



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

Species	Waterbody		Recommended Meals/Month		
			General Population	Women ¹	Children ²
Atlantic Croaker	Lower Chesapeake Bay and Tributaries	Δ	4	4	4
	Mid Bay: Patapsco to Upper Patuxent and Tributaries	Δ	4	4	4
	Upper Chesapeake Bay and Tributaries	Δ	4	4	4
American Eel	Anacostia River	Δ	1	1	1 every other month
	Back River	Δ	Avoid	Avoid	Avoid
	Bush River	Δ	4	4	4
	Bynum Run	*	1 every other month	1 every other month	1 every other month
	Choptank River	Δ	1	1	1
	Elk River	Δ	Avoid	Avoid	Avoid
	Lower Patuxent River	Δ	3	3	3
	Middle Patuxent River	Δ	3	3	3
	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
	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
Upper Patuxent River	Δ	3	3	3	
Black Crappie	Cash Lake	*	4	3	2
	Johnson Pond - below Salisbury	◇	Avoid	Avoid	Avoid
	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	
Black Sea Bass	Lower Chesapeake Bay and Tributaries	◇	2	2	1



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Species	Waterbody			Recommended Meals/Month		
				General Population	Women ¹	Children ²
Blue Catfish	Anacostia River	15" - 19"	Δ	4	3	2
	Anacostia River	> 19"	Δ	Avoid	Avoid	Avoid
	Choptank River	15" - 24"	◇	No Limit	8	5
	Lower Patuxent River	15" - 24"	Δ	3	3	1
	Mattawoman Creek	12" - 15"	Δ	4	4	4
		15" - 24"	Δ	4	3	2
		24" - 30"	Δ	1	1	1 every other month
		> 30"	Δ	Avoid	Avoid	Avoid
	Middle Patuxent River	15" - 24"	Δ	No Limit	No Limit	6
		> 30"	Δ ✘	2	2	1
	Middle River	15" - 24"	Δ	4	3	2
	Nanticoke River	15" - 24"	Δ	7	7	6
	Nanticoke River: Marshy Hope Creek	15" - 24"	Δ	No Limit	No Limit	No Limit
	Potomac - 301 Bridge to DC Line	12" - 15"	Δ	4	4	4
		15" - 24"	Δ	4	3	2
		24" - 30"	Δ	1	1	1 every other month
		> 30"	Δ	Avoid	Avoid	Avoid
	Potomac: Mouth to 301	> 30"	Δ ✘	2	2	1
		12" - 15"	Δ	4	4	4
		15" - 24"	Δ	2	2	1
24" - 30"		Δ	1	1	1 every other month	
Upper Patuxent River	> 30"	Δ	Avoid	Avoid	Avoid	
	> 30"	Δ ✘	2	2	1	
Wicomico River	15" - 24"	Δ	No Limit	No Limit	6	
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	



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Species	Waterbody		Recommended Meals/Month		
			General Population	Women ¹	Children ²
Brown Bullhead	Anacostia River	Δ	5	5	4
	Back River	Δ	4	4	2
	Bush River	Δ	1	1	1
	Chester River	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
	Middle River	Δ	2	2	1
	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	2
	Jones Falls	Δ	3	3	3
	Patapsco River: North of Ellicott City	Δ	5	5	4
	Savage River	Δ	5	5	3
Chain Pickerel	Deep Creek Lake	*	6	5	3



