



GIAHS in SRI LANKA

**Traditional Food in
Cascaded Tank-Village Systems (CTVSS)
Palugaswewa**



**Ministry of Agriculture
Department of Agriculture, Sri Lanka
Food & Agriculture Organization of United Nation (FAO)
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Aggala

Nutrition Facts

Serving Size: 70g

Calories: 253 kcal

Total Fat	0.33 g	0.5%
Saturated Fat	0.06 g	0.3%
Mono unsaturated Fat	0.07 g	0.3%
Poly unsaturated Fat	0.10 g	0.4%
Total Carbohydrate	63.87 g	20.6%
Protein	2.61 g	5.2%

Vitamins & Minerals (Based on RDA)

Vitamin A	0.08 mcg	0.0%
Vitamin C	0.00 mg	0.0%
Folate	8.01 mcg	2.0%
Calcium	14.35 mg	11.8%
Iron	0.87 mg	4.8%
Zinc	0.56 mg	9.3%
Added sugar	31.53 g	63.1%

Roast the rice untill golden brown colour and grind to make flour. Then rice flour, coconut and honey mixed throughly using hand to make ball shape Aggala.

Source: Department of Agriculture & Wayamba University of Sri Lanka



Aasmi

Nutrition Facts

Serving Size: 38g

Calories:	96 kcal	
Total Fat	4.22 g	6.0%
Saturated Fat	3.75 g	15.6%
Mono unsaturated Fat	0.21 g	0.9%
Poly unsaturated Fat	69.42 g	28.92%
Total Carbohydrate	14.57 g	4.7%
Protein	0.78 g	1.6%
Vitamins & Minerals (Based on RDA)		
Vitamin A	0.00 mcg	0.0%
Vitamin C	0.37 mg	0.8%
Folate	3.62 mcg	0.9%
Calcium	4.68 mg	0.6%
Iron	0.38 mg	2.1%
Zinc	0.19 mg	3.2%
Added sugar	7.85 g	15.7%

Source: Department of Agriculture & Wayamba University of Sri Lanka

This is a very important traditional & cultural food item in Sri Lanka. It is used as a sweet in special occasion.

A special skill is needed to prepare Asmi. Rice flour and Dawul Kurundu leave juice (mucilage) is mixed into a batter and with the help of spoon which have small holes poured into a pan containing boiling coconut oil. Fried until the colour becomes white and then lap two edges.

Boiled honey poured on the Asmi as liner when its cool to room temperature.



Halapa

Nutrition Facts

Serving Size: 85g

Calories: 197 kcal

Total Fat	6.2 g	8.9%
Saturated Fat	5 g	20.8%
Total Carbohydrate	35.4 g	11.4%
Protein	2 g	4.0%
Vitamins & Minerals (Based on RDA)		
Vitamin A	0 ug	0.0%
Vitamin C	0.5 mg	1.1%
Folate	5.2 ug	1.3%
Calcium	13 mg	1.6%
Iron	0.47 mg	2.6%
Sodium	67 mg	3.4%

Source: Department of Agriculture & Wayamba University of Sri Lanka

Halapa is a traditional confectionery consumed with tea or herbal drinks like Belimal or Ranawara.

Major ingredients are finger millet flour, scraped coconuts and honey/sugar. Mixed ingredients are wrapped in a special kind of leaf called "Kanda" and then steamed with hot vapour. The wrapped leaf gives it a nice palatable flavor. But it has to be discarded when eating.

Finger millet which is a traditional crop growing in the dry zone under marginal conditions is rich in Calcium and iron. It is rich in dietary fibre due to less processings.



Hopper

with Lunumiris

Nutrition Facts

Serving Size: 45g

Calories: 123 kcal

Total Fat	2.33 g	3.3%
Saturated Fat	1.92 g	8.0%
Mono unsaturated Fat	0.15 g	0.6%
Poly unsaturated Fat	0.10 g	0.4%
Total Carbohydrate	24.96 g	8.1%
Protein	2.08 g	4.2%

Vitamins & Minerals (Based on RDA)

Vitamin A	0.00 mcg	0.0%
Vitamin C	0.19 mg	0.4%
Folate	7.08 mcg	1.8%
Calcium	8.40 mg	1.0%
Iron	0.68 mg	3.8%
Zinc	0.44 mg	7.3%
Added suger	0.53 g	1.1%

This is a very popular traditional food among Sri Lankans.

It is made out of rice flour and coconut milk. Usually is eaten with hot lunu miris which is made with dried chilli and onion.

