00	655.00	<b>Capsicum</b>			Moneragala	170.00 - 190.00	178.00
<b>Maize</b>			Badulla	-		Embilipitiya	140.00 - 160.00	152.00
A'pura	-		Welimada	550.00 - 600.00	582.50	Hambantota	150.00 - 180.00	163.33
Kalawewa	170.00 - 180.00	175.00	<b>Bitter Gourd</b>			<b>Papaw</b>		
<b>Gingelly</b>			A'pura	400.00 - 420.00	408.00	Moneragala	150.00 - 170.00	158.00
A'pura	-		Dambulla	400.00 - 440.00	422.50	Embilipitiya	250.00 - 270.00	260.00
Kalawewa	-		Hambantota	-		Hambantota	170.00 - 180.00	175.00
<b>Black Gram</b>			Embilipitiya	400.00 - 430.00	415.00	<b>Pineapple</b>		
A'pura	-		Matara	320.00 - 350.00	336.67	Divulapitiya	-	
Kalawewa	-							

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

**Week 04:23 - 29 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	270.00 - 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	270.00 - 270.00	270.00 - 280.00
Samba 2	-	-	-	-	-	-	-	-	-
Keeri Samba	360.00 - 370.00	-	370.00 - 380.00	370.00 - 380.00	370.00 - 380.00	-	360.00 - 370.00	-	370.00 - 380.00
Nadu 1	230.00 - 240.00	230.00 - 230.00	230.00 - 240.00	230.00 - 240.00	230.00 - 240.00	240.00 - 240.00	230.00 - 240.00	230.00 - 230.00	230.00 - 240.00
Nadu 2	-	-	-	-	-	-	-	-	-
Raw (Red)	210.00 - 220.00	220.00 - 220.00	210.00 - 220.00	210.00 - 220.00	210.00 - 220.00	220.00 - 220.00	210.00 - 220.00	220.00 - 220.00	210.00 - 220.00
Raw (White)	220.00 - 230.00	220.00 - 220.00	220.00 - 230.00	220.00 - 230.00	220.00 - 230.00	220.00 - 220.00	220.00 - 220.00	220.00 - 230.00	220.00 - 230.00
<b>Imported</b>									
Samba	245.00 - 250.00	250.00 - 260.00	240.00 - 250.00	250.00 - 260.00	250.00 - 260.00	250.00 - 250.00	240.00 - 250.00	240.00 - 240.00	250.00 - 260.00
Nadu	-	-	-	-	-	-	-	-	-
Raw (Red)	-	-	-	-	-	-	-	-	-
Raw (White)	-	-	-	-	-	-	-	-	-
<b><u>Dried Chillies</u></b>									
Imported	850.00 - 900.00	1100.00 - 1100.00	1000.00 - 1200.00	1200.00 - 1300.00	1200.00 - 1300.00	1100.00 - 1100.00	900.00 - 1100.00	1000.00 - 1100.00	1000.00 - 1200.00
<b><u>Red Onion</u></b>									
Sinnan	-	-	-	-	-	-	-	-	-
Vedalan	-	-	-	-	-	-	-	-	-
Imported	420.00 - 450.00	460.00 - 480.00	440.00 - 480.00	460.00 - 500.00	480.00 - 520.00	400.00 - 480.00	400.00 - 480.00	400.00 - 480.00	460.00 - 520.00
<b><u>Big Onion</u></b>									
Imported	160.00 - 180.00	200.00 - 220.00	200.00 - 220.00	220.00 - 240.00	200.00 - 220.00	200.00 - 220.00	180.00 - 200.00	180.00 - 220.00	180.00 - 240.00
Local	-	-	-	-	-	-	-	-	-
<b><u>Potato</u></b>									
Welimada	-	-	-	-	-	-	-	-	-
N'Eliya	440.00 - 460.00	540.00 - 560.00	440.00 - 460.00	480.00 - 520.00	520.00 - 540.00	-	460.00 - 460.00	-	460.00 - 480.00
Imported	160.00 - 180.00	240.00 - 260.00	200.00 - 240.00	200.00 - 240.00	220.00 - 240.00	200.00 - 240.00	200.00 - 240.00	200.00 - 240.00	200.00 - 240.00
<b><u>Pulses</u></b>									
Green Gram	700.00 - 800.00	1100.00 - 1100.00	900.00 - 1000.00	900.00 - 1000.00	900.00 - 1000.00	800.00 - 800.00	850.00 - 1000.00	900.00 - 950.00	900.00 - 1000.00
Cowpea (White)	850.00 - 950.00	1200.00 - 1200.00	1000.00 - 1100.00	1200.00 - 1300.00	1100.00 - 1200.00	1000.00 - 1000.00	900.00 - 1100.00	1000.00 - 1000.00	1200.00 - 1300.00
Cowpea (Red)	850.00 - 950.00	1200.00 - 1200.00	1000.00 - 1100.00	1100.00 - 1300.00	1100.00 - 1200.00	1000.00 - 1000.00	1000.00 - 1000.00	1000.00 - 1000.00	1200.00 - 1300.00
Red Dhal	260.00 - 280.00	300.00 - 320.00	270.00 - 300.00	290.00 - 320.00	300.00 - 320.00	280.00 - 280.00	260.00 - 280.00	280.00 - 300.00	280.00 - 300.00

