



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, 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

Waterbody	Species		Recommended Meals/Month		
			General Population	Women ¹	Children ²
All Hatchery Raised fish stocked in Maryland	Rainbow Trout and Golden Rainbow Trout (Hatchery Raised) Δ		No Limit	No Limit	No Limit
<p>**For more information on put-and-take fish see https://www.eregulations.com/maryland/fishing/put-and-take-trout-fishing-areas</p> <p>**For more information on Special Management Areas-Trout see https://www.eregulations.com/maryland/fishing/special-management-areas-trout</p>					
Anacostia River	American Eel Δ		1	1	1 every other month
	Blue Catfish	15" - 19" Δ	4	3	2
	Blue Catfish	> 19" Δ	Avoid	Avoid	Avoid
	Brown Bullhead Δ		5	5	4
	Channel Catfish	15" - 20" Δ	2	2	1
	Channel Catfish	> 20" Δ	Avoid	Avoid	Avoid
	Common Carp Δ		Avoid	Avoid	Avoid
	Large and Smallmouth Bass ♥	◇	2	2	2
	Northern Snakehead Δ		3	3	1
	Sunfish (including Bluegill)	◇	1	1	1 every other month
	White Perch ◇		2	2	1
Yellow Bullhead ◇		No Limit	No Limit	No Limit	
Anacostia River (No Dark Meat or Belly Fat)	Blue Catfish	Δ ✘	Avoid	Avoid	Avoid
Antietam Creek	Brown Trout Δ		3	3	2
	Large and Smallmouth Bass ♥	◇	2	1	1 every other month
	Rock Bass ♥	◇	4	3	2
	Sunfish (including Bluegill)	◇	1	1	month
	White Sucker Δ		No Limit	8	5
Atlantic Ocean	Bluefish	<15" Δ	2	2	2
		> or equal to 15" Δ	Avoid	Avoid	Avoid
	Striped Bass (Rockfish) ♥	< 28" Δ	1	1	1 every other month
	Striped Bass (Rockfish) ♥	> 28" Δ *	1	1	1 every other month *
Back River	American Eel Δ		Avoid	Avoid	Avoid
	Brown Bullhead Δ		4	4	2
	Channel Catfish Δ		Avoid	Avoid	Avoid
	Common Carp Δ		Avoid	Avoid	Avoid
	Spot ♥ Δ		5	5	4
	White Perch Δ		2	1	1



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		General Population	Women ¹	Children ²
Back River, Middle River or Patapsco River including Baltimore Harbor	Blue Crab Δ	6	6	5
	Blue Crab "Mustard" Δ	Avoid	Avoid	Avoid
Big Pool, Washington County	Large and Smallmouth Bass ♥ *	3	3	2
	Rock Bass ♥ Δ	No Limit	No Limit	No Limit
	Sunfish (including Bluegill) Δ	No Limit	No Limit	No Limit
Bird River	Channel Catfish Δ	Avoid	Avoid	Avoid
	White Perch Δ	2	2	1
Blair Valley Lake	Large and Smallmouth Bass ♥ *	6	5	3
Bohemia River	Channel Catfish Δ	1 every other month	1 every other month	1 every other month
	Spot ♥ Δ	5	5	4
	White Perch Δ	2	2	1
Broadford Lake	Large and Smallmouth Bass ♥ *	3	3	2
	Sunfish (including Bluegill) *	No Limit	No Limit	6
Bush River	American Eel Δ	4	4	4
	Brown Bullhead Δ	1	1	1
	Channel Catfish Δ	1	1	1
	Large and Smallmouth Bass ♥ ◇	3	2	1
	Northern Snakehead ◇	2	2	1
	Spot ♥ Δ	5	5	4
	Sunfish (including Bluegill) Δ	No Limit	No Limit	No Limit
	White Perch ◇	4	3	2
Bynum Run	American Eel *	month	month	month
	Sunfish (including Bluegill) ◇	2	2	1
C & D Canal	Channel Catfish Δ	month	month	Avoid
	Sunfish (including Bluegill) ◇	4	4	2
	White Perch Δ	4	4	2
Cash Lake	Black Crappie *	4	3	2
	Large and Smallmouth Bass ♥ *	3	2	1
	Sunfish (including Bluegill) *	8	7	4
Centennial Lake	Large and Smallmouth Bass ♥ *	No Limit	7	4
	Sunfish (including Bluegill) *	No Limit	No Limit	No Limit
	White Perch *	No Limit	No Limit	No Limit
Chester River	Brown Bullhead Δ	No Limit	No Limit	8
	Channel Catfish < 20" Δ	6	5	3
	Channel Catfish > 20" Δ	1	1	1
	Spot ♥ Δ	5	5	4
	White Catfish Δ	8	7	4
	White Perch ◇	6	5	3
	Yellow Perch Δ	No Limit	No Limit	No Limit



