

# Maryland Fish Consumption Advisories

## for Recreationally Caught Fish in Prince George's County, MD

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

**Recommended Meal Size: 8 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    ◇ PFAS/PFOS

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	
	Patuxent River Δ	3	3	3	
	Potomac - 301 Bridge to DC Line Δ	1 every other month	1 every other month	1 every other month	
Black Crappie	Cash Lake *	4	3	2	
	Lake Artemesia *	6	6	5	
	Rocky Gorge Reservoir *	5	4	2	
Blue Catfish	Anacostia Δ	<b>Avoid</b>	<b>Avoid</b>	<b>Avoid</b>	
	Anacostia (No Dark Meat or Belly Fat) Δ ✘	<b>Avoid</b>	<b>Avoid</b>	<b>Avoid</b>	
	Potomac - 301 Bridge to DC Line	12" - 15" Δ	4	4	4
		15" - 24" Δ	2	2	1
	24" - 30" Δ	1	1	1 every other month	
	> 30" Δ	<b>Avoid</b>	<b>Avoid</b>	<b>Avoid</b>	
> 30" Δ ✘	2	2	1		
Blue Crab	Chesapeake Bay and Tributaries Δ	<b>No Limit</b>	<b>No Limit</b>	<b>No Limit</b>	
Blue Crab "Mustard"	Chesapeake Bay and Tributaries Δ	Eat Sparingly	Eat Sparingly	Eat Sparingly	
Brown Bullhead	Anacostia Δ	5	5	4	
Channel Catfish	Anacostia Δ	<b>Avoid</b>	<b>Avoid</b>	<b>Avoid</b>	
	Patuxent River Δ	2	2	1	
	Potomac - 301 Bridge to DC Line	< 18" Δ	1 every other month	1 every other month	Avoid
		> 18" Δ	<b>Avoid</b>	<b>Avoid</b>	<b>Avoid</b>
Common Carp	Anacostia Δ	<b>Avoid</b>	<b>Avoid</b>	<b>Avoid</b>	
	Potomac - 301 Bridge to DC Line Δ	<b>Avoid</b>	<b>Avoid</b>	<b>Avoid</b>	
Large and Smallmouth Bass ♥	Anacostia Δ	4	4	3	
	Cash Lake *	3	2	1	
	Greenbelt Lake *	<b>No Limit</b>	8	5	
	Lake Artemesia *	5	4	2	
	Patuxent River Δ	<b>No Limit</b>	<b>No Limit</b>	<b>No Limit</b>	
	Potomac River - 301 Bridge to DC Line Δ	6	6	5	
	Tidal headwaters of Piscataway Creek ◇	3	3	2	

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Species	Waterbody		Recommended Meals/Month		
			General Population	Women <sup>1</sup>	Children <sup>2</sup>
	Rocky Gorge Reservoir	*	3	3	2
Northern Snakehead	Anacostia	Δ	3	3	1
	Potomac - 301 Bridge to DC Line	Δ	3	3	3
	Patuxent River	Δ	5	5	4
Spot ♥	Anacostia	Δ	7	7	5 *
Sunfish (including Bluegill)	Cash Lake	*	8	7	4
	Lake Artemesia	*	No Limit	No Limit	No Limit
	Non-Tidal Piscataway Creek	◇	1	1	1
	Patuxent River	Δ	No Limit	No Limit	7
	Potomac - 301 Bridge to DC Line	Δ	2	2	2
	Rocky Gorge Reservoir	*	No Limit	No Limit	No Limit
White Catfish	Potomac - 301 Bridge to DC Line	Δ	Avoid	Avoid	Avoid
White Perch	Patuxent River	Δ	No Limit	No Limit	No Limit
	Potomac - 301 Bridge to DC Line	Δ	3	3	3
Yellow Bullhead Catfish	Patuxent River	Δ	5	5	4
	Non-Tidal Piscataway Creek	◇	No Limit	No Limit	7