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Species	Waterbody			Recommended Meals/Month		
				General Population	Women ¹	Children ²
Channel Catfish	Anacostia River	15" - 20"	Δ	2	2	1
	Anacostia River	> 20"	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 River		Δ	1	1	1
	C & D Canal		Δ	1 every other month	1 every other month	Avoid
	Chester River	< 20"	Δ	6	5	3
		> 20"	Δ	1	1	1
	Choptank River		Δ	2	2	2
	Conococheague		Δ	5	4	2
	Elk River		Δ	1	1	1
	Gunpowder River		Δ	1 every other month	1 every other month	Avoid
	Jennings Randolph Reservoir		*	4	4	4
	Lower Patuxent River		Δ	2	2	1
	Middle Patuxent River		Δ	2	2	1
	Middle River		Δ	Avoid	Avoid	Avoid
	Nanticoke River		Δ	1 every other month	1 every other month	1 every other month
	North Branch of Potomac River from Old Town to Jennings Randolph		◇	No Limit	No Limit	No Limit
	Northeast River		Δ	2	2	1
	Patapsco River/Baltimore Harbor		Δ	1 every other month	1 every other month	1 every other month
	Patapsco River: S. Hanover Bridge to Annapolis Road		Δ	1 every other month	1 every other month	1 every other month
	Pocomoke River		Δ *	3	3	3
	Potomac - 301 Bridge to DC Line					
		< 18"	Δ	1 every other month	1 every other month	Avoid
		> 18"	Δ	Avoid	Avoid	Avoid
	Potomac River - Dam #4 to Dam #5		*	5	4	2
	Potomac River - DC line to Dam #3		Δ	6	5	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: 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	
Upper Choptank River: Tuckahoe Branch		Δ	2	2	2	
Upper Patuxent River		Δ	2	2	1	
Wicomico River		Δ	2	2	1	



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Species	Waterbody		Recommended Meals/Month		
			General Population	Women ¹	Children ²
Common Carp	Anacostia River	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	Potomac River - DC line to Dam #3	*	2	2	1
	Potomac River - Dam #3 to Dam #4	*	2	2	1
	Susquehanna River - Above Conowingo Dam - All Meat	All sizes Δ	1	1	1
	Susquehanna River - Above Conowingo Dam - (No Dark Meat or Belly Fat)	< 22" * ✘ 22" - 28" * ✘ > 28" * ✘	No Limit 7 7	No Limit 6 6	6 3 4
	Susquehanna River - Below Conowingo Dam - All Meat	All sizes Δ	1	1	1
	Susquehanna River - Below Conowingo Dam - (No Dark Meat or Belly Fat)	< 22" * ✘ 22" - 28" * ✘ > 28" * ✘	No Limit 7 7	No Limit 6 6	6 3 4
	Anacostia River	◇	2	2	2
	Antietam	◇	2	1	1 every other month
Big Pool, Washington County	*	3	3	2	
Blair Valley Lake	*	6	5	3	
Broadford Lake	*	3	3	2	
Bush River	◇	3	2	1	
Cash Lake	*	3	2	1	
Centennial Lake	*	No Limit	7	4	
Clopper Lake	*	5	5	3	
Conococheague	◇	1 every other month	1 every other month	Avoid	
Cunningham Falls Lake	*	5	5	3	
Deep Creek Lake	*	2	2	1	
Greenbelt Lake	*	No Limit	8	5	
Gunpowder River	Δ◇	2	2	1 ◇	
Jennings Randolph Reservoir	*	4	3	2	
Johnson Pond - below Salisbury	< 11" ◇	2	1	1	
Johnson Pond - below Salisbury	> 15" ◇	1 every other month	Avoid	Avoid	
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	*	No Limit	No Limit	5	
Little Seneca Lake	*	No Limit	No Limit	7	
Loch Raven Reservoir	*	2	2	1	