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Waterbody	Species	Recommended Meals/Month		
		General Population	Women ¹	Children ²
Choptank River	American Eel Δ	1	1	1
	Blue Catfish 15" - 24" ◇	No Limit	8	5
	Channel Catfish Δ	2	2	2
	Spot ♥ Δ	5	5	4
	Striped Bass (Rockfish) ♥ < 28" ◇	No Limit	8	5
	Sunfish (including Bluegill) Δ	No Limit	No Limit	No Limit
	White Perch ◇	4	4	2
	Yellow Perch Δ	No Limit	No Limit	No Limit
Clopper Lake	Large and Smallmouth Bass ♥ *	5	5	3
Conococheague	Channel Catfish Δ	5	4	2
	Large and Smallmouth Bass ♥ ◇	1 every other month	1 every other month	Avoid
	Rock Bass ♥ Δ *	No Limit	No Limit	7
	Walleye *	3	3	2
Cunningham Falls Lake	Large and Smallmouth Bass ♥ *	5	5	3
Deep Creek Lake	Chain Pickerel *	6	5	3
	Large and Smallmouth Bass ♥ *	2	2	1
	Walleye *	3	3	2
	Yellow Perch *	3	3	2
Eastern Bay: Miles & Wye River	Spot ♥ Δ	5	5	4
	White Perch Δ	No Limit	No Limit	8
Elk River	American Eel Δ	Avoid	Avoid	Avoid
	Brown Bullhead Δ	2	2	2
	Channel Catfish Δ	1	1	1
	Spot ♥ Δ	5	5	4
	White Perch ◇	7	6	3
	Yellow Perch Δ	1 every other month	1 every other month	1 every other month
Greenbelt Lake	Large and Smallmouth Bass ♥ *	No Limit	8	5
Gunpowder River	Brown Bullhead Δ	4	4	3
	Channel Catfish Δ	month	month	Avoid
	Common Carp Δ	2	2	2
	Large and Smallmouth Bass ♥ Δ◇	2	2	1 ◇
	Northern Snakehead Δ*	No Limit	No Limit	No Limit
	Sunfish (including Bluegill) Δ	2	2	1
	White Perch ◇	2	2	1
	White Sucker ◇	5	4	3
	Yellow Perch Δ	1	1	1
Herring Bay	Silver Perch ◇	6	6	3
	Spot ♥ ◇	6	5	3
	White Perch ◇	3	3	2
Jennings Randolph Reservoir	Channel Catfish *	4	4	4
	Large and Smallmouth Bass ♥ *	4	3	2
	Rock Bass ♥ *	7	6	4
	Walleye *	4	4	2



