### 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

<table>
<thead>
<tr>
<th>Species</th>
<th>Waterbody</th>
<th>Recommended Meals/Month</th>
<th>General Population</th>
<th>Women ¹</th>
<th>Children ²</th>
</tr>
</thead>
<tbody>
<tr>
<td>Atlantic Croaker</td>
<td>Chesapeake Bay and Tributaries</td>
<td>Δ</td>
<td>4</td>
<td>4</td>
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<tr>
<td></td>
<td>Anacostia</td>
<td>Δ</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Back River</td>
<td>Δ</td>
<td>Avoid</td>
<td>Avoid</td>
<td>Avoid</td>
</tr>
<tr>
<td></td>
<td>Bush</td>
<td>Δ</td>
<td>4</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>Bynum Run</td>
<td>*</td>
<td>1 every other month</td>
<td>1 every other month</td>
<td>1 every other month</td>
</tr>
<tr>
<td></td>
<td>Choptank</td>
<td>Δ</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Elk River</td>
<td>Δ</td>
<td>Avoid</td>
<td>Avoid</td>
<td>Avoid</td>
</tr>
<tr>
<td></td>
<td>Middle River</td>
<td>Δ</td>
<td>1 every other month</td>
<td>1 every other month</td>
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<tr>
<td>American Eel</td>
<td>Northeast River</td>
<td>Δ</td>
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<tr>
<td></td>
<td>Patapsco River/Baltimore Harbor</td>
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<tr>
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<td>Patuxent River</td>
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<tr>
<td></td>
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<td>Δ</td>
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<td>1 every other month</td>
<td>1 every other month</td>
</tr>
<tr>
<td></td>
<td>Rock Creek (Montgomery County)</td>
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<tr>
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<td>South River</td>
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<td></td>
<td>Susquehanna River - Below Conowingo Dam</td>
<td>Δ</td>
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<td>Avoid</td>
<td>Avoid</td>
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<tr>
<td>Black Crappie</td>
<td>Cash Lake</td>
<td>*</td>
<td>4</td>
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<tr>
<td></td>
<td>Lake Artemesia</td>
<td>*</td>
<td>6</td>
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<tr>
<td></td>
<td>Lake Bernard Frank</td>
<td>*</td>
<td>No Limit</td>
<td>No Limit</td>
<td>No Limit</td>
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<tr>
<td></td>
<td>Lake Needwood</td>
<td>*</td>
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<td>8</td>
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<tr>
<td></td>
<td>Lake Roland</td>
<td>*</td>
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<td>3</td>
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<td></td>
<td>Liberty Reservoir</td>
<td>*</td>
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<td>Potomac River - Dam #4 to Dam #5</td>
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<tr>
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<td>Potomac River - DC line to Dam #3</td>
<td>Δ</td>
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<tr>
<td></td>
<td>Rocky Gorge Reservoir</td>
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<td></td>
<td>Youghiogheny River Lake</td>
<td>*</td>
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<table>
<thead>
<tr>
<th>Species</th>
<th>Waterbody</th>
<th>Recommended Meals/Month</th>
</tr>
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<tbody>
<tr>
<td></td>
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</tr>
<tr>
<td>Blue Catfish</td>
<td>Anacostia (No Dark Meat or Belly Fat) △ ✖</td>
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<tr>
<td></td>
<td>Anacostia △</td>
<td>Avoid</td>
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<tr>
<td></td>
<td>Potomac - 301 Bridge to DC Line △</td>
<td>4</td>
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<tr>
<td></td>
<td>12&quot; - 15&quot; △</td>
<td>2</td>
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<tr>
<td></td>
<td>15&quot; - 24&quot; △</td>
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<tr>
<td></td>
<td>24&quot; - 30&quot; △</td>
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<td></td>
<td>&gt; 30&quot; △ ✖</td>
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<td>Potomac: Mouth to 301 △</td>
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<td>12&quot; - 15&quot; △</td>
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<td>24&quot; - 30&quot; △</td>
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<td>&gt; 30&quot; △ ✖</td>
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<tr>
<td>Blue Crab</td>
<td>Back River, Middle River or Patapsco River including Baltimore Harbor △</td>
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<tr>
<td></td>
<td>Other Areas of the Bay △</td>
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</tr>
<tr>
<td>Blue Crab &quot;Mustard&quot;</td>
<td>Back River, Middle River or Patapsco River including Baltimore Harbor △</td>
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<tr>
<td></td>
<td>Other Areas of the Bay △</td>
<td>Eat Sparingly</td>
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<td>Bluefish &lt; 15&quot;</td>
<td>Atlantic Ocean △</td>
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<tr>
<td>Bluefish &gt; or equal to 15&quot;</td>
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<tr>
<td>Brown Bullhead Catfish</td>
<td>Anacostia △</td>
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<tr>
<td></td>
<td>Back River △</td>
<td>1 every other month</td>
</tr>
<tr>
<td></td>
<td>Bush △</td>
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<tr>
<td></td>
<td>Chester △</td>
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<tr>
<td></td>
<td>Elk River △</td>
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<tr>
<td></td>
<td>Gunpowder River △</td>
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<tr>
<td></td>
<td>Lake Bernard Frank △</td>
<td>* No Limit</td>
</tr>
<tr>
<td></td>
<td>Magothy △</td>
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<tr>
<td></td>
<td>Mid Bay: Middle to Patapsco △</td>
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</table>
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<th>Recommended Meals/Month</th>
<th>General Population</th>
<th>Women</th>
<th>Children</th>
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<tbody>
<tr>
<td>Catfish</td>
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<tr>
<td></td>
<td>Middle River</td>
<td>∆</td>
<td>2</td>
<td>2</td>
<td>1 every other month</td>
</tr>
<tr>
<td></td>
<td>Northeast River</td>
<td>∆</td>
<td>1</td>
<td>1</td>
<td>1</td>
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<tr>
<td></td>
<td>Patapsco River/Baltimore Harbor</td>
<td>∆</td>
<td>1 every other month</td>
<td>1 every other month</td>
<td>1 every other month</td>
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<tr>
<td></td>
<td>South River</td>
<td>∆</td>
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<td>6</td>
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<tr>
<td></td>
<td>Susquehanna River - Below Conowingo Dam</td>
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<td>1</td>
<td>1 every other month</td>
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<td>Wicomico River</td>
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<td>Brown Trout</td>
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</tr>
<tr>
<td></td>
<td>Antietam</td>
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<tr>
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<td>∆</td>
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<td>Deep Creek Lake</td>
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<td>Chain Pickerel</td>
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<td></td>
<td>Anacostia</td>
<td>∆</td>
<td>Avoid</td>
<td>Avoid</td>
<td>Avoid</td>
</tr>
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<td></td>
<td>Back River</td>
<td>∆</td>
<td>Avoid</td>
<td>Avoid</td>
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<td></td>
<td>Bird River</td>
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<td>Bush</td>
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<td>C &amp; D Canal</td>
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<td>1 every other month</td>
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<tr>
<td></td>
<td>Gunpowder River</td>
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<td></td>
<td>Jennings Randolph Reservoir</td>
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<tr>
<td></td>
<td>Nanticoke River</td>
<td>∆</td>
<td>1 every other month</td>
<td>1 every other month</td>
<td>1 every other month</td>
</tr>
</tbody>
</table>

