



# Fish are a good source of nutrients!





Recommended Maximum Meals Each Year for Maryland Waters					
Recommended Meal Size: 8 oz - General Population; 6 oz - Women; 3 oz - Children					
NOTE: Consumption recommendations based on spacing of meals to avoid elevated exposure levels					
Species	Waterbody	Recommended Meals/Year			Contaminants
		General Population 8 oz meal	Women* 6 oz meal	Children** 3 oz meal	
  <b>American Eel</b>	Anacostia River	15	11	8	PCBs - risk driver & Pesticides***
	Back River	<b>AVOID</b>	<b>AVOID</b>	<b>AVOID</b>	
	Bush River	47	35	27	
	Middle River	13	9	7	
	Northeast River	28	21	16	
	Patapsco River/Baltimore Harbor	<b>AVOID</b>	<b>AVOID</b>	<b>AVOID</b>	
	Patuxent River	26	20	15	
	Middle Potomac River: MD 301 Bridge to DC Line	19	15	11	
	South River	37	28	22	
  <b>Black Crappie</b>	Centennial Lake	<b>No Restrictions</b>	<b>No Restrictions</b>	<b>No Restrictions</b>	Methylmercury - risk driver
	Lake Roland	12	12	12	Pesticides*** - risk driver
	Liberty Reservoir	96	48	48	Methylmercury - risk driver
	Tuckahoe Lake	<b>No Restrictions</b>	93	56	
	Upper Potomac River: DC Line to Dam #3 Dam #4 to Dam #5	65 77	49 59	38 45	PCBs - risk driver
  <b>Blue Crab</b>  1 meal equals 9 crabs for general population & women (4 crabs for children)	<b>Crab meat</b>				
	Patapsco River/Baltimore Harbor	96	72	55	PCBs - risk driver
	Other Areas of the Bay	<b>No Restrictions</b>	<b>No Restrictions</b>	<b>No Restrictions</b>	
	<b>Crab "mustard"</b>				
	Middle River	<b>DO NOT CONSUME "MUSTARD"</b>			PCBs - risk driver
	Mid Bay: Middle to Patapsco River				
	Patapsco River/Baltimore Harbor	<b>Eat Sparingly</b>			
	Other Areas of the Bay				
<b>'No Restrictions' equals more than 96 meals per year</b>					
* <b>Women</b> = of childbearing age (women who are pregnant or may become pregnant, or are nursing)					
** <b>Children</b> = all young children up to age 6					
*** <b>Pesticides</b> = banned organochlorine pesticide compounds (include chlordane, DDT, dieldrin, or heptachlor epoxide)					

## Recommended Maximum Meals Each Year for Maryland Waters

Meal Size: 8 oz - General Population; 6 oz - Women; 3 oz - Children

**NOTE: Consumption recommendations based on spacing of meals to avoid elevated exposure levels**

Species	Waterbody	Recommended Meals/Year			Contaminants		
		General Population	Women*	Children**			
		8 oz meal	6 oz meal	3 oz meal			
 <p><b>Brown Bullhead</b></p>	Anacostia River	51	33	30	PCBs - risk driver & Pesticides***		
	Back River	33	25	20			
	Middle River	38	28	22			
	Northeast River	29	22	17			
	Patapsco River/Baltimore Harbor	17	13	10			
	South River	<b>No Restrictions</b>	<b>No Restrictions</b>	85			
 <p><b>Channel Catfish</b></p>	Anacostia River	9	7	<b>AVOID</b>	PCBs - risk driver & Pesticides***		
	Back River	7	<b>AVOID</b>	<b>AVOID</b>			
	Bohemia River	12	9	7			
	Bush River	13	10	8			
	Chester River and Tributaries	29	22	17			
	Choptank River	52	39	30			
	Elk River (incl. C&D Canal)	8	6	<b>AVOID</b>			
	Gunpowder River	15	11	9			
	Middle River	<b>AVOID</b>	<b>AVOID</b>	<b>AVOID</b>			
	Monocacy River	59	45	35			
	Nanticoke River	90	68	53			
	Northeast River	19	14	11			
	Patapsco River/Baltimore Harbor	<b>AVOID</b>	<b>AVOID</b>	<b>AVOID</b>			
	Patuxent River	37	28	22			
	Pocomoke River	96	74	57			
	Upper Potomac River: DC Line to Dam #3	27	20	16		PCBs – risk driver & Methylmercury	
	Dam #4 to Dam #5	37	28	22			
	Upper Potomac River: Dam #3 to Dam #4	< 18"	72	55		42	PCBs - risk driver
	Middle Potomac River: DC Line to MD 301 Bridge	< 18"	8	6		<b>AVOID</b>	
		> 18"	7	<b>AVOID</b>	<b>AVOID</b>		
Sassafras River	9	6	<b>AVOID</b>				
Susquehanna River							
	below Conowingo Dam	19	14	11			
	above Conowingo Dam	27	20	16			

