

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

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 ◇ PFAS/PFOS

Species	Waterbody		Recommended Meals/Month		
			General Population	Women ¹	Children ²
Atlantic Croaker	Chesapeake Bay and Tributaries	Δ	4	4	4
American Eel	Anacostia	Δ	1	1	1 every other month
	Back River	Δ	Avoid	Avoid	Avoid
	Bush	Δ	4	4	4
	Bynum Run	*	1 every other month	1 every other month	1 every other month
	Choptank	Δ	1	1	1
	Elk River	Δ	Avoid	Avoid	Avoid
	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
	Patuxent River	Δ	3	3	3
	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
Black Crappie	Cash Lake	*	4	3	2
	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	

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			General Population	Women ¹	Children ²
Blue Catfish	Anacostia	Δ	Avoid	Avoid	Avoid
	Anacostia (No Dark Meat or Belly Fat)	Δ ✘	Avoid	Avoid	Avoid
	Choptank River	15" - 24" Δ	No Limit	No Limit	5
	Middle River	15" - 24" Δ	4	3	2
	Nanticoke River	15" - 24" Δ	No Limit	No Limit	7
	Patuxent River	15" - 24" Δ	No Limit	No Limit	6
	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
	> 30" Δ ✘	2	2	1	
		Potomac: Mouth to 301	12" - 15" Δ	4	4
	15" - 24" Δ	2	2	1	
		24" - 30" Δ	1	1	1 every other month
	> 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
Brown Bullhead	Anacostia	Δ	5	5	4
	Back River	Δ	4	4	2
	Bush	Δ	1	1	1
	Chester	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	

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Species	Waterbody		Recommended Meals/Month		
			General Population	Women ¹	Children ²
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
Channel Catfish	Anacostia	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	Δ	1	1	1
	C & D Canal	Δ	1 every other month	1 every other month	Avoid
	Chester River	< 20" Δ	6	5	3
	Chester River	> 20" Δ	1	1	1
	Choptank	Δ	2	2	2 Meal per Month
	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
	Middle River	Δ	Avoid	Avoid	Avoid
	Nanticoke River	Δ	1 every other month	1 every other month	1 every other month
	Northeast River	Δ	2	2	1
	Patapsco River/Baltimore Harbor	Δ	1 every other month	1 every other month	1 every other month
	Patuxent River	Δ	2	2	1
	Pocomoke River	Δ*	3	3	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 River - Dam #4 to Dam #5	*	5	4	2
	Potomac River - DC line to Dam #3	Δ	6	5	3
	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
	Wicomico River	Δ	2	2	1
	Potomac - 301 Bridge to DC Line	< 18" Δ	1 every other month	1 every other month	Avoid
		> 18" Δ	Avoid	Avoid	Avoid

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Species	Waterbody			Recommended Meals/Month		
				General Population	Women ¹	Children ²
Common Carp	Anacostia		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	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"	* ✘	No Limit	No Limit	6
		22" - 28"	* ✘	7	6	3
		> 28"	* ✘	7	6	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"	* ✘	No Limit	No Limit	6
	22" - 28"	* ✘	7	6	3	
	> 28"	* ✘	7	6	4	
	Anacostia		Δ	4	4	3
	Big Pool, Washington County		*	3	3	2
	Blair Valley Lake		*	6	5	3
	Broadford Lake		*	3	3	2
	Bush		Δ	6	6	5
	Cash Lake		*	3	2	1
	Centennial Lake		*	8	7	4
	Clopper Lake		*	5	5	3
	Conococheague		*	4	4	2
	Cunningham Falls Lake		*	5	5	3
	Deep Creek Lake		*	2	2	1
	Greenbelt Lake		*	No Limit	8	5
	Gunpowder River		Δ	2	2	2
	Jennings Randolph Reservoir		*	4	3	2
	Johnson's Pond		*	7	6	4
	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		*	5	5	3
	Little Seneca Lake		*	No Limit	No Limit	7
	Loch Raven Reservoir		*	8	7	4
Middle River		Δ	1	1	1 every other month	

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Species	Waterbody	Recommended Meals/Month		
		General Population	Women ¹	Children ²
Large and Smallmouth Bass ♥	Millington Wildlife Management Area *	3	3	2
	Monocacy River Δ	No Limit	No Limit	No Limit
	Myrtle Grove Lake *	No Limit	No Limit	8
	North Branch of Potomac River from Old Town to	5	5	3
	Northeast River Δ	5	5	4
	Patapsco River/Baltimore Harbor Δ	3	3	2
	Patuxent River Δ	No Limit	No Limit	No Limit
	Piney Reservoir *	2	2	1 every other month
	Piney Run Lake *	No Limit	No Limit	6
	Potomac River - Near Paw Paw, WV Δ	No Limit	No Limit	No Limit
	Potomac River - 301 Bridge to DC Line Δ	6	6	5
	Potomac River - Dam #4 to Dam #5 *	5	4	3
	Potomac River - DC line to Dam #3 *	2	2	1 every other month
	Potomac River - Dam #3 to Dam #4 *	3	3	2
	Prettyboy Reservoir *	5	5	3
	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 Δ	2	2	2
	Susquehanna River - Below Conowingo Dam Δ	No Limit	No Limit	7
	Tidal headwaters of Piscataway Creek ◇	3	3	2
	Triadelphia Reservoir *	7	6	3
	Tuckahoe Lake *	3	3	2
Unicorn Lake *	No Limit	No Limit	5	
Urieville Community Lake *	No Limit	No Limit	8	
Wilde Lake *	No Limit	No Limit	8	
Wye Mills Community Lake *	No Limit	No Limit	8	
Youghiogheny River Lake *	2	2	1	
Northern Snakehead	Anacostia Δ	3	3	1
	Potomac - 301 Bridge to DC Line Δ	3	3	3
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
	All Hatchery Raised fish stocked in Allegany County and Garrett County Δ	No Limit	No Limit	7
	**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			