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Species	Waterbody	Recommended Meals/Month			
		General Population	Women ¹	Children ²	
Large and Smallmouth Bass ♥	Lower Patuxent River	Δ	No Limit	No Limit	No Limit
	Mattawoman Creek	◇	No Limit	No Limit	7
	Middle Patuxent River	Δ	No Limit	No Limit	No Limit
	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
	Nanticoke River: Marshy Hope Creek	◇	No Limit	8	4
	North Branch of Potomac River from Old Town to	*	5	5	3
	Northeast River	◇	2	1	1 every other month
	Patapsco River/Baltimore Harbor	Δ	3	3	2
	Patapsco River: S. Hanover Bridge to Annapolis Rd	◇	2	2	1
	Piney Reservoir	*	2	2	1 every other month
	Piney Run Lake	*	No Limit	No Limit	6
	Potomac River - 301 Bridge to DC Line	◇	3	2	1
	Potomac River - Near Paw Paw, WV	Δ	No Limit	No Limit	No Limit
	Potomac River - Dam #3 to Dam #4	*	3	3	2
	Potomac River - Dam #4 to Dam #5	*	5	4	3
	Potomac River - DC line to Dam #3	*	2	2	1 every other month
	Prettyboy Reservoir	*	8	7	4
	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
	Stansbury Pond	Δ	No Limit	No Limit	6
	Stemmers Lake	Δ	No Limit	No Limit	8
	Susquehanna River - Above Conowingo Dam	◇	1	1	1 every other month
	Susquehanna River - Below Conowingo Dam	◇	No Limit	No Limit	No Limit
	Tidal headwaters of Piscataway Creek	◇	Avoid	Avoid	Avoid
	Triadelphia Reservoir	*	7	6	3
Tuckahoe Lake	*	3	3	2	
Unicorn Lake	*	No Limit	No Limit	5	
Upper Choptank River: Greensboro Branch	◇	3	2	1	
Upper Patuxent River	◇	3	3	2	
Urieville Community Lake	*	No Limit	No Limit	8	
Wilde Lake	*	No Limit	No Limit	8	
Wicomico River	◇	3	3	2	
Wye Mills Community Lake	*	No Limit	No Limit	8	
Youghiogheny River Lake	*	2	2	1	



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Species	Waterbody	Recommended Meals/Month		
		General Population	Women ¹	Children ²
Northern Snakehead	Anacostia River Δ	3	3	1
	Bush River ◇	2	2	1
	Gunpowder River Δ*	No Limit	No Limit	No Limit
	Johnson Pond - below Salisbury ◇	1 every other month	1 every other month	Avoid
	Little Seneca Lake *	6	5	3
	Lower Patuxent River *	No Limit	No Limit	5
	Mattawoman Creek ◇	1 every other month	1 every other month	Avoid
	Nanticoke River: Marshy Hope Creek Δ	No Limit	No Limit	8
	Susquehanna River - Below Conowingo Dam ◇	No Limit	No Limit	7
	Potomac - 301 Bridge to DC Line Δ	3	3	3
Wicomico River ◇	4	3	2	
Rainbow Trout and Golden Rainbow Trout (Hatchery Raised)	All Hatchery Raised fish stocked in Alleghany County, Anne Arundel County, Baltimore City, Baltimore County, Calvert County, Carroll County, Caroline County, Cecil County, Charles County, Frederick County, Garrett County, Harford County, Howard County, Queen Anne's County, Montgomery County, Prince George's County, Washington County, Wicomico County, and Worcester County Δ	No Limit	No Limit	No Limit
**For more information on put-and-take fish see https://www.eregulations.com/maryland/fishing/put-and-take-trout-fishing-areas **For more information on Special Management Areas-Trout see https://www.eregulations.com/maryland/fishing/special-management-areas-trout				
Rock Bass ♥	Antietam ◇	4	3	2
	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 ◇	2	1	1 every other month
	North Branch of Potomac River from Old Town to Jennings Randolph *	8	7	4
	Patapsco River/Baltimore Harbor ◇	2	2	1
	Patapsco River: Non-Tidal Gwynns Falls ◇	2	2	1
	Patapsco River: North of Ellicott City Δ	No Limit	No Limit	No Limit
Savage Reservoir *	1	1	1 every other month	
Silver Perch	Herring Bay ◇	6	6	3
	Maryland's Atlantic Coastal Waters Δ	No Limit	No Limit	No Limit
	St. Mary's River ◇	7	6	3



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Species	Waterbody	Recommended Meals/Month		
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Spot ♥	Back River Δ	5	5	4
	Bohemia River Δ	5	5	4
	Bush River Δ	5	5	4
	Chester River Δ	5	5	4
	Choptank River Δ	5	5	4
	Eastern Bay: Miles & Wye River Δ	5	5	4
	Elk River Δ	5	5	4
	Herring Bay ◇	6	5	3
	Lower Chesapeake Bay and Tributaries ◇	3	3	2
	Lower Patuxent River Δ	No Limit	No Limit	No Limit
	Magothy Δ	5	5	4
	Mid Bay: Middle to Patapsco ◇	2	2	1
	Mid Bay: Patapsco to Upper Patuxent and Tributaries ◇	3	3	2
	Middle Patuxent River Δ	5	5	4
	Middle River Δ	5	5	4
	Nanticoke River Δ	5	5	4
	Northeast River Δ	5	5	4
	Patapsco River - Middle Branch ◇	2	2	1
	Patapsco River/Baltimore Harbor ◇	4	4	2
	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
	Upper Chesapeake Bay and Tributaries ◇	3	3	2
Upper Patuxent River Δ	5	5	4	
Wicomico River Δ	5	5	4	