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Waterbody	Species	Recommended Meals/Month		
		General Population	Women ¹	Children ²
Johnson Pond below Salisbury	Black Crappie ◇	Avoid	Avoid	Avoid
	Large and Smallmouth Bass ♥ < 11" ◇	2	1	1 every other month
	Large and Smallmouth Bass ♥ > 15" ◇	1 every other month	Avoid month	Avoid
	Northern Snakehead ◇	month	month	Avoid
Jones Falls	Brown Trout Δ	3	3	3
	Rock Bass ♥ Δ	7	7	6
	White Sucker ◇	3	3	2
Keys Community Park Pond	Sunfish (including Bluegill) *	No Limit	No Limit	No Limit
Lake Artemesia	Black Crappie *	6	6	5
	Large and Smallmouth Bass ♥ *	5	4	2
	Sunfish (including Bluegill) *	No Limit	No Limit	No Limit
Lake Bernard Frank	Black Crappie *	No Limit	No Limit	No Limit
	Brown Bullhead *	No Limit	No Limit	No Limit
	Large and Smallmouth Bass ♥ *	No Limit	8	4
	Sunfish (including Bluegill) *	No Limit	No Limit	No Limit
	Yellow Bullhead *	7	6	3
Lake Habeeb	Large and Smallmouth Bass ♥ *	7	6	3
Lake Kittamaquindi	Large and Smallmouth Bass ♥ Δ	No Limit	No Limit	8
Lake Lariat	Large and Smallmouth Bass ♥ *	1	1	month
	Sunfish (including Bluegill) *	4	3	2
Lake Linganore	Large and Smallmouth Bass ♥ *	7	6	3
Lake Needwood	Black Crappie *	No Limit	8	4
	Large and Smallmouth Bass ♥ *	7	6	4
	Sunfish (including Bluegill) *	No Limit	No Limit	No Limit
Lake Roland	Black Crappie * +	3	3	3
	Common Carp * +	2	2	2
	Large and Smallmouth Bass ♥ * +	5	4	3
	Sunfish (including Bluegill) Δ	No Limit	No Limit	8
Liberty Reservoir	Black Crappie *	8	7	4
	Large and Smallmouth Bass ♥ *	No Limit	No Limit	5
	Sunfish (including Bluegill) *	No Limit	No Limit	No Limit
	White Perch *	3	2	1
	Yellow Bullhead *	7	6	3
	Yellow Perch *	No Limit	No Limit	8
Little Seneca Lake	Large and Smallmouth Bass ♥ *	No Limit	No Limit	7
	Northern Snakehead *	6	5	3
	Sunfish (including Bluegill) *	No Limit	No Limit	8
	Yellow Perch *	No Limit	No Limit	No Limit
Loch Raven Reservoir	Black Crappie *	No Limit	No Limit	6
	Large and Smallmouth Bass ♥ *	2	2	1
	Sunfish (including Bluegill) *	No Limit	No Limit	No Limit
	Yellow Perch *	No Limit	No Limit	6



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Waterbody	Species	Recommended Meals/Month		
		General Population	Women ¹	Children ²
Lower Chesapeake Bay and Tributaries	Atlantic Croaker Δ	4	4	4
	Black Sea Bass ◇	2	2	1
	Spot ♥ ◇	3	3	2
	Striped Bass (Rockfish) ♥ < 28" Δ ✕	No Limit	No Limit	7
	Striped Bass (Rockfish) ♥ < 28" Δ	3	3	2
	Striped Bass (Rockfish) ♥ > 28" Δ ✕	No Limit	No Limit	5
	Striped Bass (Rockfish) ♥ > 28" Δ	1	1	1 every other month
Lower Patuxent River	American Eel Δ	3	3	3
	Blue Catfish 15" - 24" Δ	3	3	1
	Channel Catfish Δ	2	2	1
	Large and Smallmouth Bass ♥ Δ	No Limit	No Limit	No Limit
	Northern Snakehead *	No Limit	No Limit	5
	Spot ♥ Δ	No Limit	No Limit	No Limit
	Sunfish (including Bluegill) Δ	No Limit	No Limit	7
Yellow Bullhead Δ	5	5	4	
Magothy River	Brown Bullhead Δ	8	8	7
	Spot ♥ Δ	5	5	4
	Sunfish (including Bluegill) Δ	5	5	5
	Yellow Perch Δ	3	3	3
	White Perch Δ	2	2	2
Maryland's Atlantic Coastal Waters	Silver Perch Δ	No Limit	No Limit	No Limit
	White Perch Δ	No Limit	No Limit	8
Mattawoman Creek	Blue Catfish > 30" Δ	Avoid	Avoid	Avoid
	Blue Catfish > 30" Δ ✕	2	2	1
	Blue Catfish 12" - 15" Δ	4	4	4
	Blue Catfish 15" - 24" Δ	4	3	2
	Blue Catfish 24" - 30" Δ	1	1	1 every other month
	Large and Smallmouth Bass ♥ ◇	No Limit	No Limit	7
	Northern Snakehead ◇	1 every other month	1 every other month	Avoid
Mid Bay: Middle to Patapsco	White Catfish Δ ◇	6	5	4 ◇
	Brown Bullhead Δ	5	5	5
	Spot ♥ ◇	2	2	1
	White Perch Δ	5	4	2
Mid Bay: Patapsco to Upper Patuxent and Tributaries	Atlantic Croaker Δ	4	4	4
	Spot ♥ ◇	3	3	2
	Striped Bass (Rockfish) ♥ < 28" Δ ✕	No Limit	No Limit	7
	Striped Bass (Rockfish) ♥ < 28" Δ	3	3	2
	Striped Bass (Rockfish) ♥ > 28" Δ ✕	No Limit	No Limit	5
Striped Bass (Rockfish) ♥ > 28" Δ	1	1	month	