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

**Week 04:23 - 29 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	450.00 - 480.00	640.00 - 700.00	600.00 - 600.00	600.00 - 600.00	650.00 - 700.00	480.00 - 500.00	550.00 - 560.00	520.00 - 560.00	540.00 - 550.00
Carrot	300.00 - 350.00	560.00 - 600.00	400.00 - 480.00	600.00 - 600.00	500.00 - 550.00	400.00 - 400.00	350.00 - 400.00	320.00 - 320.00	350.00 - 400.00
Leeks	440.00 - 500.00	560.00 - 560.00	400.00 - 600.00	600.00 - 600.00	440.00 - 500.00	550.00 - 560.00	360.00 - 400.00	460.00 - 480.00	450.00 - 480.00
Beetroot	560.00 - 750.00	900.00 - 1000.00	800.00 - 820.00	800.00 - 800.00	750.00 - 800.00	500.00 - 550.00	500.00 - 600.00	700.00 - 800.00	800.00 - 800.00
Knolkhol	280.00 - 350.00	480.00 - 480.00	400.00 - 480.00	480.00 - 480.00	350.00 - 400.00	-	400.00 - 450.00	350.00 - 400.00	320.00 - 400.00
Raddish	140.00 - 180.00	320.00 - 360.00	280.00 - 360.00	360.00 - 360.00	250.00 - 260.00	240.00 - 260.00	200.00 - 220.00	200.00 - 240.00	240.00 - 260.00
Cabbage	280.00 - 300.00	480.00 - 480.00	400.00 - 400.00	480.00 - 480.00	300.00 - 320.00	320.00 - 320.00	280.00 - 300.00	320.00 - 340.00	280.00 - 320.00
Tomato	450.00 - 550.00	580.00 - 650.00	600.00 - 650.00	650.00 - 650.00	600.00 - 650.00	600.00 - 650.00	400.00 - 420.00	550.00 - 600.00	540.00 - 550.00
Ladies Fingers	300.00 - 320.00	440.00 - 600.00	400.00 - 480.00	600.00 - 600.00	400.00 - 450.00	320.00 - 320.00	300.00 - 350.00	320.00 - 400.00	340.00 - 400.00
Brinjal	200.00 - 260.00	400.00 - 480.00	320.00 - 480.00	400.00 - 480.00	320.00 - 320.00	320.00 - 340.00	280.00 - 300.00	320.00 - 400.00	320.00 - 340.00
Capsicum	600.00 - 700.00	900.00 - 1200.00	1000.00 - 1000.00	1000.00 - 1000.00	1000.00 - 1200.00	800.00 - 850.00	600.00 - 700.00	900.00 - 1200.00	850.00 - 900.00
Pumpkin	150.00 - 160.00	240.00 - 260.00	200.00 - 260.00	240.00 - 240.00	230.00 - 240.00	220.00 - 240.00	160.00 - 180.00	230.00 - 240.00	230.00 - 240.00
Cucumber	100.00 - 120.00	280.00 - 280.00	200.00 - 280.00	280.00 - 280.00	200.00 - 220.00	200.00 - 200.00	180.00 - 200.00	200.00 - 220.00	280.00 - 280.00
