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   ◊ PFOS

Species	Waterbody		Recommended Meals/Month		
			General Population	Women [1]	Children [2]
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 Bernard Frank	*	No Limit	No Limit	No Limit
	Lake Needwood	*	No Limit	8	4
	Potomac River - DC line to Dam #3	Δ	2	2	2
Blue Catfish	Anacostia River	Δ	Avoid	Avoid	Avoid
	Anacostia River (No Dark Meat or Belly Fat)	Δ ✖	Avoid	Avoid	Avoid
Brown Bullhead	Anacostia River	Δ	5	5	4
	Lake Bernard Frank	*	No Limit	No Limit	No Limit
Channel Catfish	Anacostia River	Δ	Avoid	Avoid	Avoid
	Potomac River - DC line to Dam #3	Δ	6	5	3
Common Carp	Anacostia River	Δ	Avoid	Avoid	Avoid
Large and Smallmouth Bass ♥	Anacostia River	◊	2	2	2
	Clopper Lake	*	5	5	3
	Lake Bernard Frank	*	No Limit	8	4
	Lake Needwood	*	7	6	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
Northern Snakehead	Anacostia River	Δ	3	3	1

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Species	Waterbody		Recommended Meals/Month		
			General Population	**Women** [1]	**Children** [2]
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				
Sunfish (including Bluegill)	Anacostia River	◊	1	1	1 every other month
	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
	Triadelphia Reservoir	*	No Limit	No Limit	6
Walleye	Potomac River - DC line to Dam #3	*	2	1	1
White Perch	Anacostia River	◊	2	2	1
Yellow Bullhead	Anacostia River	◊	No Limit	No Limit	No Limit
	Lake Bernard Frank	*	7	6	3
Yellow Perch	Little Seneca Lake	*	No Limit	No Limit	No Limit
	Triadelphia Reservoir	*	No Limit	No Limit	8