

Maryland Fish Consumption Advisories

for Recreationally Caught Fish in Baltimore City, MD

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

Species	Waterbody	Recommended Meals/Month		
		General Population	Women ¹	Children ²
American Eel	Back River Δ	Avoid	Avoid	Avoid
	Middle River Δ	1 every other month	1 every other month	Avoid
	Patapsco River/Baltimore Harbor Δ	Avoid	Avoid	Avoid
Black Crappie	Lake Roland * +	3	3	3
	Liberty Reservoir *	8	7	4
	Loch Raven Reservoir *	No Limit	No Limit	6
Blue Catfish	Middle River 15" - 24" Δ	4	3	2
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
Brown Bullhead	Back River Δ	4	4	2
	Mid Bay: Middle to Patapsco Δ	5	5	5
	Middle River Δ	2	2	1
	Patapsco River/Baltimore Harbor Δ	1 every other month	1 every other month	1 every other month
Brown Trout	Jones Falls Δ	3	3	3
	Patapsco River: North of Ellicott City Δ	5	5	4

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Channel Catfish	Back River Δ	Avoid	Avoid	Avoid
	Gunpowder River Δ	1 every other month	1 every other month	Avoid
	Middle River Δ	Avoid	Avoid	Avoid
	Patapsco River/Baltimore Harbor Δ	1 every other month	1 every other month	1 every other month
Common Carp	Back River Δ	Avoid	Avoid	Avoid
	Gunpowder River Δ	2	2	2
	Lake Roland * +	2	2	2
Flathead Catfish	Susquehanna River - Above Conowingo Dam Δ	1	1	1
Large and Smallmouth Bass ♥	Gunpowder River Δ	2	2	2
	Lake Roland * +	5	4	3
	Liberty Reservoir *	5	5	3
	Loch Raven Reservoir *	8	7	4
	Middle River Δ	1	1	1 every other month
	Patapsco River/Baltimore Harbor Δ	3	3	2
	Prettyboy Reservoir *	5	5	3
	Stansbury Pond Δ	No Limit	No Limit	6

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Rainbow Trout and Golden Rainbow Trout (Hatchery Raised)	All Hatchery Raised fish stocked in Anne Arundel County, Baltimore City, Baltimore County, Calvert County, Carroll County, Caroline County, Cecil County, Charles County, Frederick 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 ♥	Jones Falls Δ	7	7	6
	Patapsco River: North of Ellicott City Δ	No Limit	No Limit	No Limit
Spot ♥	Back River Δ	5	5	4
	Chesapeake Bay and Tributaries Δ	5	5	4
	Mid Bay: Middle to Patapsco Δ	5	5	4
	Middle River Δ	5	5	4
	Patapsco River/Baltimore Harbor Δ	5	5	4

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			General Population	Women ¹	Children ²
Striped Bass (Rockfish) ♥	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
	Patapsco River - Middle Branch	< 28" Δ	2	2	1
> 28" Δ		1	1	1 every other month *	
Sunfish (including Bluegill)	Gunpowder River	Δ	2	2	1
	Lake Roland	Δ	No Limit	No Limit	8
	Liberty Reservoir	*	No Limit	No Limit	No Limit
	Loch Raven Reservoir	*	No Limit	No Limit	No Limit
	Patapsco River/Baltimore Harbor	Δ	6	5	3
	Patapsco River: North of Ellicott City	Δ	No Limit	No Limit	No Limit
	Prettyboy Reservoir	*	No Limit	No Limit	No Limit
Stansbury Pond	Δ	No Limit	No Limit	5	
White Catfish	Mid Bay: Middle to Patapsco	Δ	6	5	3
	Patapsco River/Baltimore Harbor	Δ	Avoid	Avoid	Avoid
White Perch	Back River	Δ	2	1	1
	Gunpowder River	Δ	3	3	3
	Liberty Reservoir	*	3	2	1
	Mid Bay: Middle to Patapsco	Δ	6	5	3
	Middle River	Δ	1 every other month	1 every other month	Avoid
Patapsco River/Baltimore Harbor	Δ	1 every other month	1 every other month	1 every other month	
White Sucker	Gunpowder River	Δ	No Limit	No Limit	No Limit

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			General Population	Women ¹	Children ²
Yellow Bullhead	Liberty Reservoir	*	7	6	3
Yellow Perch	Gunpowder River	Δ	1	1	1
	Liberty Reservoir	*	No Limit	No Limit	8
	Loch Raven Reservoir	*	No Limit	No Limit	6
	Middle River	Δ	Avoid	Avoid	Avoid