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Waterbody	Species		Recommended Meals/Month		
			General Population	Women ¹	Children ²
Middle Patuxent River	American Eel	Δ	3	3	3
	Blue Catfish 15" - 24"	Δ	No Limit	No Limit	6
	Channel Catfish	Δ	2	2	1
	Large and Smallmouth Bass ♥	Δ	No Limit	No Limit	No Limit
	Spot ♥	Δ	5	5	4
	Sunfish (including Bluegill)	Δ	No Limit	No Limit	7
	White Perch	◇	5	4	2
	Yellow Bullhead	Δ	5	5	4
Middle River	American Eel	Δ	month	month	Avoid
	Blue Catfish 15" - 24"	Δ	4	3	2
	Brown Bullhead	Δ	2	2	1
	Channel Catfish	Δ	Avoid	Avoid	Avoid
	Large and Smallmouth Bass ♥	Δ	1	1	1 every other month
	Spot ♥	Δ	5	5	4
	White Perch	Δ	1 every other month	1 every other month	Avoid
	Yellow Perch	Δ	Avoid	Avoid	Avoid
Millington Wildlife Management Area	Black Crappie	*	4	4	2
	Large and Smallmouth Bass ♥	*	3	3	2
	Sunfish (including Bluegill)	*	No Limit	No Limit	5
Monocacy River	Large and Smallmouth Bass ♥	Δ	No Limit	No Limit	No Limit
	Rock Bass ♥	◇	2	1	month
	Sunfish (including Bluegill)	◇	1 every other month	1 every other month	Avoid
	Yellow Bullhead	*	6	5	3
Myrtle Grove Lake	Large and Smallmouth Bass ♥	*	No Limit	No Limit	8
Nanticoke River	Blue Catfish 15" - 24"	Δ	7	7	6
	Channel Catfish	Δ	1 every other month	1 every other month	1 every other month
	Spot ♥	Δ	5	5	4
	White Catfish	Δ	2	2	2
	White Perch	Δ	8	8	7
Nanticoke River: Marshy Hope Creek	Blue Catfish 15" - 24"	Δ	No Limit	No Limit	No Limit
	Large and Smallmouth Bass ♥	◇	No Limit	8	4
	Northern Snakehead	Δ	No Limit	No Limit	8
	Striped Bass (Rockfish) ♥ < 28"	◇	No Limit	No Limit	No Limit
Non-Tidal Piscataway Creek	Sunfish (including Bluegill)	◇	Avoid	Avoid	Avoid
	Yellow Bullhead	◇	1	1	1 every other month
North Branch of Potomac River from Old Town to Jennings Randolph	Channel Catfish	◇	No Limit	No Limit	No Limit
	Large and Smallmouth Bass ♥	*	5	5	3
	Rock Bass ♥	*	8	7	4
	Walleye	*	2	2	1



