

Maryland Fish Consumption Advisories

for Recreationally Caught Fish in Frederick County, MD

Guidelines for Recreationally Caught Fish Species in Maryland Fresh, Estuarine, and Marine Waters

Recommended Meal Size: 7 oz or 9 crabs - General Population and Women; 3 oz or 4 crabs - Children

Note: Consumption recommendations based on spacing of meals to avoid elevated exposure levels

1 **Women** = women of childbearing age (women who are pregnant or may become pregnant, or are nursing)

2 **Children** = all young children up to age 6

♥ = Fish contains more than 1g beneficial fatty acids in a fillet the size of 2 decks of cards

✕ = Fish where all dark meat and/or Belly Fat has been removed

Contaminant present in fish: * Mercury Δ PCBs + Pesticides

Species	Waterbody		Recommended Meals/Month		
			General Population	Women ¹	Children ²
Large and Smallmouth Bass ♥	Cunningham Falls Lake	*	5	5	3
	Lake Linganore	*	7	6	3
	Monocacy River	Δ	No Limit	No Limit	No Limit
Rock Bass ♥	Monocacy River	Δ	7	6	3
Sunfish (including	Monocacy River	Δ	No Limit	No Limit	8
Yellow Bullhead Catfish	Monocacy River	*	6	5	3