Source: Department of Agriculture & Wayamba University of Sri Lanka



Imbul Kiribath

Nutrition Facts

Serving Size: 200g

Calories:

425 kcal

Total Fat	13.2 g	18.86%
Saturated Fat	2.8 g	11.67%
Total Carbohydrate	75.6 g	24.39%
Protein	5.6 g	11.20%

Vitamins & Minerals (Based on RDA)

Vitamin A	0 ug	0.0%
Vitamin C	1.3 mg	2.89%
Folate	19.7 ug	4.93%
Calcium	41 mg	5.13%
Iron	1.11 mg	6.17%
Sodium	162 mg	8.10%

Source: Department of Agriculture & Wayamba University of Sri Lanka

A food belonging to traditional Sri Lankan farmer community. Imbul Kiribath is made out of Raw rice, Coconut and Honey. The shape is unique to Imbul Kiribath. To obtain the oval shape, an areconut leaf sheath is used - & cooked milk rice spread on this leaf boild honey coconut mixer called pani pol is kept (2-3 tea spoon) on the middle of this milk rice & wrapped over the rice, and is slightly squeezed at the ends.

This food was used to serve farmers who were farming in paddy fields, because it provides energy for hard workers, and easier to serve in fields.



Kiri Rotti

with kiri peni hodda

Nutrition Facts

Serving Size: 35g

Calories:

173 kcal

Total Fat	6.8 g	9.7%
Saturated Fat	5.9 g	24.6%
Total Carbohydrate	27.7 g	8.9%
Protein	1.9 g	3.8%

Vitamins & Minerals (Based on RDA)

Vitamin A	0 ug	0.0%
Vitamin C	0.7 mg	1.6%
Folate	8.5 ug	2.1%
Calcium	9 mg	1.1%
Iron	0.82 mg	4.6%
Sodium	477 mg	23.9%

This is also a traditional Sri Lankan food, which is very popular in the up country areas.

Made with rice flour and coconut milk, a special gravy is used to eat this.

A very special pan and a lid made out of clay is used to cook kiri roti.

Source: Department of Agriculture & Wayamba University of Sri Lanka



Kokis

Nutrition Facts

Serving Size: 15g

Calories: 55 kcal

Total Fat	4.30 g	6.1%
Saturated Fat	3.70 g	15.4%
Mono unsaturated Fat	0.26 g	1.1%
Poly unsaturated Fat	0.08 g	0.3%
Total Carbohydrate	3.92 g	1.3%
Protein	0.40 g	0.8%

Vitamins & Minerals (Based on RDA)

Vitamin A	0.00 mcg	0.0%
Vitamin C	0.13 mg	0.3%
Folate	1.63 mcg	0.4%
Calcium	1.90 mg	0.2%
Iron	0.18 mg	1.0%
Zinc	0.09 mg	1.5%
Added sugar	0.00 g	0.0%

This is a very important traditional & cultural food item in Sri Lanka. It is an essential item in many ceremonial occasions with milk rice, and is used as a sweet.

Rice flour and Coconut milk is mixed into a batter and sink a frame in that batter and fried until the colour becomes golden brown in coconut oil. Kokis made in different shapes according to shape of frame.

Source: Department of Agriculture & Wayamba University of Sri Lanka



Herbal Porridge

with Jaggery

Nutrition Facts

Serving Size: 200ml

Calories:	232 kcal	
Total Fat	5.3 g	7.6%
Saturated Fat	4.4 g	18.3%
Total Carbohydrate	44.1g	14.2%
Protein	4.4 g	8.8%
Vitamins & Minerals (Based on RDA)		
Vitamin A	161 ug	20.1%
Vitamin C	9.4 mg	20.9%
Folate	7.2 ug	1.8%
Calcium	279 mg	34.9%
Iron	1.59. mg	8.8%
Sodium	177 mg	8.9%

Source: Department of Agriculture & Wayamba University of Sri Lanka

Varieties of green leaves are used to make this traditional herbal porridge. Special kinds of leaves are identified for this preparation. Green leaves with medicinal values are also used. The flavour and taste of the porridge varies with the added green leaves.

Green leaf extract is mixed with chopped rice and coconut milk. During preparation, leaf extract is the last to be added, in order to retain its nutrients.

This should be served hot. This is very popular as a morning drink before get the breakfast.



Konda Kewum

Nutrition Facts

Serving Size: 55g

Calories: 207 kcal

Total Fat	11.94 g	17.1%
Saturated Fat	10.13 g	42.2%
Mono unsaturated Fat	0.79 g	3.3%
Poly unsaturated Fat	0.24 g	1.0%
Total Carbohydrate	25.14 g	8.1%
Protein	1.28 g	2.6%

Vitamins & Minerals (Based on RDA)

Vitamin A	0.00 mcg	0.0%
Vitamin C	0.10 mg	0.2%
Folate	4.23 mcg	1.1%
Calcium	5.79 mg	0.7%
Iron	0.44 mg	2.5%
Zinc	0.33 mg	5.5%
Added sugar	10.39 g	20.8%

Source: Department of Agriculture & Wayamba University of Sri Lanka

This is a very important traditional & cultural food item in Sri Lanka. It is an essential item in all ceremonial occasions with milk rice, and is used as a sweet.