**'No Restrictions' equals more than 96 meals per year**

\* **Women** = of childbearing age (women who are pregnant or may become pregnant, or are nursing)

\*\* **Children** = all young children up to age 6





\*\*\* **Pesticides** = banned organochlorine pesticide compounds (include chlordane, DDT, dieldrin, or heptachlor epoxide)

Eat different kinds of fish!



# Choose fish low in contaminants!



Recommended Maximum Meals Each Year for Maryland Waters					
Recommended Meal Size: 8 oz - General Population; 6 oz - Women; 3 oz - Children					
NOTE: Consumption recommendations based on spacing of meals to avoid elevated exposure levels					
Species	Waterbody	Recommended Meals/Year			Contaminants
		General Population	Women*	Children**	
		8 oz meal	6 oz meal	3 oz meal	
 Common Carp	Back River	<b>AVOID</b>	<b>AVOID</b>	<b>AVOID</b>	PCBs - risk driver
	Lake Roland	29	22	17	PCBs - risk driver & Pesticides***
	Middle Potomac River: DC Line to MD 301 Bridge	11	8	6	PCBs - risk driver
	Apply Middle Potomac River advisory for carp to Bohemia, Bush, Elk (C&D Canal), Gunpowder, Northeast, Patapsco, and Potomac Rivers since elevated PCB levels in these locations may be anticipated.				
 Spot	South River	50	38	29	PCBs – risk driver
 Striped Bass	Chesapeake Bay and Tributaries	<b>USE SEASONAL INFORMATION</b>			PCBs - risk driver & Methylmercury – low levels
	< 28" May 16 - December 15	25	19	15	
	> 28" April 15 - May 15	9	6	<b>AVOID</b>	
 Sunfish including Bluegill	<b>Statewide:</b> all publicly accessible lakes and impoundments	96	96	96	Methylmercury – risk driver
	Anacostia River	35	27	21	PCBs - risk driver
	Antietam River	27	20	16	
	Middle Potomac River: DC Line to MD 301 Bridge	44	33	26	
	Susquehanna River above Dam	88	67	52	
	Centennial Lake	70	57	34	Methylmercury – risk driver
Lake Habeeb	<b>No Restrictions</b>	<b>No Restrictions</b>	74		
<b>Statewide:</b> all rivers and streams	<b>No Restrictions</b>	<b>No Restrictions</b>	<b>No Restrictions</b>		

**'No Restrictions'** equals more than 96 meals per year

\* **Women** = of childbearing age (women who are pregnant or may become pregnant, or are nursing)


