

# Maryland Fish Consumption Advisories

## for Recreationally Caught Fish in Caroline County, 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 <sup>1</sup>	Children <sup>2</sup>
American Eel	Choptank River Δ	1	1	1
Blue Catfish	Choptank River 15" - 24" Δ	No Limit	No Limit	5
	Nanticoke River 15" - 24" Δ	No Limit	No Limit	7
Blue Crab	Chesapeake Bay and Tributaries Δ	No Limit	No Limit	No Limit
Blue Crab "Mustard"	Chesapeake Bay and Tributaries Δ	Eat Sparingly	Eat Sparingly	Eat Sparingly
Channel Catfish	Choptank River Δ	2	2	2
Large and Smallmouth Bass ♥	Smithville Lake *	No Limit	No Limit	5
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 <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> **For more information on Special Management Areas-Trout see <a href="https://www.eregulations.com/maryland/fishing/special-management-areas-trout">https://www.eregulations.com/maryland/fishing/special-management-areas-trout</a>				
Spot ♥	Choptank River Δ	5	5	4
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
White Perch	Choptank Δ	No Limit	No Limit	No Limit
Yellow Perch	Choptank Δ	No Limit	No Limit	No Limit