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Species	Waterbody	Recommended Meals/Month		
		General Population	Women ¹	Children ²
Rock Bass ♥	Antietam Δ	No Limit	No Limit	8
	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 Δ	7	6	3
	North Branch of Potomac River from Old Town to *	8	7	4
	Patapsco River: North of Ellicott City Δ	No Limit	No Limit	No Limit
	Savage Reservoir *	1	1	1 every other month
Silver Perch	Maryland's Atlantic Coastal Waters Δ	No Limit	No Limit	No Limit

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Species	Waterbody		Recommended Meals/Month		
			General Population	Women ¹	Children ²
Spot ♥	Back River	Δ	5	5	4
	Bohemia River	Δ	5	5	4
	Bush	Δ	5	5	4
	Chesapeake Bay and Tributaries	Δ	5	5	4
	Chester	Δ	5	5	4
	Choptank	Δ	5	5	4
	Eastern Bay: Miles & Wye River	Δ	5	5	4
	Elk River	Δ	5	5	4
	Magothy	Δ	5	5	4
	Mid Bay: Middle to Patapsco	Δ	5	5	4
	Middle River	Δ	5	5	4
	Nanticoke River	Δ	5	5	4
	Northeast River	Δ	5	5	4
	Patapsco River/Baltimore Harbor	Δ	5	5	4
	Patuxent River	Δ	5	5	4
	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	
Wicomico River	Δ	5	5	4	
Striped Bass (Rockfish) ♥	Atlantic Ocean	< 28" Δ	1	1	1 every other month
		> 28" Δ	1	1	1 every other month *
	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 *
	Anacostia	Δ	7	7	5 *
	Antietam	Δ	No Limit	No Limit	6
	Big Pool, Washington County	Δ	No Limit	No Limit	No Limit
	Broadford Lake	*	No Limit	No Limit	6
	Bush	Δ	6	6	6
	Bynum Run	*	No Limit	No Limit	No Limit
	Cash Lake	*	8	7	4
	Centennial Lake	*	No Limit	No Limit	No Limit
	Choptank	Δ	No Limit	No Limit	No Limit
	Gunpowder River	Δ	2	2	1
	Lake Artemesia	*	No Limit	No Limit	No Limit
	Keys Community Park Pond	*	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

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Species	Waterbody	Recommended Meals/Month		
		General Population	Women ¹	Children ²
Sunfish (including Bluegill)	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
	Magothy Δ	5	5	5
	Millington Wildlife Management Area *	No Limit	No Limit	5
	Monocacy River Δ	No Limit	No Limit	8
	Non-Tidal Piscataway Creek ◇	1	1	1
	Patapsco River/Baltimore Harbor Δ	6	5	3
	Patapsco River: North of Ellicott City Δ	No Limit	No Limit	No Limit
	Patuxent River Δ	No Limit	No Limit	7
	Piney Reservoir *	No Limit	No Limit	8
	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 Δ	No Limit	No Limit	No Limit
	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
Triadelphia Reservoir *	No Limit	No Limit	6	
Wilde Lake *	6	5	3	
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 *	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	3
	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
	Back River Δ	2	1	1
	Bird River Δ	2	2	1
	Bohemia River Δ	2	2	1
	Bush Δ	8	7	4
	C & D Canal Δ	4	4	2
	Chester Δ	No Limit	No Limit	No Limit
	Choptank Δ	No Limit	No Limit	No Limit
	Eastern Bay: Miles & Wye River Δ	No Limit	No Limit	8
	Elk River Δ	No Limit	8	5
	Gunpowder River Δ	3	3	3
	Herring Bay Δ	4	4	2
	Liberty Reservoir *	3	2	1
	Magothy Δ	2	2	2

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Species	Waterbody	Recommended Meals/Month			
		General Population	Women ¹	Children ²	
White Perch	Maryland's Atlantic Coastal Waters	Δ	No Limit	No Limit	8
	Mid Bay: Middle to Patapsco	Δ	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	6	5	3
	Patuxent River	Δ	No Limit	No Limit	No Limit
	Pocomoke River	Δ *	5	5	5
	Potomac - 301 Bridge to DC Line	Δ	8	7	4
	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
	Triadelphia Reservoir	*	6	5	3
Wicomico River	Δ	No Limit	No Limit	No Limit	
White Sucker	Antietam	Δ	No Limit	8	5
	Gunpowder River	Δ	No Limit	No Limit	No Limit
Yellow Bullhead	Lake Bernard Frank	*	7	6	4
	Liberty Reservoir	*	7	6	3
	Monocacy River	*	6	5	3
	Non-Tidal Piscataway Creek	◇	No Limit	No Limit	7
	Patuxent River	Δ	5	5	4
	Savage Reservoir	*	2	1	1 every other month
	Wilde Lake	*	No Limit	No Limit	7
Youghiogeny River Lake	*	No Limit	No Limit	7	
Yellow Perch	Bush	Δ	2	2	1
	Chester	Δ	No Limit	No Limit	No Limit
	Choptank	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
	Piney Run Lake	*	No Limit	No Limit	6
	Severn River	Δ	5	5	4
	South River	Δ	4	4	4
	Susquehanna River - Below Conowingo Dam	Δ	No Limit	No Limit	No Limit
Triadelphia Reservoir	*	No Limit	No Limit	8	
Youghiogeny River Lake	*	6	6	3	