\*\* **Children** = all young children up to age 6

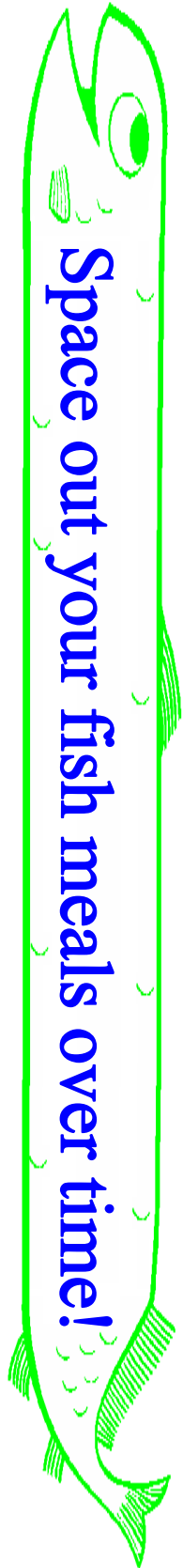
\*\*\* **Pesticides** = banned organochlorine pesticide compounds (include chlordane, DDT, dieldrin, or heptachlor epoxide)

## Recommended Maximum Meals Each Year for Maryland Waters

Recommended Meal Size: 8 oz - General Population; 6 oz - Women; 3 oz - Children





**NOTE: Consumption recommendations based on spacing of meals to avoid elevated exposure levels**

Species	Waterbody	Recommended Meals/Year			Contaminants
		General Population	Women*	Children**	
		8 oz meal	6 oz meal	3 oz meal	
 <p><b>Small and Largemouth Bass</b></p>	<b>Statewide:</b> all publicly accessible waters, except those listed below	48	48	24	Methylmercury – risk driver
	Big Piney (Frostburg) Reservoir Lake Lariat Potomac River @ Spring Gap Savage Reservoir St. Mary's Lake	12	10	<b>AVOID</b>	
	Cash Lake Deep Creek Lake Loch Raven Reservoir Millington Wildlife Mngmt. Area Prettyboy Reservoir Tuckahoe Lake	36	30	18	
	Big Pool Broadford Lake Youghiogheny River Lake	48	42	24	
	Blair Valley Lake Clopper Lake Cunningham Falls Lake Liberty Reservoir Rocky Gorge Reservoir	60	50	30	
	Johnson's Pond Little Seneca Lake Piney Run Lake Tridelphia Reservoir Upper Potomac: Dam #4 to Dam #5	72	60	35	Methylmercury - risk driver
	Centennial Lake Greenbelt Lake Lake Habeeb Jennings Randolph Reservoir Unicorn Lake	96	85	50	
	Lake Linganore Myrtle Grove Lake Smithville Lake Susquehanna River above Conowingo Dam Urieville Community Lake Wye Mills Community Lake	<b>No Restrictions</b>	96	60	
	Bynum Run Community Lake Gilbert Run Lake Lake Elkhorn Lake Frank Lake Kittamaqundi Leonards Mill Pond Schumaker Pond	<b>No Restrictions</b>	<b>No Restrictions</b>	<b>No Restrictions</b>	
	Lake Roland	24	24	24	PCBs & Pesticides*** - risk driver
	<b>'No Restrictions' equals more than 96 meals per year</b>				
	* <b>Women</b> = of childbearing age (women who are pregnant or may become pregnant, or are nursing)				
	** <b>Children</b> = all young children up to age 6				
	*** <b>Pesticides</b> = banned organochlorine pesticide compounds (include chlordane, DDT, dieldrin, or heptachlor epoxide)				