A special skill is needed to prepare konda kewum. Rice flour and honey is mixed as a batter and poured into a pan containing boiling coconut oil. A wooden stick is inserted to the center of the batter and oil is poured into it until the middle part is formed and then fried until the colour becomes golden brown.



Mung Kewum

Nutrition Facts

Serving Size: 48g

Calories: 192 kcal

Total Fat	8.90 g	12.7%
Saturated Fat	7.52 g	31.3%
Mono unsaturated Fat	0.59 g	2.4%
Poly unsaturated Fat	0.21 g	0.9%
Total Carbohydrate	27.21 g	8.8%
Protein	2.44 g	4.9%
Vitamins & Minerals (Based on RDA)		
Vitamin A	0.20 mcg	0.0%
Vitamin C	0.14 mg	0.3%
Folate	11.32 mcg	2.8%
Calcium	10.65 mg	1.3%
Iron	0.78 mg	4.3%
Zinc	0.41 mg	6.8%
Added sugar	10.52 g	21.0%

Source: Department of Agriculture & Wayamba University of Sri Lanka

This is a very important traditional & cultural food item in Sri Lanka. It is an essential item in all ceremonial occasions with milk rice, and is used as a sweet.

Rice flour, Mung bean flour and honey is mixed into a dough. Mixture cut in to spices and cover with mixture of rice flour and coconut milk batter. Then fried until the colour becomes golden brown.



Mung Milk Rice

with Lunumiris

Nutrition Facts

Serving Size: 135g

Calories:

213 kcal

Total Fat	7.2 g	10.29%
Saturated Fat	5.5 g	22.92%
Total Carbohydrate	32.1 g	10.35%
Protein	6.9 g	13.80%

Vitamins & Minerals (Based on RDA)

Vitamin A	2 ug	0.25%
Vitamin C	2.7 mg	6.00%
Folate	34 ug	8.50%
Calcium	38 mg	4.75%
Iron	1.63 mg	9.06%
Sodium	427 mg	21.35%

This is Rice mixed with Mung bean, a pulse crop which is very well grown in the dry zone of Sri Lanka. Because it is a mixture of cereal and legume it contains quality proteins. Good for children.

Normally used as a breakfast food and this can be consumed with Lunu Miris, curry or fish or meat, according to the consumers preference .

Source: Department of Agriculture & Wayamba University of Sri Lanka



Red Rice Pittu

with Curry & Lunumiris

Nutrition Facts

Serving Size: 150g

Calories: 604 kcal

Total Fat	24.7 g	35.3%
Saturated Fat	20.9 g	87.3%
Total Carbohydrate	90.2 g	29.1%
Protein	10.7 g	21.4%
Vitamins & Minerals (Based on RDA)		
Vitamin A	208 ug	26.0%
Vitamin C	34.4 mg	76.4%
Folate	55.8 ug	14.0%
Calcium	101 mg	12.6%
Iron	4.55 mg	25.3%
Sodium	1203 mg	60.2%

Source: Department of Agriculture & Wayamba University of Sri Lanka

This is a traditional food prepared out of red rice flour and white rice flour mixed with scraped coconut, add cold water, little by little & mixed into a very special texture, called "mal".

There is a special traditional vessel /pot made out of bamboo to take its cylindrical shape while steaming. Now the bamboo pot is mostly replaced by steel steamers.

To enrich the nutritional value, green leaves and shredded vegetables are added to the mixture before steaming.

Pittu can be eaten with raw coconut milk and lunu miris or any kind of curry.

This can be eaten as a main meal.



Unduwel

Nutrition Facts

Serving Size: 55g

Calories: 232 kcal

Total Fat	8.47 g	12.1%
Saturated Fat	7.12 g	29.7%
Mono unsaturated Fat	0.56 g	2.4%
Poly unsaturated Fat	0.16 g	0.7%
Total Carbohydrate	39.56 g	12.8%
Protein	1.70 g	3.4%

Vitamins & Minerals (Based on RDA)

Vitamin A	0.26 mcg	0.0%
Vitamin C	0.00 mg	0.0%
Folate	7.18 mcg	1.8%
Calcium	7.83 mg	1.0%
Iron	0.50 mg	2.8%
Zinc	0.31 mg	5.1%
Added sugar	31.08 g	62.2%

A special skill is need to prepare unduwel. Rice flour and Black Gram flour is mixed & make it to a batter and poured through clean cheese cloth with small holes into a pan containing boiling coconut oil. Then fried until the color becomes golden brown.

After frying put it into hot honey container to absorb Honey. After 01 minute take it out & serve.

Source: Department of Agriculture & Wayamba University of Sri Lanka



