

Maryland Fish Consumption Advisories

for Recreationally Caught Fish in St. Mary's 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 ¹	Children ²
American Eel	Patuxent River	Δ	3	3	3
Blue Catfish	Potomac: Mouth to 301	12" - 15" Δ	4	4	4
		Δ	2	2	1
	24" - 30" Δ	1	1	1 every other month	
	> 30" Δ	Avoid	Avoid	Avoid	
	> 30" Δ ✘	2	2	1	
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	Patuxent River	Δ	2	2	1
Large and Smallmouth Bass ♥	Patuxent River	Δ	No Limit	No Limit	No Limit
	St. Mary's River	Δ	2	1	1 every other month
Spot ♥	Chesapeake Bay and Tributaries	Δ	5	5	4
	Patuxent River	Δ	5	5	4
	Potomac: Mouth to 301	Δ	5	5	4
	St. Mary's 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
Sunfish (including	Patuxent River	Δ	No Limit	No Limit	7
White Perch	Patuxent River	Δ	No Limit	No Limit	No Limit
	Potomac - 301 Bridge to DC Line	Δ	3	3	3
Yellow Bullhead Catfish	Patuxent River	Δ	5	5	4