# Maryland Fish Consumption Advisories

for Recreationally Caught Fish in Talbot 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

<table>
<thead>
<tr>
<th>Species</th>
<th>Waterbody</th>
<th>Recommended Meals/Month</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Eel</td>
<td>Choptank River</td>
<td>Δ 1</td>
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<tr>
<td>Blue Catfish</td>
<td>Choptank River</td>
<td>Δ 1</td>
</tr>
<tr>
<td>Blue Crab</td>
<td>Chesapeake Bay and Tributaries</td>
<td>No Limit</td>
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<tr>
<td>&quot;Mustard&quot; Blue Crab</td>
<td>Chesapeake Bay and Tributaries</td>
<td>Eat Sparingly</td>
</tr>
<tr>
<td>Channel Catfish</td>
<td>Choptank</td>
<td>Δ 2</td>
</tr>
<tr>
<td>Large and Smallmouth Bass</td>
<td>Wye Mills Community Lake</td>
<td>* No Limit</td>
</tr>
<tr>
<td>Spot</td>
<td>Choptank</td>
<td>Δ 5</td>
</tr>
<tr>
<td>Eastern Bay: Miles &amp; Wye River</td>
<td>Choptank</td>
<td>Δ 5</td>
</tr>
<tr>
<td>Striped Bass (Rockfish)</td>
<td>Chesapeake Bay and Tributaries</td>
<td>&lt; 28&quot; No Limit</td>
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<td></td>
<td></td>
<td>&lt; 28&quot; 3</td>
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<tr>
<td></td>
<td></td>
<td>&gt; 28&quot; No Limit</td>
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<tr>
<td>Sunfish (including Bluegill)</td>
<td>Choptank</td>
<td>Δ No Limit</td>
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<tr>
<td>White Perch</td>
<td>Eastern Bay: Miles &amp; Wye River</td>
<td>Δ No Limit</td>
</tr>
<tr>
<td>Yellow Perch</td>
<td>Choptank</td>
<td>Δ No Limit</td>
</tr>
</tbody>
</table>

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