

Maryland Fish Consumption Advisories

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 ¹	Children ²
Atlantic Croaker	Chesapeake Bay and Tributaries	Δ	4	4	4
American Eel	Anacostia	Δ	1	1	1 every other month
	Back River	Δ	Avoid	Avoid	Avoid
	Bush	Δ	4	4	4
	Bynum Run	*	1 every other month	1 every other month	1 every other month
	Choptank	Δ	1	1	1
	Elk River	Δ	Avoid	Avoid	Avoid
	Middle River	Δ	1 every other month	1 every other month	Avoid
	Northeast River	Δ	1	1	1 every other month
	Patapsco River/Baltimore Harbor	Δ	Avoid	Avoid	Avoid
	Patuxent River	Δ	3	3	3
	Potomac River - 301 Bridge to DC Line	Δ	1 every other month	1 every other month	1 every other month
	Rock Creek (Montgomery County)	*	1 every other month	1 every other month	1 every other month
	South River	Δ	2	2	1
	Susquehanna River - Below Conowingo Dam	Δ	Avoid	Avoid	Avoid
	Black Crappie	Cash Lake	*	4	3
Lake Artemesia		*	6	6	5
Lake Bernard Frank		*	No Limit	No Limit	No Limit
Lake Needwood		*	No Limit	8	4
Lake Roland		* +	3	3	3
Liberty Reservoir		*	8	7	4
Loch Raven Reservoir		*	No Limit	No Limit	6
Millington Wildlife Management Area		*	4	4	2
Potomac River - Dam #4 to Dam #5		*	3	3	3
Potomac River - DC line to Dam #3		Δ	2	2	2
Rocky Gorge Reservoir		*	5	4	2
Tuckahoe Lake		*	No Limit	8	4
Youghiogheny River Lake	*	4	3	2	

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Species	Waterbody			Recommended Meals/Month		
				General Population	Women ¹	Children 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
	> 30"	24" - 30"	Δ	1	1	1 every other month
		> 30"	Δ	Avoid	Avoid	Avoid
	> 30"	Δ ✘	2	2	1	
		Potomac: Mouth to 301	12" - 15"	Δ	4	4
	Δ		2	2	1	
	> 30"	24" - 30"	Δ	1	1	1 every other month
> 30"		Δ	Avoid	Avoid	Avoid	
> 30"	Δ ✘	2	2	1		
Blue Crab	Back River, Middle River or Patapsco River including Baltimore Harbor Δ			6	6	5
	Other Areas of the Bay Δ			No Limit	No Limit	No Limit
Blue Crab "Mustard"	Back River, Middle River or Patapsco River including Baltimore Harbor Δ			Avoid	Avoid	Avoid
	Other Areas of the Bay Δ			Eat Sparingly	Eat Sparingly	Eat Sparingly
Bluefish < 15"	Atlantic Ocean Δ			2	2	2
Bluefish > or equal to 15"	Atlantic Ocean Δ			Avoid	Avoid	Avoid
Brown Bullhead Catfish	Anacostia Δ			5	5	4
	Back River Δ			1 every other month	1 every other month	1 every other month
	Bush Δ			1	1	1
	Chester Δ			No Limit	No Limit	8
	Elk River Δ			2	2	2
	Gunpowder River Δ			4	4	3
	Lake Bernard Frank *			No Limit	No Limit	No Limit
	Magothy Δ			8	8	7
Mid Bay: Middle to Patapsco Δ			5	5	5	

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Species	Waterbody	Recommended Meals/Month		
		General Population	Women ¹	Children ²
Catfish	Middle River Δ	2	2	1 every other month
	Northeast River Δ	1	1	1
	Patapsco River/Baltimore Harbor Δ	1 every other month	1 every other month	1 every other month
	South River Δ	6	6	5
	Susquehanna River - Below Conowingo Dam Δ	1	1	1 every other month
	Wicomico River Δ	7	7	6
Brown Trout	Antietam Δ	3	3	1
	Jones Falls Δ	3	3	3
	Patapsco River: North of Ellicott City Δ	5	5	4
	Put and Take Trout Fishing Areas *	No Limit	No Limit	No Limit
	Savage River Δ	5	5	3
Chain Pickerel	Deep Creek Lake *	6	5	3
	Anacostia Δ	Avoid	Avoid	Avoid
	Back River Δ	Avoid	Avoid	Avoid
	Bird River Δ	Avoid	Avoid	Avoid
	Bohemia River Δ	1 every other month	1 every other month	1 every other month
	Bush Δ	Avoid	Avoid	Avoid
	C & D Canal Δ	1 every other month	1 every other month	Avoid
	Chester Δ	6	5	3
	Choptank Δ	2	2	2 Meal per Month
	Conococheague Δ	5	4	2
	Elk River Δ	2	2	1 every other month
	Gunpowder River Δ	1 every other month	1 every other month	Avoid
	Jennings Randolph Reservoir *	4	4	4
	Middle River Δ	Avoid	Avoid	Avoid
	Nanticoke River Δ	1 every other month	1 every other month	1 every other month