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Species	Waterbody	Recommended Meals/Month			
		General Population	Women ¹	Children ²	
Striped Bass (Rockfish) ♥	Atlantic Ocean	< 28" Δ	1	1	1 every other month
		> 28" Δ	1	1	1 every other month *
	Choptank River	< 28" ◇	No Limit	8	5
	Lower 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
	Mid Bay: Patapsco to Upper Patuxent 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
	Nanticoke River: Marshy Hope Creek	< 28" ◇	No Limit	No Limit	No Limit
	Northeast River	< 28" ◇	3	2	1
	Patapsco River - Middle Branch	< 28" Δ	2	2	1
		> 28" Δ	1	1	1 every other month *
	Patapsco River: S. Hanover Bridge to Annapolis Rd	< 28" ◇	No Limit	No Limit	5
	Potomac River - 301 Bridge to DC Line	< 28" ◇	5	5	3
	Susquehanna River - Below Conowingo Dam	< 28" ◇	3	2	1
	Upper Chesapeake Bay and Tributaries	< 28" ◇ ✘	7	6	4
		< 28" Δ	3	3	2
> 28" ◇ ✘		7	6	4	
> 28" Δ		1	1	1 every other month	



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Species	Waterbody	Recommended Meals/Month			
		General Population	Women ¹	Children ²	
Sunfish (including Bluegill)	Anacostia River	◇	1	1	1 every other month
	Antietam	◇	1	1	1 every other month
	Big Pool, Washington County	Δ	No Limit	No Limit	No Limit
	Broadford Lake	*	No Limit	No Limit	6
	Bush River	Δ	No Limit	No Limit	No Limit
	Bynum Run	◇	2	2	1
	C & D Canal	◇	4	4	2
	Cash Lake	*	8	7	4
	Centennial Lake	*	No Limit	No Limit	No Limit
	Choptank River	Δ	No Limit	No Limit	No Limit
	Gunpowder River	Δ	2	2	1
	Keys Community Park Pond	*	No Limit	No Limit	No Limit
	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
	Lower Patuxent River	Δ	No Limit	No Limit	7
	Magothy	Δ	5	5	5
	Middle Patuxent River	Δ	No Limit	No Limit	7
	Millington Wildlife Management Area	*	No Limit	No Limit	5
	Monocacy River	◇	1 every other month	1 every other month	Avoid
	Non-Tidal Piscataway Creek	◇	Avoid	Avoid	Avoid
	Patapsco River/Baltimore Harbor	Δ	6	5	3
	Patapsco River: North of Ellicott City	◇	3	2	1
	Patapsco: Non-Tidal Gwynns Falls	◇	2	2	1
	Piney Reservoir	*	No Limit	No Limit	8
	Port Tobacco River	◇	2	1	1 every other month
	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
Potomac River - Town Creek	◇	6	5	3	
Potomac River: Mouth to 301	◇	1	1 every other month	1 every other month	
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	
Stansbury Pond	Δ	No Limit	No Limit	5	
Susquehanna River - Above Conowingo Dam	Δ	6	6	5	
Susquehanna River - Below Conowingo Dam	Δ	No Limit	No Limit	No Limit	
Triadelphia Reservoir	*	No Limit	No Limit	6	
Upper Patuxent River	◇	2	2	1	
Wilde Lake	*	6	5	3	



