

# Maryland Fish Consumption Advisories

## for Recreationally Caught Fish in Howard 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>
Black Crappie	Rocky Gorge Reservoir	*	5	4	2
Channel Catfish	Rocky Gorge Reservoir	*	6	5	3
Large and Smallmouth Bass ♥	Centennial Lake	*	8	7	4
	Lake Kittamaquindi	Δ	No Limit	No Limit	8
	Rocky Gorge Reservoir	*	4	4	2
	Triadelphia Reservoir	*	7	6	3
	Wilde Lake	*	No Limit	No Limit	8
Sunfish (including Bluegill)	Centennial Lake	*	No Limit	No Limit	No Limit
	Rocky Gorge Reservoir	*	No Limit	No Limit	No Limit
	Triadelphia Reservoir	*	No Limit	No Limit	6
	Wilde Lake	*	6	5	3
White Crappie	Rocky Gorge Reservoir	*	No Limit	8	5
White Perch	Triadelphia Reservoir	*	6	5	3
Yellow Bullhead Catfish	Wilde Lake	*	No Limit	No Limit	7
Yellow Perch	Triadelphia Reservoir	*	No Limit	No Limit	8