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Waterbody	Species	Recommended Meals/Month		
		General Population	Women ¹	Children ²
Northeast River	American Eel Δ	1	1	1 every other month
	Brown Bullhead Δ	1	1	1
	Channel Catfish Δ	2	2	1
	Large and Smallmouth Bass ♥ ◇	2	1	month
	Spot ♥ Δ	5	5	4
	Striped Bass (Rockfish) ♥ < 28" ◇	3	2	1
	White Perch Δ	3	2	1
Other Areas of the Bay	Blue Crab Δ	No Limit	No Limit	No Limit
	Blue Crab "Mustard" Δ	Eat Sparingly	Eat Sparingly	Eat Sparingly
Patapsco River - Middle Branch	Spot ♥ ◇	2	2	1
	Striped Bass (Rockfish) ♥ < 28" Δ	2	2	1
	Striped Bass (Rockfish) ♥ > 28" Δ	1	1	1 every other month *
Patapsco River/Baltimore Harbor	American Eel Δ	Avoid	Avoid	Avoid
	Brown Bullhead Δ	month	month	month
	Channel Catfish Δ	month	month	month
	Large and Smallmouth Bass ♥ Δ	3	3	2
	Rock Bass ♥ ◇	2	2	1
	Spot ♥ ◇	4	4	2
	Sunfish (including Bluegill) Δ	6	5	3
	White Catfish Δ	Avoid	Avoid	Avoid
Patapsco River: Non-Tidal Gwynns Falls	White Perch Δ	1	1	1
	Rock Bass ♥ ◇	2	2	1
Patapsco River: North of Ellicott City	Sunfish (including Bluegill) ◇	2	2	1
	Brown Trout Δ	5	5	4
Patapsco River: S. Hanover Bridge to Annapolis Rd	Rock Bass ♥ Δ	No Limit	No Limit	No Limit
	Sunfish (including Bluegill) ◇	3	2	1
	Large and Smallmouth Bass ♥ ◇	2	2	1
	Striped Bass (Rockfish) ♥ < 28" ◇	No Limit	No Limit	5
	White Perch ◇	4	4	2
Piney Reservoir	Yellow Perch ◇	8	7	4
	Channel Catfish Δ	1 every other month	1 every other month	1 every other month
Piney Run Lake	Large and Smallmouth Bass ♥ *	2	2	1 every other month
	Sunfish (including Bluegill) *	No Limit	No Limit	8
Pocomoke River	Large and Smallmouth Bass ♥ *	No Limit	No Limit	6
	Yellow Perch *	No Limit	No Limit	6
Port Tobacco River	Channel Catfish Δ *	3	3	3
	Spot ♥ Δ	5	5	4
	White Perch Δ *	5	5	5
Port Tobacco River	Sunfish (including Bluegill) ◇	2	1	1 every other month
	White Perch ◇	3	2	1



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Waterbody	Species		Recommended Meals/Month		
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Potomac River - 301 Bridge to DC Line	American Eel	Δ	1 every other month	1 every other month	1 every other month
	Blue Catfish	12" - 15" Δ	4	4	4
	Blue Catfish	15" - 24" Δ	2	2	1
	Blue Catfish	24" - 30" Δ	1	1	month
	Blue Catfish	> 30" Δ	Avoid	Avoid	Avoid
	Blue Catfish	> 30" Δ ✘	2	2	1
	Channel Catfish	< 18" Δ	month	month	Avoid
	Channel Catfish	> 18" Δ	Avoid	Avoid	Avoid
	Common Carp	Δ	Avoid	Avoid	Avoid
	Northern Snakehead	Δ	3	3	3
	Large and Smallmouth Bass ♥	◇	3	2	1
	Striped Bass (Rockfish) ♥	< 28" ◇	5	5	3
	Sunfish (including Bluegill)	Δ	2	2	2
	White Catfish	Δ	Avoid	Avoid	Avoid
White Perch	◇	3	2	1	
Potomac River - Dam #3 to Dam #4	Channel Catfish	*	5	4	2
	Flathead Catfish	*	2	2	1
	Large and Smallmouth Bass ♥	*	3	3	2
Potomac River - Dam #4 to Dam #5	Black Crappie	*	3	3	3
	Channel Catfish	*	5	4	2
	Large and Smallmouth Bass ♥	*	5	4	3
	Sunfish (including Bluegill)	*	No Limit	No Limit	5
	Walleye	*	4	4	2
Potomac River - DC line to Dam #3	Black Crappie	Δ	2	2	2
	Channel Catfish	Δ	6	5	3
	Flathead Catfish	*	2	2	1
	Large and Smallmouth Bass ♥	*	2	2	month
	Sunfish (including Bluegill)	Δ	No Limit	No Limit	8
	Walleye	*	2	1	1
Potomac River - Hancock	Channel Catfish	Δ	No Limit	No Limit	8
Potomac River - Little Orleans	Channel Catfish	Δ	No Limit	No Limit	6
Potomac River - Mouth to 301 Bridge	Blue Catfish	12" - 15" Δ	4	4	4
	Blue Catfish	15" - 24" Δ	4	3	2
	Blue Catfish	24" - 30" Δ	1	1	1 every other month
	Blue Catfish	> 30" Δ	Avoid	Avoid	Avoid
	Blue Catfish	> 30" Δ ✘	2	2	1
	Sunfish (including Bluegill)	◇	1	1 every other month	1 every other month
	Spot ♥	Δ	5	5	4
	White Perch	Δ	6	6	6
Potomac River - Near Paw Paw, WV	Large and Smallmouth Bass ♥	Δ	No Limit	No Limit	No Limit
	Channel Catfish	Δ	No Limit	No Limit	No Limit
Potomac River - Town Creek	Sunfish (including Bluegill)	◇	6	5	3
Prettyboy Reservoir	Large and Smallmouth Bass ♥	*	8	7	4
	Sunfish (including Bluegill)	*	No Limit	No Limit	No Limit
Rewastico Creek	Channel Catfish	Δ	4	4	3