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

Species	Waterbody	Recommended Meals/Month		
		General Population	Women ¹	Children ²
	Winters Run ◇	1	1	1 every other month
Walleye	Conococheague *	3	3	2
	Deep Creek Lake *	3	3	2
	Jennings Randolph Reservoir *	4	4	2
	North Branch of Potomac River from Old Town to Jennings Randolph *	2	2	1
	Potomac River - Dam #4 to Dam #5 *	4	4	2
	Potomac River - DC line to Dam #3 *	2	1	1
	Savage Reservoir *	1 every other month	1 every other month	Avoid
	Youghiogheny River Lake *	1	1	1
White Catfish	Chester River Δ	8	7	4
	Mid Bay: Middle to Patapsco Δ ◇	6	5	4 ◇
	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 Crappie	Rocky Gorge Reservoir *	No Limit	8	5
White Perch	Anacostia River ◇	2	2	1
	Back River Δ	2	1	1
	Bird River Δ	2	2	1
	Bohemia River Δ	2	2	1
	Bush River ◇	4	3	2
	C & D Canal Δ	4	4	2
	Chester River ◇	6	5	3
	Centennial Lake *	No Limit	No Limit	No Limit
	Choptank River ◇	4	4	2
	Eastern Bay: Miles & Wye River Δ	No Limit	No Limit	8
	Elk River ◇	7	6	3
	Gunpowder River ◇	2	2	1
	Herring Bay ◇	3	3	2
	Liberty Reservoir *	3	2	1
	Magothy River Δ	2	2	2
	Maryland's Atlantic Coastal Waters Δ	No Limit	No Limit	8
	Mid Bay: Middle to Patapsco Δ	5	4	2
	Middle Patuxent River ◇	5	4	2
	Middle River Δ	1 every other month	1 every other month	Avoid
	Nanticoke River Δ	8	8	7
	Northeast River Δ	3	2	1
	Patapsco River/Baltimore Harbor Δ	1	1	1
	Patapsco River: S. Hanover Bridge to Annapolis Rd ◇	4	4	2
	Pocomoke River Δ *	5	5	5
	Port Tobacco River ◇	3	2	1
	Potomac - 301 Bridge to DC Line ◇	3	2	1
	Potomac: Mouth to 301 Δ	6	6	6
	Rhode & West Δ	4	4	3
	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



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✘ = 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	Waterbody	Recommended Meals/Month		
		General Population	Women ¹	Children ²
	Triadelphia Reservoir *	6	5	3
	Upper Patuxent River Δ	No Limit	No Limit	No Limit
	Wicomico River ◇	4	3	2
White Sucker	Antietam Δ	No Limit	8	5
	Gunpowder River ◇	5	4	3
	Jones Falls ◇	3	3	2
	Upper Patuxent River ◇	No Limit	8	4
	Winters Run ◇	No Limit	No Limit	6
Yellow Bullhead	Anacostia River ◇	No Limit	No Limit	No Limit
	Lake Bernard Frank *	7	6	3
	Liberty Reservoir *	7	6	3
	Monocacy River *	6	5	3
	Non-Tidal Piscataway Creek ◇	1	1	1 every other month
	Lower Patuxent River Δ	5	5	4
	Middle Patuxent River Δ	5	5	4
	Savage Reservoir *	2	1	1 every other month
	Upper Patuxent River Δ	5	5	4
	Wilde Lake *	No Limit	No Limit	7
	Youghiogheny River Lake *	No Limit	No Limit	7
Yellow Perch	Bush River Δ	2	2	1
	Chester River Δ	No Limit	No Limit	No Limit
	Choptank River 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
	Patapsco River: S. Hanover Bridge to Annapolis Rd ◇	8	7	4
	Piney Run Lake *	No Limit	No Limit	6
	Savage Reservoir ◇	No Limit	No Limit	No Limit
	Severn River Δ	5	5	4
	South River Δ	4	4	4
	Susquehanna River - Below Conowingo Dam Δ	No Limit	No Limit	No Limit
	Upper Choptank River: Greensboro Branch ◇	3	2	1
	Upper Choptank River: Tuckahoe Branch Δ	No Limit	No Limit	No Limit
Triadelphia Reservoir *	No Limit	No Limit	8	
Youghiogheny River Lake *	6	6	3	