Bitter Gourd	500.00 - 600.00	720.00 - 800.00	720.00 - 800.00	800.00 - 800.00	700.00 - 720.00	-	550.00 - 600.00	760.00 - 800.00	750.00 - 800.00
Snake Gourd	280.00 - 300.00	600.00 - 600.00	400.00 - 600.00	600.00 - 600.00	400.00 - 420.00	320.00 - 340.00	260.00 - 350.00	500.00 - 600.00	400.00 - 450.00
Drumstick	-	-	-	-	-	-	-	-	-
Luffa	450.00 - 500.00	720.00 - 720.00	600.00 - 800.00	800.00 - 800.00	550.00 - 600.00	460.00 - 460.00	500.00 - 600.00	540.00 - 560.00	550.00 - 550.00
Long Beans	240.00 - 250.00	400.00 - 400.00	400.00 - 400.00	400.00 - 400.00	400.00 - 400.00	320.00 - 320.00	250.00 - 320.00	320.00 - 320.00	350.00 - 400.00
Ash Plantain	230.00 - 260.00	400.00 - 400.00	320.00 - 320.00	400.00 - 400.00	320.00 - 340.00	320.00 - 320.00	200.00 - 280.00	280.00 - 340.00	280.00 - 320.00
Green Chillies	500.00 - 600.00	800.00 - 1000.00	800.00 - 800.00	1000.00 - 1000.00	900.00 - 1000.00	800.00 - 850.00	550.00 - 600.00	900.00 - 1000.00	800.00 - 1000.00
Lime	200.00 - 260.00	400.00 - 400.00	400.00 - 500.00	400.00 - 400.00	340.00 - 350.00	500.00 - 500.00	200.00 - 250.00	320.00 - 360.00	400.00 - 450.00
<b><i>Root Crops</i></b>									
Sweet Potato	280.00 - 330.00	450.00 - 450.00	320.00 - 320.00	450.00 - 450.00	350.00 - 400.00	-	300.00 - 340.00	350.00 - 400.00	380.00 - 400.00
Manioc	160.00 - 180.00	200.00 - 220.00	240.00 - 240.00	250.00 - 250.00	200.00 - 220.00	200.00 - 220.00	150.00 - 180.00	200.00 - 220.00	220.00 - 240.00
<b><i>Leafy Vegetable</i></b>									
Mukunuwenna	60.00 - 70.00	100.00 - 100.00	80.00 - 80.00	100.00 - 100.00	80.00 - 90.00	80.00 - 90.00	60.00 - 70.00	80.00 - 80.00	80.00 - 100.00
Kankun	60.00 - 70.00	100.00 - 100.00	80.00 - 80.00	100.00 - 100.00	80.00 - 90.00	80.00 - 90.00	60.00 - 70.00	90.00 - 90.00	80.00 - 100.00
Gotukola	150.00 - 180.00	300.00 - 360.00	240.00 - 260.00	360.00 - 360.00	240.00 - 260.00	260.00 - 280.00	260.00 - 280.00	280.00 - 320.00	-
<b><i>Coconut</i></b>									
Large	185.00 - 190.00	180.00 - 180.00	-	-	195.00 - 200.00	190.00 - 195.00	190.00 - 195.00	195.00 - 200.00	190.00 - 200.00
Small	160.00 - 170.00	160.00 - 160.00	160.00 - 160.00	160.00 - 170.00	170.00 - 180.00	170.00 - 180.00	170.00 - 180.00	180.00 - 180.00	180.00 - 180.00