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			General Population	Women ¹	Children ²
Rhode & West	Common Carp	Δ	7	7	7
	Spot ♥	Δ	5	5	4
	White Perch	Δ	4	4	3
Rock Creek (Montgomery County)	American Eel	*	1 every other month	1 every other month	1 every other month
	Sunfish (including Bluegill)	Δ	3	3	3
Rocky Gorge Reservoir	Black Crappie	*	5	4	2
	Channel Catfish	*	6	5	3
	Large and Smallmouth Bass ♥	*	4	4	2
	Sunfish (including Bluegill)	*	No Limit	No Limit	No Limit
	White Crappie	*	No Limit	8	5
Sassafras River	Channel Catfish	Δ	2	2	1
	Spot ♥	Δ	5	5	4
	White Perch	Δ	2	2	2
Savage Reservoir	Large and Smallmouth Bass ♥	*	1	1	1
	Rock Bass ♥	*	1	1	1 every other month
	Walleye	*	1 every other month	1 every other month	Avoid
	Yellow Bullhead	*	2	1	1 every other month
	Yellow Perch	◇	No Limit	No Limit	No Limit
Savage River	Brown Trout	Δ	5	5	3
Severn River	Spot ♥	Δ	5	5	4
	White Perch	Δ	2	2	2
	Yellow Perch	Δ	5	5	4
Smithville Lake	Large and Smallmouth Bass ♥	*	No Limit	No Limit	5
South River	American Eel	Δ	2	2	1
	Brown Bullhead	Δ	6	6	5
	Common Carp	Δ	2	2	1
	Spot ♥	Δ	5	5	4
	White Perch	Δ	3	3	2
	Yellow Perch	Δ	4	4	4
St. Mary's River	Large and Smallmouth Bass ♥	Δ	2	1	1 every other month
	Silver Perch	◇	7	6	3
	Spot ♥	Δ	5	5	4
Stansbury Pond	Large and Smallmouth Bass ♥	Δ	No Limit	No Limit	6
	Sunfish (including Bluegill)	Δ	No Limit	No Limit	5
Stemmers Lake	Large and Smallmouth Bass ♥	Δ	No Limit	No Limit	8
Susquehanna River - Above Conowingo Dam - All Meat	Channel Catfish	Δ	1	1	1
	Flathead Catfish All sizes	Δ	1	1	1
	Large and Smallmouth Bass ♥	◇	1	1	month
	Sunfish (including Bluegill)	Δ	6	6	5



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, 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