# Eat smaller fish!




Recommended Maximum Meals Each Year for Maryland Waters					
Recommended Meal Size: 8 oz - General Population; 6 oz - Women; 3 oz - Children					
NOTE: Consumption recommendations based on spacing of meals to avoid elevated exposure levels					
Species	Waterbody	Recommended Meals/Year			Contaminants
		General Population	Women*	Children**	
		8 oz meal	6 oz meal	3 oz meal	
 <b>Trout</b>	Antietam Creek: Funkstown Bridge to Mouth	12	12	6	PCBs – risk driver
	Jones Falls	No Restrictions	No Restrictions	85	
	Savage River	88	72	43	Methylmercury – risk driver
Apply Jones Falls advisory for Trout to waters that have Stocked Trout from hatcheries. To view a list of these areas go to: <a href="http://www.dnr.state.md.us/fisheries/">http://www.dnr.state.md.us/fisheries/</a>					
 <b>Walleye</b>	Jennings Randolph Reservoir	No Restrictions	No Restrictions	81	Methylmercury – risk driver
	Savage River Reservoir	15	12	7	
	Youghiogheny River Lake	25	20	12	
 <b>White Catfish</b>	Patapsco River/Baltimore Harbor	AVOID	AVOID	AVOID	PCBs - risk driver & Pesticides***
	Lower Potomac River: DC Line to MD 301 Bridge				
	< 18"	17	13	10	
> 18"	12	AVOID	AVOID		
 <b>Yellow Perch</b>	Frostburg Reservoir and Deep Creek Lake	48	48	24	Methylmercury – risk driver
	Piney Run Lake	No Restrictions	No Restrictions	67	
	Youghiogheny River Lake	No Restrictions	80	48	
	Bush River	49	37	29	PCBs - risk driver
	Gunpowder River	28	22	17	
	Middle River	9	7	AVOID	
Susquehanna River below Dam	29	22	17		
<b>'No Restrictions' equals more than 96 meals per year</b>					
* <b>Women</b> = of childbearing age (women who are pregnant or may become pregnant) ** <b>Children</b> = all young children up to age 6 *** <b>Pesticides</b> = banned organochlorine pesticide compounds (include chlordane, DDT, dieldrin, or heptachlor epoxide)					

## Recommended Maximum Meals Each Year for Maryland Waters

Recommended Meal Size: 8 oz - General Population; 6 oz - Women; 3 oz - Children

**NOTE: Consumption recommendations based on spacing of meals to avoid elevated exposure levels**

Species	Waterbody	Recommended Meals/Year			Contaminants
		General Population	Women*	Children**	
		8 oz meal	6 oz meal	3 oz meal	
 <p><b>White Perch</b></p>	Back River	14	11	8	PCBs - risk driver
	Bohemia River	23	17	13	
	Bush River	16	12	9	
	Mid Chesapeake Bay: Middle through Patapsco River	14	10	8	
	Chester River and Tributaries	No Restrictions	No Restrictions	88	
	Choptank River	No Restrictions	No Restrictions	77	
	Eastern Bay: Miles & Wye River	No Restrictions	No Restrictions	No Restrictions	
	Elk River (including C&D Canal)	9	7	<b>AVOID</b>	
	Gunpowder River	23	17	13	
	Herring Bay	30	23	18	
Liberty Reservoir	67	54	33	Methylmercury – risk driver	
Magothy River	28	21	16	PCBs - risk driver	
Manokin River	No Restrictions	No Restrictions	No Restrictions		
Middle River	12	9	7		
Nanticoke River	No Restrictions	No Restrictions	No Restrictions		
Northeast River	16	12	9		
Patapsco River/Baltimore Harbor	7	<b>AVOID</b>	<b>AVOID</b>		
Patuxent River	No Restrictions	79	61		
Pocomoke River	No Restrictions	No Restrictions	79		
Potomac River: Mouth to MD 301 Bridge	No Restrictions	No Restrictions	84		
MD 301 Bridge to DC Line	35	26	20		
Rhode & West Rivers	32	24	19		
Sassafras River	24	18	14		
Severn River	34	26	20		
South River	46	35	27		

**'No Restrictions'** equals more than 96 meals per year

\* **Women** = of childbearing age (women who are pregnant or may become pregnant, or are nursing)

\*\* **Children** = all young children up to age 6

\*\*\* **Pesticides** = banned organochlorine pesticide compounds (include chlordane, DDT, dieldrin, or heptachlor epoxide)

Trim away skin and fat!