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

**Week 04:23 - 29 Jan 2026**

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CROP	PELIYAGODA	MAHARAGAMA	KIRULAPONE	NUGEGODA	NARAHENPITA	DEMATAGODA	THOTALANGA	KADAWATHA	KIRIBATHGODA
<b><i>Plantain</i></b>									
Ambul (Rs/Kg)	180.00 - 220.00	240.00 - 240.00	230.00 - 250.00	200.00 - 240.00	200.00 - 220.00	200.00 - 250.00	160.00 - 180.00	200.00 - 220.00	180.00 - 230.00
Kolikuttu (Rs/Kg)	250.00 - 300.00	360.00 - 360.00	350.00 - 360.00	300.00 - 350.00	300.00 - 320.00	300.00 - 350.00	270.00 - 360.00	300.00 - 320.00	270.00 - 320.00
Seeni (Rs/Kg)	180.00 - 200.00	230.00 - 240.00	230.00 - 240.00	200.00 - 220.00	200.00 - 200.00	200.00 - 240.00	160.00 - 180.00	180.00 - 220.00	180.00 - 200.00
Anamalu	43.00 - 57.00	50.00 - 50.00	55.00 - 55.00	43.00 - 50.00	46.00 - 47.00	43.00 - 43.00	43.00 - 43.00	40.00 - 40.00	36.00 - 43.00
Ambun	60.00 - 70.00	70.00 - 70.00	75.00 - 75.00	60.00 - 70.00	64.00 - 66.00	60.00 - 65.00	60.00 - 60.00	60.00 - 60.00	56.00 - 60.00
<b><i>Pineapple</i></b>									
Large	400.00 - 430.00	450.00 - 500.00	450.00 - 500.00	500.00 - 520.00	400.00 - 450.00	400.00 - 420.00	380.00 - 400.00	400.00 - 450.00	400.00 - 430.00
Medium	300.00 - 350.00	350.00 - 380.00	360.00 - 380.00	380.00 - 400.00	350.00 - 380.00	320.00 - 350.00	300.00 - 350.00	300.00 - 350.00	330.00 - 350.00
Small	250.00 - 270.00	260.00 - 270.00	270.00 - 280.00	290.00 - 300.00	260.00 - 270.00	260.00 - 280.00	240.00 - 250.00	250.00 - 270.00	260.00 - 280.00
<b><i>Mango</i></b>									
Betti	-	-	-	-	-	-	-	-	-
Karthakolomban	200.00 - 235.00	-	270.00 - 270.00	200.00 - 220.00	185.00 - 200.00	170.00 - 200.00	-	185.00 - 200.00	150.00 - 150.00
Vilad	-	-	-	-	-	-	-	-	-
Kohu	-	-	-	-	-	-	-	-	-
<b><i>Other Fruits</i></b>									
Wood Apple	70.00 - 80.00	120.00 - 120.00	120.00 - 120.00	120.00 - 130.00	100.00 - 100.00	100.00 - 120.00	60.00 - 60.00	80.00 - 90.00	70.00 - 80.00
Orange	50.00 - 70.00	85.00 - 85.00	125.00 - 125.00	100.00 - 125.00	85.00 - 85.00	85.00 - 85.00	60.00 - 70.00	70.00 - 75.00	85.00 - 100.00
Avocado	500.00 - 535.00	-	670.00 - 670.00	840.00 - 840.00	600.00 - 600.00	-	-	-	500.00 - 500.00
Slime Apple	70.00 - 80.00	80.00 - 100.00	120.00 - 120.00	100.00 - 120.00	80.00 - 80.00	80.00 - 80.00	40.00 - 40.00	70.00 - 80.00	60.00 - 70.00
Grapes (Rs/Kg)	2000.00 - 2000.00	2500.00 - 2500.00	3000.00 - 3000.00	2600.00 - 2800.00	2200.00 - 2300.00	2500.00 - 2500.00	2000.00 - 2000.00	2000.00 - 2200.00	1800.00 - 2000.00
Papaw (Rs/Kg)	400.00 - 450.00	500.00 - 520.00	600.00 - 600.00	480.00 - 500.00	450.00 - 450.00	400.00 - 550.00	350.00 - 400.00	400.00 - 450.00	350.00 - 370.00
Passion	110.00 - 110.00	-	140.00 - 150.00	150.00 - 150.00	120.00 - 120.00	-	-	100.00 - 100.00	120.00 - 130.00
King Coconut	180.00 - 200.00	180.00 - 200.00	200.00 - 200.00	200.00 - 200.00	160.00 - 170.00	180.00 - 180.00	160.00 - 160.00	180.00 - 200.00	160.00 - 170.00