*No Limit*
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## Recommended Meals/Month

### Species

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<tr>
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<th>Waterbody</th>
<th>Recommended Meals/Month</th>
<th>General Population</th>
<th>Women</th>
<th>Children</th>
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<tbody>
<tr>
<td><strong>Channel Catfish</strong></td>
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<td></td>
<td>Northeast River</td>
<td>△</td>
<td>1 every other month</td>
<td>1 every other month</td>
<td>1 every other month</td>
</tr>
<tr>
<td>Patapsco River/Baltimore Harbor</td>
<td>△</td>
<td></td>
<td>1 every other month</td>
<td>1 every other month</td>
<td>1 every other month</td>
</tr>
<tr>
<td>Patuxent River</td>
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<td>1</td>
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<tr>
<td>Pocomoke River</td>
<td>△ *</td>
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<td>4</td>
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<tr>
<td>Rewastico Creek</td>
<td>△</td>
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<td>3</td>
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<td>Susquehanna River - Above Conowingo Dam</td>
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<td>1</td>
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<td>Susquehanna River - Below Conowingo Dam</td>
<td>△</td>
<td>Avoid</td>
<td>Avoid</td>
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<tr>
<td>Wicomico River</td>
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<td>2</td>
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<td>1 every other month</td>
<td>1 every other month</td>
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<tr>
<td></td>
<td>&gt; 18&quot; △</td>
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<td><strong>Common Carp</strong></td>
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<tr>
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<td>Anacostia</td>
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<td></td>
<td>Back River</td>
<td>△</td>
<td>Avoid</td>
<td>Avoid</td>
<td>Avoid</td>
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<tr>
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<td>Gunpowder River</td>
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<td>2</td>
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<tr>
<td></td>
<td>Lake Roland</td>
<td>* +</td>
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<td>Potomac - 301 Bridge to DC Line</td>
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<tr>
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<td>Rhode &amp; West</td>
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<td>South River</td>
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<td><strong>Flathead Catfish</strong></td>
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<18" lengths:

- Potomac River - 301 Bridge to DC Line:
  - △: Avoid
  - △: Avoid
  - △: Avoid
  - △: Avoid

>18" lengths:

- Potomac River - Dam #4 to Dam #5:
  - △: Avoid
  - △: Avoid
  - △: Avoid
  - △: Avoid

- Patapsco River/Baltimore Harbor:
  - △: Avoid
  - △: Avoid
  - △: Avoid
  - △: Avoid