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Species	Waterbody	Recommended Meals/Month		
		General Population	Women ¹	Children ²
Channel Catfish	Northeast River Δ	1 every other month	1 every other month	1 every other month
	Patapsco River/Baltimore Harbor Δ	1 every other month	1 every other month	1 every other month
	Patuxent River Δ	2	2	1
	Pocomoke River Δ *	3	3	3
	Potomac River - Hancock Δ	No Limit	No Limit	8
	Potomac River - Little Orleans Δ	No Limit	No Limit	6
	Potomac River - Near Paw Paw, WV Δ	No Limit	No Limit	No Limit
	Potomac River - Dam #4 to Dam #5 *	5	4	2
	Potomac River - DC line to Dam #3 Δ	6	5	3
	Potomac: Dam #3 to Dam #4 *	5	4	2
	Rewastico Creek Δ	4	4	3
	Rocky Gorge Reservoir *	6	5	3
	Sassafras River Δ	2	2	1
	Susquehanna River - Above Conowingo Dam Δ	1	1	1
	Susquehanna River - Below Conowingo Dam Δ	Avoid	Avoid	Avoid
	Wicomico 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
	Back River Δ	Avoid	Avoid	Avoid
	Gunpowder River Δ	2	2	2
	Lake Roland * +	2	2	2
	Potomac - 301 Bridge to DC Line Δ	Avoid	Avoid	Avoid
	Rhode & West Δ	7	7	7
	South River Δ	2	2	1
Flathead Catfish	Susquehanna River - Above Conowingo Dam Δ	1	1	1
	Anacostia Δ	4	4	3
	Big Pool, Washington County *	3	3	2
	Blair Valley Lake *	6	5	3
	Broadford Lake *	3	3	2
	Bush Δ	6	6	5

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Species	Waterbody		Recommended Meals/Month		
			General Population	Women ¹	Children ²
Large and Smallmouth Bass ♥	Cash Lake	*	3	2	1
	Centennial Lake	*	8	7	4
	Clopper Lake	*	5	5	3
	Conococheague	*	4	3	2
	Cunningham Falls Lake	*	5	5	3
	Deep Creek Lake	*	2	2	1
	Greenbelt Lake	*	No Limit	8	5
	Gunpowder River	Δ	2	2	2
	Jennings Randolph Reservoir	*	4	4	2
	Johnson's Pond	*	7	6	4
	Lake Artemesia	*	5	4	2
	Lake Bernard Frank	*	No Limit	8	4
	Lake Habeeb	*	7	6	3
	Lake Kittamaquindi	Δ	No Limit	No Limit	8
	Lake Lariat	*	1	1	1 every other month
	Lake Linganore	*	7	6	3
	Lake Needwood	*	7	6	4
	Lake Roland	* +	5	4	3
	Liberty Reservoir	*	5	5	3
	Little Seneca Lake	*	No Limit	No Limit	7
	Loch Raven Reservoir	*	8	7	4
	Middle River	Δ	1	1	1 every other month
	Millington Wildlife Management Area	*	3	3	2
	Monocacy River	Δ	No Limit	No Limit	No Limit
	Myrtle Grove Lake	*	No Limit	No Limit	8
	North Branch of Potomac River from Old Town	*	5	5	3
	Northeast River	Δ	5	5	4
Patapsco River/Baltimore Harbor	Δ	3	3	2	
Patuxent River	Δ	No Limit	No Limit	No Limit	
Piney Reservoir	*	2	2	1 every other month	
Piney Run Lake	*	No Limit	No Limit	6	
Potomac River - Near Paw Paw, WV	Δ	No Limit	No Limit	No Limit	
Potomac River - 301 Bridge to DC Line	Δ	6	6	5	

