

**A study of traditional food recipes of Sri Lanka**

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Traditional food items are all food forms in a particular culture available from local resources and are culturally accepted. A study was conducted to identify traditional food recipes and their characteristics. Two hundred different traditional food recipes were identified by using a questionnaire. 147 different plant species and 7 animal species were used to prepare the recipes. Leaves (45%) and fruits (26%) were commonly used plant parts in the recipes. Knowledge about 87% of these recipes of local preparations had been obtained from relatives of the present and past generations. Special local preparations such as *Kurukkal*, *Hathmaluwa*, *Kayan hodda* (medicinal spicy soup), *Panie* gruel, *Kiri* gruel and *Thambum* curry" (medicinal spicy soup) were also identified. The study also compared the cost of a typical traditional meal and that of a modern meal as per Recommended Dietary Allowances (RDA). The cost of a typical traditional meal to suit RDA energy, protein, Ca and P was Rs. 87.23, Rs. 16.63, Rs. 109.25 and Rs. 28.53 whereas for a modern meal it was Rs. 109.58, Rs. 103.24, Rs. 101.88 and Rs. 54.58 per person respectively. The popularization of traditional food ensures food security and a low cost balance diet.

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