

Table 9.1: All food items consumption and expenditure (average monthly per person) – Sri Lanka – 2006

Food item/Group	Unit	Quantity(Unit)	Value(Rs.)
Gram	grams	47.03	5.82
Cowpea	grams	22.27	1.79
Soya	grams	7.17	1.09
Soya meat	grams	40.27	8.28
Other pulses	grams	13.09	0.97
Vegetables and leaves			165.14
Ash plantain	grams	74.51	3.11
Brinjal	grams	203.55	8.85
Bandakka	grams	105.89	4.64
Bitter gourd	grams	69.67	3.98
Long beans	grams	148.38	6.36
Snake gourd	grams	79.48	3.07
Ridge gourd	grams	75.89	3.29
Sweet pumpkin	grams	223.67	7.16
Beans	grams	354.65	23.92
Carrot	grams	149.57	10.46
Beetroot	grams	133.42	7.74
Cabbage	grams	121.47	6.46
Tomatoes	grams	70.06	4.48
Leeks	grams	104.89	6.56
Knol khol	grams	47.9	2.06
Capsicum	grams	65.22	4.52
Dambala	grams	24.75	1.39
Radish	grams	79.54	2.82
Drumstick	grams	117.98	5.41
Cucumber	grams	53.14	1.74
Kekiri	grams	73.12	1.85
Ash pumpkin	grams	5.6	0.19
Elabattu	grams	42.71	1.98
Kohila yams	grams	25.19	1.16
Lotus stems	grams	9.69	0.66
Plantain flower	grams	53.57	1.38
Ambarella	grams	44.24	1.58
Cadju nuts (raw)	grams	0.68	0.22
Mushrooms	grams	6.34	0.83
Polos			2.49
Other vegetables			3.02
Mukunuwenna	bundles	1.14	10.09
Gotukola	bundles	0.86	6.70
Kankun	bundles	0.32	3.29
Katurumurunga	bundles	0.25	2.29
Nivithi	grams	38.53	1.43
Thampala	bundles	0.05	0.46
Sarana	bundles	0.04	0.54
Kohila leaves	bundles	0.09	0.95
Onion leaves	grams	23.39	1.11
Cabbage leaves	grams	22.6	0.90
Other leaves			4.02

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Food item/Group	Unit	Quantity(Unit)	Value(Rs.)
Yams and other similar foods			46.26
Jak and jak seeds			5.19
Bread fruit	number	0.3	4.57
Potatoes	grams	406.77	30.68
Sweet Potatoes	grams	53.22	1.65
Mannioc	grams	148.4	3.25
Kiriala	grams	17.01	0.66
Innala	grams	0.07	0.00
Other yams and similar foods	grams	7.14	0.25
Meat		304.08	74.72
Chicken	grams	223.23	52.88
Beef	grams	57.5	14.40
Mutton	grams	4.36	2.23
Pork	grams	9.34	2.18
Sausages / Meat balls	grams	3.54	1.55
Other meat	grams	6.11	1.48
Fish (fresh)		820.93	170.40
Balaya	grams	100.31	22.28
Seer	grams	7.49	3.30
Mora	grams	9.22	2.54
Paraw	grams	25.59	8.01
Thalapath	grams	32.81	12.31
Kelavalla	grams	89.82	25.95
Other large fish	grams	70.41	15.23
Sprats	grams	11.17	2.10
Hurulla	grams	90.79	14.18
Karalla/Katuwalla	grams	6.17	1.06
Kumbalawa/ Angila	grams	15.21	3.10
Salaya/ Sudaya	grams	69.85	9.20
Other small fish	grams	74.47	12.29
Lula	grams	6.15	1.01
Teppili/ Tilapiya/ Korali	grams	104.31	13.11
Other fresh water fish	grams	37.86	5.02
Prawns	grams	10.74	3.98
Crabs	grams	2.31	0.57
Cuttlefish	grams	2.87	0.78
Canned fish (Salmon)	grams	53.39	14.36
Dried fish		324.33	81.90
Sprats	grams	144.64	31.16
Keerameen	grams	20.17	5.83
Salaya	grams	11.26	2.22
Hurulla)	grams	9.36	1.82
Seer	grams	2.09	0.70
Katta)	grams	17.52	7.11
Koduwa	grams	0.42	0.10
Anjila	grams	0.14	0.04
Balaya	grams	46.22	12.40

