

# Maryland Fish Consumption Advisories

## for Recreationally Caught Fish in Montgomery 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 <sup>1</sup>	Children <sup>2</sup>
American Eel	Anacostia River Δ	1	1	1 every other month
	Rock Creek (Montgomery County) *	1 every other month	1 every other month	1 every other month
Black Crappie	Lake Needwood *	No Limit	8	4
	Potomac River - DC line to Dam #3 Δ	2	2	2
Blue Catfish	Anacostia Δ	Avoid	Avoid	Avoid
	Anacostia (No Dark Meat or Belly Fat) Δ ✘	Avoid	Avoid	Avoid
Blue Crab	Chesapeake Bay and Tributaries Δ	No Limit	No Limit	No Limit
Blue Crab "Mustard"	Chesapeake Bay and Tributaries Δ	Eat Sparingly	Eat Sparingly	Eat Sparingly
Brown Bullhead Catfish	Anacostia Δ	5	5	4
	Lake Bernard Frank *	No Limit	No Limit	No Limit
Channel Catfish	Anacostia Δ	Avoid	Avoid	Avoid
	Potomac: Dam #3 to Dam #4 *	5	4	2
Common Carp	Anacostia Δ	Avoid	Avoid	Avoid
Large and Smallmouth Bass ♥	Anacostia Δ	4	4	3
	Clopper Lake *	5	5	3
	Lake Bernard Frank *	No Limit	8	4
	Little Seneca Lake *	No Limit	No Limit	7
	Potomac River - DC line to Dam #3 *	2	2	1 every other month
	Triadelphia Reservoir *	7	6	3
	Youghiogheny River Lake *	3	3	2
Northern Snakehead	Anacostia Δ	3	3	1

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		General Population	Women <sup>1</sup>	Children <sup>2</sup>
Sunfish (including Bluegill)	Anacostia Δ	7	7	5 *
	Lake Bernard Frank *	No Limit	No Limit	No Limit
	Lake Needwood *	No Limit	No Limit	No Limit
	Little Seneca Lake *	No Limit	No Limit	8
	Potomac River - DC line to Dam #3 Δ	No Limit	No Limit	8
	Rock Creek (Montgomery County) Δ	3	3	3
	Rocky Gorge Reservoir *	No Limit	No Limit	No Limit
	Triadelphia Reservoir *	No Limit	No Limit	6
White Perch	Triadelphia Reservoir *	6	5	3
Yellow Bullhead Catfish	Lake Bernard Frank *	7	6	4
Yellow Perch	Little Seneca Lake *	No Limit	No Limit	No Limit
	Youghiogheny River Lake *	6	6	3