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Species	Waterbody		Recommended Meals/Month		
			General Population	Women ¹	Children ²
	Potomac River - Dam #4 to Dam #5	*	3	3	2
	Potomac River - DC line to Dam #3	*	2	2	1 every other month
	Potomac River - Dam #3 to Dam #4	*	3	3	2
	Prettyboy Reservoir	*	5	5	3
	Rocky Gorge Reservoir	*	4	4	2
	Savage Reservoir	*	1	1	1
	Smithville Lake	*	No Limit	No Limit	5
	St. Mary's River	Δ	2	1	1 every other month
	Stemmers Lake	Δ	No Limit	No Limit	8
	Susquehanna River - Above Conowingo Dam	Δ	2	2	2
	Susquehanna River - Below Conowingo Dam	Δ	1	1	1
	Tidal headwaters of Piscataway Creek	◇	3	3	2
	Triadelphia Reservoir	*	7	6	3
	Tuckahoe Lake	*	3	3	2
	Unicorn Lake	*	No Limit	No Limit	5
	Urieville Community Lake	*	No Limit	No Limit	8
	Wilde Lake	*	No Limit	No Limit	8
	Wye Mills Community Lake	*	No Limit	No Limit	8
	Youghiogheny River Lake	*	3	3	2
Northern Snakehead	Anacostia	Δ	3	3	1
	Potomac - 301 Bridge to DC Line	Δ	3	3	3
Rock Bass ♥	Antietam	Δ	8	7	4
	Big Pool, Washington County	Δ	No Limit	No Limit	No Limit
	Conococheague	Δ*	No Limit	No Limit	7
	Jennings Randolph Reservoir	*	7	6	4
	Jones Falls	Δ	7	7	6
	Monocacy River	Δ	7	6	3
	North Branch of Potomac River from Old Town	*	8	7	4
	Patapsco River: North of Ellicott City	Δ	No Limit	No Limit	No Limit
	Savage Reservoir	*	1	1	1 every other month
Silver Perch	Maryland's Atlantic Coastal Waters	Δ	No Limit	No Limit	No Limit
	Back River	Δ	5	5	4

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Species	Waterbody		Recommended Meals/Month		
			General Population	Women ¹	Children ²
Spot ♥	Bohemia River	Δ	5	5	4
	Bush	Δ	5	5	4
	Chesapeake Bay and Tributaries	Δ	5	5	4
	Chester	Δ	5	5	4
	Choptank	Δ	5	5	4
	Eastern Bay: Miles & Wye River	Δ	5	5	4
	Elk River	Δ	5	5	4
	Magothy	Δ	5	5	4
	Mid Bay: Middle to Patapsco	Δ	5	5	4
	Middle River	Δ	5	5	4
	Nanticoke River	Δ	5	5	4
	Northeast River	Δ	5	5	4
	Patapsco River/Baltimore Harbor	Δ	5	5	4
	Patuxent River	Δ	5	5	4
	Pocomoke River	Δ	5	5	4
	Potomac: Mouth to 301	Δ	5	5	4
	Rhode & West	Δ	5	5	4
	Sassafras River	Δ	5	5	4
	Severn River	Δ	5	5	4
	South River	Δ	5	5	4
St. Mary's River	Δ	5	5	4	
Wicomico River	Δ	5	5	4	
Striped Bass (Rockfish) ♥	Atlantic Ocean	< 28" Δ	1	1	1 every other month
		> 28" Δ	1	1	1 every other month *
	Chesapeake Bay and Tributaries	< 28" Δ ✘	No Limit	No Limit	7
		< 28" Δ	3	3	2
		> 28" Δ ✘	No Limit	No Limit	5
		> 28" Δ	1	1	1 every other month
	Patapsco River - Middle Branch	< 28" Δ	2	2	1
		> 28" Δ	1	1	1 every other month *
	Anacostia	Δ	7	7	5 *
	Antietam	Δ	No Limit	No Limit	6

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Species	Waterbody		Recommended Meals/Month		
			General Population	Women ¹	Children ²
Sunfish (including Bluegill)	Big Pool, Washington County	Δ	No Limit	No Limit	No Limit
	Broadford Lake	*	No Limit	No Limit	6
	Bush	Δ	6	6	6
	Bynum Run	*	No Limit	No Limit	No Limit
	Cash Lake	*	8	7	4
	Centennial Lake	*	No Limit	No Limit	No Limit
	Choptank	Δ	No Limit	No Limit	No Limit
	Gunpowder River	Δ	2	2	1
	Lake Artemesia	*	No Limit	No Limit	No Limit
	Lake Bernard Frank	*	No Limit	No Limit	No Limit
	Lake Lariat	*	4	3	2
	Lake Needwood	*	No Limit	No Limit	No Limit
	Lake Roland	Δ	No Limit	No Limit	8
	Liberty Reservoir	*	No Limit	No Limit	No Limit
	Little Seneca Lake	*	No Limit	No Limit	8
	Loch Raven Reservoir	*	No Limit	No Limit	No Limit
	Magothy	Δ	5	5	5
	Millington Wildlife Management Area	*	No Limit	No Limit	5
	Monocacy River	Δ	No Limit	No Limit	8
	Non-Tidal Piscataway Creek	◇	1	1	1
	Patapsco River/Baltimore Harbor	Δ	No Limit	No Limit	8
	Patapsco River: North of Ellicott City	Δ	No Limit	No Limit	No Limit
	Patuxent River	Δ	No Limit	No Limit	7
	Piney Reservoir	*	No Limit	No Limit	8
	Potomac - 301 Bridge to DC Line	Δ	2	2	2
	Potomac River - Dam #4 to Dam #5	*	No Limit	No Limit	5
	Potomac River - DC line to Dam #3	Δ	No Limit	No Limit	8
	Prettyboy Reservoir	*	No Limit	No Limit	No Limit
	Rock Creek (Montgomery County)	Δ	3	3	3
	Rocky Gorge Reservoir	*	No Limit	No Limit	No Limit
Susquehanna River - Above Conowingo Dam	Δ	6	6	5	
Triadelphia Reservoir	*	No Limit	No Limit	6	
Wilde Lake	*	6	5	3	
Conococheague	*	3	3	2	
Deep Creek Lake	*	3	3	2	