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Food item/Group	Unit	Quantity(Unit)	Value(Rs.)
Mora/Keelan)	grams	20.87	6.43
Paraw	grams	2	0.76
Anguluwa	grams	14.07	3.33
Prawns	grams	2.08	0.62
Cattle fish	grams	0.18	0.04
Fresh water dried fishes	grams	5.48	1.51
Jadi	grams	0.08	0.03
Other dried fishes	grams	27.74	7.78
Eggs		2.83	19.68
Hen	number	2.82	19.62
Other eggs	number		0.06
Coconuts (nuts and powder)			98.56
Coconut (Nuts)	number	7.34	98.50
Coconut milk powder	grams	0.16	0.06
Condiments		1289.72	179.94
Dried chilies	grams	53.12	9.66
Chilly powder	grams	101.26	22.97
Red onions	grams	228.45	15.29
Bombay (Big) onions	grams	562.06	25.00
Garlic	grams	70.7	10.07
Maldives fish	grams	30.52	15.12
Pepper	grams	23.69	6.07
Turmeric/ Turmeric powder	grams	31.13	6.61
Curry powder (Sarakku)	grams	65.2	13.97
Green chilies	grams	120.58	11.47
Limes	number	3	6.68
Cumin seeds			2.08
Panel seeds			1.33
Coriander			2.58
Mathe seeds			2.72
Mustard			2.10
Goraka			4.34
Tamarind			2.58
Cinnamon			2.66
Salt			8.90
Curry leaves			5.30
Ginger			1.82
Vinegar			0.36
Other condiments			0.26
Other packed, tinned or bottled foods			7.95
Sauce			1.73
Marmite/ Vegemite			3.67
Soup cubes			1.44
Lime pickle			0.31
Chutney			0.09
Canned fruits			0.22
Other packed, tinned or bottled foods			0.49

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Food item/Group	Unit	Quantity(Unit)	Value(Rs.)
Milk and milk foods			188.05
Cow milk	ml	92.56	3.21
Goat milk	ml	0.06	0.01
Sterilized milk	ml	3.38	0.21
Curd			7.76
Yoghurt/ Moru			7.60
Condensed milk	grams	2.12	1.04
Milk powder	grams	355.82	141.86
Infant milk powder	grams	23.29	11.89
Butter	grams	6.62	3.12
Margarine	grams	15.16	4.51
Cheese	grams	2.81	3.07
Milk packets (liquid)	number	0.08	1.36
Other milk and milk products			2.42
Fats and oils		374.65	39.94
Coconut oil	ml	350.62	36.21
Vegetable oil	ml	16.15	2.65
Gingerly oil	ml	0.75	0.24
Ghee	ml	0.09	0.02
Other oils and fats	ml	7.03	0.81
Sugar, Juggery and Treacle			82.98
Sugar	grams	1302.75	80.80
Juggery	grams	9.59	1.27
Treacle	ml	4.49	0.79
Honey			0.07
Other			0.04
Fruits (fresh and dried)			76.04
Banana	number	11.55	30.09
Pineapple	number	0.07	2.32
Papaw	number	0.6	16.04
Mangoes	number	0.28	2.89
Apple	number	0.24	4.91
Avocado	number	0.6	5.02
Wood apple	number	0.25	1.15
Oranges	number	0.08	1.22
King coconut/ Kurumba	number	0.14	1.71
Grapes	grams	4.4	1.79
Other fruits			5.07
Dates	grams	11.22	1.26
Cadju nuts	grams	2.38	0.69
Groundnuts	grams	7.42	1.21
Plums	grams	2.52	0.66
Other dried fruits	grams	0.04	0.01
Confectioneries and other short eats			77.35
Jam	grams	8.16	2.20
Ice-cream			10.07

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Food item/Group	Unit	Quantity(Unit)	Value(Rs.)
Chocolates	grams	5.17	3.64
Toffees	number	1.05	1.31
Biscuits	grams	177.48	32.73
Jelly			0.57
Snacks packets	grams	6.01	1.28
Cake	grams	29.59	6.61
Kewum/ Kokis etc.	number	0.5	1.96
Muskets/ Kaludodol etc.	grams	3.14	0.65
Talabola/ Rulan etc.	number	0.3	0.86
Cutlets/ Patties/ Wadei/ Pastries etc.	number	1.31	10.68
Palmyrah products	number	0.03	0.12
Other confectioneries and short eats			4.67
Beverages (non alcoholic)			68.55
Tea dust/ leaves	grams	115.43	33.24
Coffee powder/ seeds	grams	6.45	2.22
Soft drinks			3.94
Fruit drinks/ Cordials			1.86
Saruwath	number	0.01	0.26
Milk Tea	number	0.88	10.14
Plain Tea	number	2.37	13.31
Milk Coffee	number	0.03	0.25
Coffee	number	0.01	0.12
Drink packets/ Ice packets	number	0.2	0.61
Gruel	number	0.08	0.78
Bottled water	number	0.01	1.07
Other non alcoholic beverages			0.76
Liquor, Narcotic drugs and Tobacco			123.45
Toddy			3.44
Arrack			44.69
Kassippu			7.54
Beer/ Stout			3.60
Whiskey/ Brandy			3.27
Gin			0.07
Wine			0.15
Other liquors			0.33
Drugs (Ganja, Heroin etc.)			0.04
Cigarettes	number	2.85	28.86
Cigars	number	0.35	0.73
Beedi	number	2.96	3.89
Pipe tobacco			0.02
Beetle leaves	numbers	12.95	7.92
Areca nuts	numbers	5.41	7.74
Tobacco (chewing)			3.60
Chunam			0.89
Bulathwita/ Sarawita	number	1.02	6.69