

# Maryland Fish Consumption Advisories

## for Recreationally Caught Fish in Caroline 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 <sup>1</sup>	Children <sup>2</sup>
American Eel	Choptank River Δ	1	1	1
Blue Catfish	Choptank River 15" - 24" ◇	No Limit	8	5
Channel Catfish	Choptank River Δ	2	2	2
Large and Smallmouth Bass ♥	Nanticoke River: Marshy Hope Creek ◇	No Limit	8	4
	Smithville Lake *	No Limit	No Limit	5
	Upper Choptank River: Greensboro Branch ◇	3	2	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
<p>**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></p> <p>**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></p>				
Spot ♥	Choptank River Δ	5	5	4
Striped Bass (Rockfish) ♥	Nanticoke River: Marshy Hope Creek < 28" ◇	No Limit	No Limit	No Limit

# Maryland Fish Consumption Advisories

## for Recreationally Caught Fish in Caroline 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 <sup>1</sup>	Children <sup>2</sup>
Sunfish (including Bluegill)	Choptank River Δ	No Limit	No Limit	No Limit
White Perch	Choptank River ◇	4	4	2
Yellow Perch	Choptank River Δ	No Limit	No Limit	No Limit
	Upper Choptank River: Greensboro Branch ◇	3	2	1
	Upper Choptank River: Tuckahoe Branch Δ	No Limit	No Limit	No Limit