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

**Week 04:23 - 29 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>Sea Fish</i></b>									
Salaya	700.00 - 800.00	800.00 - 800.00	600.00 - 600.00	700.00 - 700.00	800.00 - 800.00	700.00 - 800.00	600.00 - 600.00	550.00 - 600.00	550.00 - 550.00
Hurulla	1200.00 - 1300.00	-	1400.00 - 1400.00	-	1300.00 - 1300.00	-	1200.00 - 1200.00	1200.00 - 1200.00	-
Balaya	1500.00 - 1600.00	-	1600.00 - 1600.00	-	1600.00 - 1600.00	1600.00 - 1600.00	1600.00 - 1600.00	1500.00 - 1600.00	-
Kelawalla	2600.00 - 2800.00	2400.00 - 2800.00	2400.00 - 2400.00	2800.00 - 2800.00	2800.00 - 2800.00	2400.00 - 2600.00	2400.00 - 2400.00	2400.00 - 2600.00	2400.00 - 2400.00
Thora	3800.00 - 4000.00	4000.00 - 4000.00	3200.00 - 3200.00	4000.00 - 4000.00	-	3800.00 - 3800.00	-	3200.00 - 3500.00	-
Paraw	2400.00 - 2600.00	2400.00 - 2400.00	2000.00 - 2000.00	2600.00 - 2600.00	2600.00 - 2600.00	2400.00 - 2400.00	2400.00 - 2400.00	2300.00 - 2400.00	2400.00 - 2400.00
Mora	-	-	-	-	-	-	2000.00 - 2000.00	2000.00 - 2000.00	-
Shrimps Small	3000.00 - 3200.00	3000.00 - 3200.00	3200.00 - 3200.00	3000.00 - 3000.00	2800.00 - 2800.00	3000.00 - 3000.00	2400.00 - 2400.00	2400.00 - 2400.00	2400.00 - 2400.00
Talapath	3000.00 - 3400.00	3200.00 - 3200.00	3200.00 - 3200.00	3000.00 - 3000.00	3500.00 - 3500.00	3000.00 - 3200.00	3000.00 - 3000.00	3000.00 - 3200.00	-
<b><i>Eggs (Rs/egg)</i></b>									
Brown	35.00 - 35.00	34.00 - 35.00	35.00 - 35.00	34.00 - 34.00	35.00 - 35.00	35.00 - 35.00	34.00 - 34.00	34.00 - 34.00	34.00 - 35.00
White	33.00 - 34.00	33.00 - 33.00	33.00 - 33.00	33.00 - 33.00	34.00 - 34.00	34.00 - 34.00	32.00 - 32.00	33.00 - 33.00	32.00 - 33.00
<b><i>Dried Fish</i></b>									
Sprats	2400.00 - 2400.00	2000.00 - 2400.00	1800.00 - 1800.00	2400.00 - 2400.00	2400.00 - 2400.00	2000.00 - 2000.00	1800.00 - 2000.00	2000.00 - 2000.00	2000.00 - 2000.00
Kattawa	2300.00 - 2400.00	2400.00 - 2400.00	2400.00 - 2800.00	2400.00 - 2800.00	-	2400.00 - 2400.00	2300.00 - 2400.00	2400.00 - 2400.00	2400.00 - 2400.00
Thora	-	-	-	3400.00 - 3800.00	4000.00 - 4000.00	4000.00 - 4000.00	-	-	-
Mora	2600.00 - 2600.00	3000.00 - 3000.00	2900.00 - 2900.00	2800.00 - 3000.00	-	3000.00 - 3000.00	3000.00 - 3000.00	3000.00 - 3000.00	3000.00 - 3000.00
Balaya	1400.00 - 1600.00	2400.00 - 2400.00	2600.00 - 2600.00	2400.00 - 2600.00	-	1400.00 - 1800.00	1800.00 - 1800.00	1800.00 - 2000.00	2000.00 - 2600.00
Anguluwa	2400.00 - 2600.00	-	2800.00 - 2800.00	2800.00 - 3000.00	2400.00 - 2400.00	2400.00 - 2400.00	-	2600.00 - 2600.00	-
Salaya	1000.00 - 1200.00	1000.00 - 1100.00	1100.00 - 1100.00	-	1000.00 - 1200.00	1000.00 - 1200.00	800.00 - 1000.00	1200.00 - 1200.00	1000.00 - 1000.00
<b><i>Meat</i></b>									
Beef (without Bones)	-	2900.00 - 2900.00	2900.00 - 2900.00	2800.00 - 2800.00	2800.00 - 2800.00	-	2800.00 - 2800.00	2900.00 - 2900.00	-
Chicken (Broiler)	1180.00 - 1180.00	1250.00 - 1250.00	1330.00 - 1330.00	1280.00 - 1280.00	1150.00 - 1150.00	1150.00 - 1150.00	1150.00 - 1150.00	1200.00 - 1200.00	1220.00 - 1220.00
Chicken (Curry)	1180.00 - 1180.00	1250.00 - 1250.00	1300.00 - 1300.00	1280.00 - 1280.00	1150.00 - 1150.00	1150.00 - 1150.00	1150.00 - 1150.00	-	1220.00 - 1220.00
Mutton	-	4300.00 - 4300.00	4000.00 - 4000.00	4000.00 - 4000.00	3800.00 - 3800.00	4000.00 - 4000.00	4000.00 - 4000.00	4000.00 - 4000.00	-
Pork	-	2700.00 - 2700.00	-	-	-	-	-	2800.00 - 2800.00	2700.00 - 2700.00