Waterbody	Species	Recommended Meals/Month		
		General Population	Women ¹	Children ²
Susquehanna River - Above Conowingo Dam - (No Dark Meat or Belly Fat)	Flathead Catfish < 22" * ✘	No Limit	No Limit	6
	Flathead Catfish 22" - 28" * ✘	7	6	3
	Flathead Catfish > 28" * ✘	7	6	4
Susquehanna River - Below Conowingo Dam - All Meat	American Eel Δ	Avoid	Avoid	Avoid
	Brown Bullhead Δ	1	1	month
	Channel Catfish Δ	Avoid	Avoid	Avoid
	Flathead Catfish All sizes Δ	1	1	1
	Large and Smallmouth Bass ♥ ◇	No Limit	No Limit	No Limit
	Northern Snakehead Δ	No Limit	No Limit	7
	Striped Bass (Rockfish) ♥ < 28" ◇	3	2	1
	Sunfish (including Bluegill) Δ	No Limit	No Limit	No Limit
Yellow Perch Δ	No Limit	No Limit	No Limit	
Susquehanna River - Below Conowingo Dam - (No Dark Meat or Belly Fat)	Flathead Catfish < 22" * ✘	No Limit	No Limit	6
	Flathead Catfish 22" - 28" * ✘	7	6	3
	Flathead Catfish > 28" * ✘	7	6	4
Tidal headwaters of Piscataway Creek	Large and Smallmouth Bass ♥ ◇	Avoid	Avoid	Avoid
Tred Avon River	White Perch Δ	No Limit	No Limit	6
Triadelphia Reservoir	Large and Smallmouth Bass ♥ *	7	6	3
	Sunfish (including Bluegill) *	No Limit	No Limit	6
	White Perch *	6	5	3
	Yellow Perch *	No Limit	No Limit	8
Tuckahoe Lake	Black Crappie *	No Limit	8	4
	Large and Smallmouth Bass ♥ *	3	3	2
Unicorn Lake	Large and Smallmouth Bass ♥ *	No Limit	No Limit	5
Upper Chesapeake Bay and Tributaries	Atlantic Croaker Δ	4	4	4
	Spot ♥ ◇	3	3	2
	Striped Bass (Rockfish) ♥ < 28" ◇ ✘	7	6	4
	Striped Bass (Rockfish) ♥ < 28" Δ	3	3	2
	Striped Bass (Rockfish) ♥ > 28" ◇ ✘	7	6	4
	Striped Bass (Rockfish) ♥ > 28" Δ	1	1	1 every other month
Upper Choptank River: Greensboro Branch	Large and Smallmouth Bass ♥ ◇	3	2	1
	Yellow Perch ◇	3	2	1
Upper Choptank River: Tuckahoe Branch	Channel Catfish Δ	2	2	2
	Yellow Perch Δ	No Limit	No Limit	No Limit
Upper Patuxent River	American Eel Δ	3	3	3
	Blue Catfish 15" - 24" Δ	No Limit	No Limit	6
	Channel Catfish Δ	2	2	1
	Large and Smallmouth Bass ♥ ◇	3	3	2
	Spot ♥ Δ	5	5	4
	Sunfish (including Bluegill) ◇	2	2	1
	White Perch Δ	No Limit	No Limit	No Limit
	White Sucker ◇	No Limit	8	4
Yellow Bullhead Δ	5	5	4	
Urieville Community Lake	Large and Smallmouth Bass ♥ *	No Limit	No Limit	8



Maryland Fish Consumption Advisories

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

Waterbody	Species		Recommended Meals/Month		
			General Population	Women ¹	Children ²
Wicomico River	Blue Catfish 15" - 24"	Δ	No Limit	No Limit	6
	Brown Bullhead	Δ	7	7	6
	Channel Catfish	Δ	2	2	1
	Large and Smallmouth Bass ♥	◇	3	3	2
	Northern Snakehead	◇	4	3	2
	Spot ♥	Δ	5	5	4
	White Perch	◇	4	3	2
Wilde Lake	Large and Smallmouth Bass ♥	*	No Limit	No Limit	8
	Sunfish (including Bluegill)	*	6	5	3
	Yellow Bullhead	*	No Limit	No Limit	7
Winters Run	Sunfish (including Bluegill)	◇	1	1	1 every other month
	White Sucker	◇	No Limit	No Limit	6
Wye Mills Community Lake	Large and Smallmouth Bass ♥	*	No Limit	No Limit	8
Youghiogheny River Lake	Black Crappie	*	4	3	2
	Large and Smallmouth Bass ♥	*	2	2	1
	Walleye	*	1	1	1
	Yellow Bullhead	*	No Limit	No Limit	7
	Yellow Perch	*	6	6	3