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Walleye	Jennings Randolph Reservoir	*	4	4	2
	North Branch of Potomac River from Old Town	*	2	2	1
	Potomac River - Dam #4 to Dam #5	*	4	4	2
	Savage Reservoir	*	1 every other month	1 every other month	Avoid
	Youghiogheny River Lake	*	2	2	1
White Catfish	Nanticoke River	Δ	2	2	2
	Patapsco River/Baltimore Harbor	Δ	Avoid	Avoid	Avoid
	Potomac - 301 Bridge to DC Line	Δ	Avoid	Avoid	Avoid
White Crappy	Rocky Gorge Reservoir	*	No Limit	8	5
White Perch	Back River	Δ	2	2	2
	Bird River	Δ	2	2	1
	Bohemia River	Δ	2	2	1
	Bush	Δ	3	3	2
	C & D Canal	Δ	4	4	2
	Chester	Δ	No Limit	No Limit	5
	Choptank	Δ	No Limit	No Limit	No Limit
	Eastern Bay: Miles & Wye River	Δ	No Limit	No Limit	8
	Elk River	Δ	No Limit	8	5
	Gunpowder River	Δ	3	3	3
	Herring Bay	Δ	4	4	2
	Liberty Reservoir	*	3	2	1
	Magothy	Δ	2	2	2
	Maryland's Atlantic Coastal Waters	Δ	No Limit	No Limit	8
	Mid Bay: Middle to Patapsco	Δ	4	3	2
	Middle River	Δ	1 every other month	1 every other month	Avoid
	Nanticoke River	Δ	8	8	7
	Northeast River	Δ	3	3	2
	Patapsco River/Baltimore Harbor	Δ	2	1	1 every other month
	Patuxent River	Δ	No Limit	No Limit	No Limit
	Pocomoke River	Δ*	5	5	5
	Potomac - 301 Bridge to DC Line	Δ	3	3	3
Potomac: Mouth to 301	Δ	6	6	6	
Rhode & West	Δ	4	4	3	

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Species	Waterbody		Recommended Meals/Month		
			General Population	Women ¹	Children ²
	Sassafras River	Δ	2	2	2
	Severn River	Δ	2	2	2
	South River	Δ	3	3	2
	Tred Avon River	Δ	No Limit	No Limit	6
	Triadelphia Reservoir	*	6	5	3
	Wicomico River	Δ	No Limit	No Limit	8
White Sucker	Antietam	Δ	No Limit	No Limit	8
	Gunpowder River	Δ	No Limit	No Limit	No Limit
Yellow Bullhead Catfish	Lake Bernard Frank	*	7	6	4
	Liberty Reservoir	*	7	6	3
	Monocacy River	*	6	5	3
	Non-Tidal Piscataway Creek	◇	No Limit	No Limit	7
	Patuxent River	Δ	5	5	4
	Savage Reservoir	*	2	1	1 every other month
	Wilde Lake	*	No Limit	No Limit	7
	Youghiogheny River Lake	*	No Limit	No Limit	7
Yellow Perch	Bush	Δ	2	2	1
	Chester	Δ	No Limit	No Limit	No Limit
	Choptank	Δ	No Limit	No Limit	No Limit
	Deep Creek Lake	*	3	3	2
	Elk River	Δ	1 every other month	1 every other month	1 every other month
	Gunpowder River	Δ	1	1	1
	Liberty Reservoir	*	No Limit	No Limit	8
	Little Seneca Lake	*	No Limit	No Limit	No Limit
	Loch Raven Reservoir	*	No Limit	No Limit	6
	Magothy	Δ	3	3	3
	Middle River	Δ	Avoid	Avoid	Avoid
	Piney Run Lake	*	No Limit	No Limit	6
	Severn River	Δ	5	5	4
	South River	Δ	4	4	4
	Susquehanna River - Below Conowingo Dam	Δ	2	2	2
	Triadelphia Reservoir	*	No Limit	No Limit	8
Youghiogheny River Lake	*	6	6	3	