## Annex 05 : Food Composition of Selected Food Commodities

Commodity	Energy (kcal/100g)	Protein (g/100g)	Total fat (g/100g)	Retinol Eq (µ g/100g)	Vit B2 (mg/100g)	Vit B6 (mg/100g)	Folate (µg/100g)	Vit C (mg/100g)	Calcium (mg/100g)	Magnesium (mg/100g)	Iron (mg/100g)	Zinc (mg/100g)
<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 chillies</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

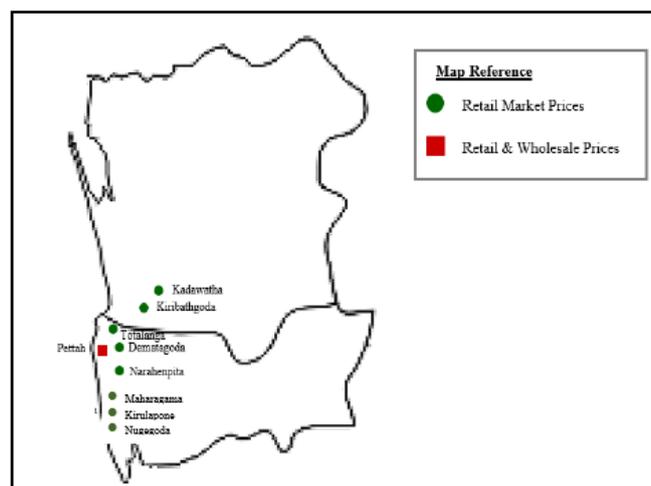
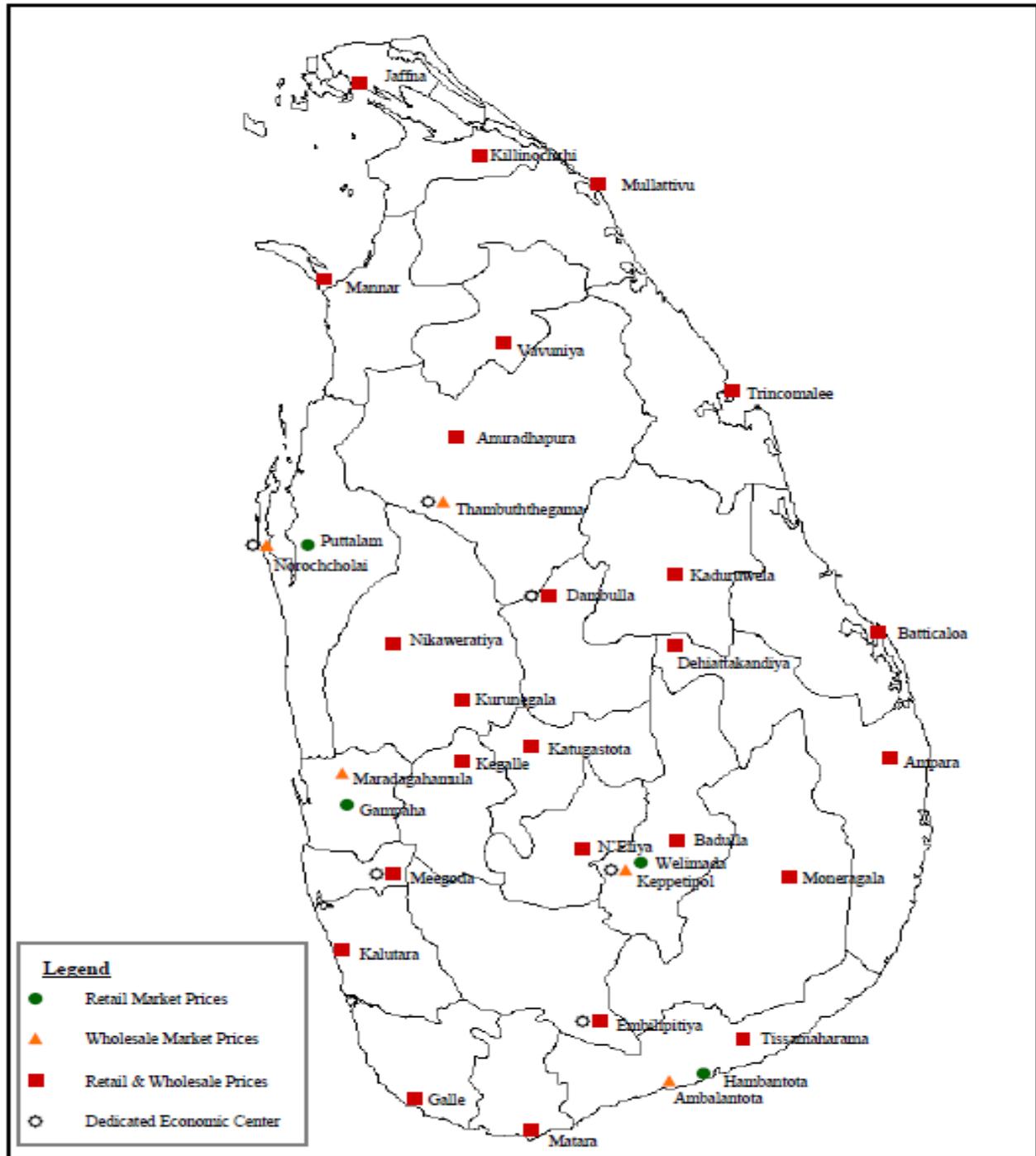
#### Fruits

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





HARTI



Ministry of Agriculture

**Food Systems and Market Research Division & Data Management Division  
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**දෛනික චිළචිචි තොග මිල,  
ජංගම දුරකථනයෙන්**

හෙක්ටර් කොච්චිකඩුව ගොවි කරියතු පර්යේෂණ  
හා පුහුණුධර්මේ ආයතනය අනුමුතයෙන්

**මොබිටෙල්  
ජංගම  
මිල දර්ශනය**

ජාතික ජංගම දුරකථන ජාලයෙන්

**6666**  
අමතන්න.

මොබිටෙල් අද මිල - අත දෙස  
මොබිටෙල් ජංගම දුරකථන ජාලයෙන්  
චිළචිචි තොග මිල දර්ශනය.

විකාශිතයාට රු.2/-  
විකාශිතයාට රු.2/-