

# Maryland Fish Consumption Advisories

## for Recreationally Caught Fish in Montgomery 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	Anacostia River Δ	1	1	1 every other month
	Rock Creek (Montgomery County) *	1 every other month	1 every other month	1 every other month
Black Crappie	Lake Needwood *	No Limit	8	4
	Potomac River - DC line to Dam #3 Δ	2	2	2
Blue Catfish	Anacostia Δ	Avoid	Avoid	Avoid
	Anacostia (No Dark Meat or Belly Fat) Δ ✘	Avoid	Avoid	Avoid
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
Brown Bullhead	Anacostia Δ	5	5	4
	Lake Bernard Frank *	No Limit	No Limit	No Limit
Channel Catfish	Anacostia Δ	Avoid	Avoid	Avoid
	Potomac: Dam #3 to Dam #4 *	5	4	2
Common Carp	Anacostia Δ	Avoid	Avoid	Avoid
Large and Smallmouth Bass ♥	Anacostia Δ	4	4	3
	Clopper Lake *	5	5	3
	Lake Bernard Frank *	No Limit	8	4
	Little Seneca Lake *	No Limit	No Limit	7
	Potomac River - DC line to Dam #3 *	2	2	1 every other month
	Triadelphia Reservoir *	7	6	3
	Youghiogheny River Lake *	3	3	2

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Species	Waterbody	Recommended Meals/Month		
		General Population	Women <sup>1</sup>	Children <sup>2</sup>
Northern Snakehead	Anacostia Δ	3	3	1
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>				
Sunfish (including Bluegill)	Anacostia Δ	7	7	5 *
	Lake Bernard Frank *	No Limit	No Limit	No Limit
	Lake Needwood *	No Limit	No Limit	No Limit
	Little Seneca Lake *	No Limit	No Limit	8
	Potomac River - DC line to Dam #3 Δ	No Limit	No Limit	8
	Rock Creek (Montgomery County) Δ	3	3	3
	Rocky Gorge Reservoir *	No Limit	No Limit	No Limit
Triadelphia Reservoir *	No Limit	No Limit	6	
Walleye	Potomac River - DC line to Dam #3 *	2	2	1
White Perch	Triadelphia Reservoir *	6	5	3
Yellow Bullhead	Lake Bernard Frank *	7	6	4
Yellow Perch	Little Seneca Lake *	No Limit	No Limit	No Limit
	Youghiogheny River Lake *	6	6	3