- Patuxent River:
  - △: Avoid
  - △: Avoid
  - △: Avoid
  - △: Avoid

- Pocomoke River:
  - △: Avoid
  - △: Avoid
  - △: Avoid
  - △: Avoid

- Sassafras River:
  - △: Avoid
  - △: Avoid
  - △: Avoid
  - △: Avoid

- Susquehanna River - Above Conowingo Dam:
  - △: Avoid
  - △: Avoid
  - △: Avoid
  - △: Avoid

- Susquehanna River - Below Conowingo Dam:
  - △: Avoid
  - △: Avoid
  - △: Avoid
  - △: Avoid

- Wicomico River:
  - △: Avoid
  - △: Avoid
  - △: Avoid
  - △: Avoid

- Anacostia:
  - △: Avoid
  - △: Avoid
  - △: Avoid
  - △: Avoid

- Back River:
  - △: Avoid
  - △: Avoid
  - △: Avoid
  - △: Avoid

- Gunpowder River:
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  - △: Avoid
  - △: Avoid
  - △: Avoid

- Lake Roland:
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  - △: Avoid
  - △: Avoid
  - △: Avoid

- Reed Creek:
  - △: Avoid
  - △: Avoid
  - △: Avoid
  - △: Avoid

- Patuxent River:
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  - △: Avoid
  - △: Avoid
  - △: Avoid

- Pocomoke River:
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  - △: Avoid
  - △: Avoid
  - △: Avoid

- Sassafras River:
  - △: Avoid
  - △: Avoid
  - △: Avoid
  - △: Avoid

- Susquehanna River - Above Conowingo Dam:
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  - △: Avoid
  - △: Avoid
  - △: Avoid

- Susquehanna River - Below Conowingo Dam:
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  - △: Avoid
  - △: Avoid

- Wicomico River:
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  - △: Avoid
  - △: Avoid
  - △: Avoid
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☆ = 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>General Population</th>
<th>Women</th>
<th>Children</th>
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<td></td>
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</table>
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<thead>
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<th>Species</th>
<th>Waterbody</th>
<th>Recommended Meals/Month</th>
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### Recommended Meals/Month Table

<table>
<thead>
<tr>
<th>Species</th>
<th>Waterbody</th>
<th>Recommended Meals/Month</th>
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<th>Women ¹</th>
<th>Children ²</th>
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</tbody>
</table>
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<th>Women</th>
<th>Children</th>
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<td>Bynum Run  *</td>
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<td>Conococheague  *</td>
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# 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

**Contaminant present in fish:** * Mercury, Δ PCBs, + Pesticides

---

## Recommended Meals/Month

<table>
<thead>
<tr>
<th>Species</th>
<th>Waterbody</th>
<th>General Population</th>
<th>Women ¹</th>
<th>Children ²</th>
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<tbody>
<tr>
<td>Walleye</td>
<td>Potomac River - Dam #4 to Dam #5</td>
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<td></td>
<td>Savage Reservoir</td>
<td>*</td>
<td>1 every other month</td>
<td>1 every other month</td>
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<tr>
<td></td>
<td>Younghiogheny River Lake</td>
<td>*</td>
<td>2</td>
<td>2</td>
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<tr>
<td>White Catfish</td>
<td>Nanticoke River</td>
<td>Δ</td>
<td>2</td>
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<tr>
<td></td>
<td>Patapsco River/Baltimore Harbor</td>
<td>Δ</td>
<td>Avoid</td>
<td>Avoid</td>
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<tr>
<td>White Crappy</td>
<td>Rocky Gorge Reservoir</td>
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<td></td>
<td>Back River</td>
<td>Δ</td>
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</tr>
<tr>
<td></td>
<td>Bird River</td>
<td>Δ</td>
<td>2</td>
<td>2</td>
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<td></td>
<td>Bohemia River</td>
<td>Δ</td>
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<td></td>
<td>Bush</td>
<td>Δ</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>C &amp; D Canal</td>
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<td>4</td>
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<tr>
<td></td>
<td>Chester</td>
<td>Δ</td>
<td>No Limit</td>
<td>No Limit</td>
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<td></td>
<td>Choptank</td>
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<td>Eastern Bay: Miles &amp; Wye River</td>
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<td>Elk River</td>
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<tr>
<td></td>
<td>Gunpowder River</td>
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<td>Herring Bay</td>
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<td>Patuxent River</td>
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<td>Pocomoke River</td>
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<td>Potomac - 301 Bridge to DC Line</td>
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<td>Rhode &amp; West</td>
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<td>Sassafras River</td>
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<tr>
<td></td>
<td>Severn River</td>
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</table>
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♥ = 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

### Recommended Meals/Month

<table>
<thead>
<tr>
<th>Species</th>
<th>Waterbody</th>
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<td>Lake Bernard Frank</td>
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<td>Liberty Reservoir</td>
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<td>Savage Reservoir</td>
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