

# Maryland Fish Consumption Advisories

## for Recreationally Caught Fish in Patapsco River/Baltimore Harbor

*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, fish contaminated




















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, this leads to a reduction in PCB contamination

Contaminant present in fish:     \* Mercury            Δ PCBs            + Pesticides            ◇ PFOS

Species	Description	Recommended Meals/Month		
		General Population	Women <sup>1</sup>	Children <sup>2</sup>
American Eel	 Δ	Avoid	Avoid	Avoid
Blue Crab	 Δ	6	6	5
Blue Crab "Mustard"	 Δ	Avoid	Avoid	Avoid
Brown Bullhead	 Δ	1 every other month	1 every other month	1 every other month
Channel Catfish	 Patapsco River/Baltimore Harbor Δ	1 every other month	1 every other month	1 every other month
	 Patapsco: S. Hanover Bridge to Annapolis Rd Δ	1 every other month	1 every other month	1 every other month
Large and Smallmouth Bass ♥	 Patapsco River/Baltimore Harbor Δ	3	3	2
	 Patapsco: S. Hanover Bridge to Annapolis Rd ◇	2	2	1
Rainbow Trout and Golden Rainbow Trout	 Δ	No Limit	No Limit	No Limit
(Hatchery Raised)	**For more information on put-and-take fish see <a href="https://www.eregulations.com/maryland/fishing/put-and-take-trout-fishing-areas">https://www.eregulations.com/maryland/fishing/put-and-take-trout-fishing-areas</a>			
Rock Bass ♥	 ◇	2	2	1
Spot ♥	 ◇	4	4	2
Striped Bass (Rockfish) ♥	 Patapsco River - Middle Branch < 28" Δ	2	2	1
	 Patapsco River - Middle Branch > 28" Δ	1	1	1 every other month
	 Patapsco: S. Hanover Bridge to Annapolis Rd ◇	No Limit	No Limit	5
Sunfish (including Bluegill)	 Δ	6	5	3
White Catfish	 Δ	Avoid	Avoid	Avoid
White Perch	 Patapsco River/Baltimore Harbor Δ	1	1	1
	 Patapsco: S. Hanover Bridge to Annapolis Rd ◇	4	4	2
Yellow Perch	 ◇	8	7	4