

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: 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	
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	Avoid	Avoid	Avoid	
	Anacostia (No Dark Meat or Belly Fat)	Δ ✘	Avoid	Avoid	Avoid	
	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	Avoid	Avoid	Avoid	
> 30"	Δ ✘	2	2	1		
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	Anacostia	Δ	5	5	4	
Channel Catfish	Anacostia	Δ	Avoid	Avoid	Avoid	
	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	Avoid	Avoid	Avoid
Common Carp	Anacostia	Δ	Avoid	Avoid	Avoid	
	Potomac - 301 Bridge to DC Line	Δ	Avoid	Avoid	Avoid	
Large and Smallmouth Bass ♥	Anacostia	Δ	4	4	3	
	Cash Lake	*	3	2	1	
	Greenbelt Lake	*	No Limit	8	5	
	Lake Artemesia	*	5	4	2	
	Patuxent River	Δ	No Limit	No Limit	No Limit	
	Potomac River - 301 Bridge to DC Line	Δ	6	6	5	
	Rocky Gorge Reservoir	*	3	3	2	

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			General Population	Women ¹	Children ²
Northern Snakehead	Anacostia	Δ	3	3	1
	Potomac - 301 Bridge to DC Line	Δ	3	3	3
Spot ♥	Patuxent River	Δ	5	5	4
Sunfish (including Bluegill)	Anacostia	Δ	7	7	5 *
	Cash Lake	*	8	7	4
	Lake Artemesia	*	No Limit	No Limit	No Limit
	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