2012

Fish Smart, Eat Smart

A guide to Health Advisories for Eating Fish and Crabs Caught in New Jersey Waters

New Jersey Department of Environmental Protection
New Jersey Department of Health and Senior Services

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The New Jersey Department of Environmental Protection and the New Jersey Department of Health and Senior Services can provide more information on the advisories and the health effects of chemical contaminants in the fish. To stay current with advisory updates and to request additional information, please contact the NJDEP Office of Science, at 1-609-984-6070 or check the website www.FishSmartEatSmartNJ.org or the NJDHSS at 609 826-4935.

Introduction

This 2012 update uses the results of a study involving the analysis of 246 samples of 13 fish species collected in 23 water bodies in the Delaware River Region including those lakes, rivers, ponds and reservoirs that flow into the upper and lower portions of the Delaware River. This information was used to support the continuation of current fish consumption advisories and the need for additional fish consumption advisories in this region of the state.

This booklet summarizes the marine, estuarine and fresh water fish consumption advisories for New Jersey including new fish consumption advisories for the Delaware River Region. It provides you with information on how to reduce your risk by avoiding or limiting consumption of certain fish. It also offers guidance in how to prepare the fish you eat from local waters in ways that reduce your exposure to PCBs, dioxins and mercury.

Fishing provides enjoyable and relaxing recreation. Many people enjoy cooking and eating their own catch. Fish are an excellent source of protein, minerals and vitamins, are low in fat and cholesterol and play an important role in maintaining a healthy, well-balanced diet. The American Heart Association recommends people eat fish regularly. Fish are also one of the few foods that are rich in the omega-3 fatty acids needed for proper development of the brain and nervous system in the fetus and infants and may reduce the risk of heart attack. Fish are an excellent substitute for other protein foods that are higher in saturated fats and cholesterol. Health professionals recommend that you include fish in your diet.

However, certain fish may contain contaminants, such as polychlorinated biphenyls (PCBs), dioxins and mercury from the water they live in and the food they eat. Contaminants such as dioxin and PCBs are classified by the U.S. Environmental Protection Agency as probable cancer causing substances in humans. Elevated levels of mercury can pose health risks to the human nervous system, particularly to developing fetuses. Therefore, it is a good idea to follow a few precautions in consuming recreationally caught fish and crabs, particularly if you eat them often.

Since 1982, when research began to show elevated levels of potentially harmful contaminants in certain fish and crabs in some New Jersey waters, fish consumption advisories were adopted to guide citizens on safe consumption practices. Fish consumption advisories are developed through a scientific process that includes collecting samples of fish from waters throughout the state and analyzing them for various chemical contaminants, such as dioxin, PCBs and mercury. The contaminant levels in the fish are then evaluated using federal guidelines for protecting human health.

The New Jersey Department of Environmental Protection (NJDEP) and Department of Health and Senior Services (NJDHSS) provide advice on consuming those species of fish in which high levels of dioxin, PCBs and mercury have been found.
Since levels of contaminants may vary from one location to another and from one fish species to another, the advisories are also separated by site. So be sure to check which guidelines refer to your fishing location.

2012 Fish Consumption Advisories for
PCBs, Dioxin and Mercury

The advisory table in this booklet provides statewide, regional, and water body-specific advisory information for various fish species. The table lists the recommended fish consumption frequencies for the **General Population** and **High-risk Individuals** for waters statewide and for specific water bodies.

High Risk Individuals: Includes infants, children, pregnant women, nursing mothers and women of childbearing age.

General Population: Includes all others not in the high-risk category. PCB advisories for the General Population are presented in meal frequencies (for example: one meal per month or four meals per year). This range is based on an estimated 1 in 10,000 risk of cancer during your lifetime from eating fish at the advisory level. This means that one additional cancer may occur in 10,000 people eating fish at the advisory level for a lifetime.

By using this advisory, you have the necessary information to make an informed choice on the number of meals of fish to consume. You can reduce your risk further by eating less than the advisory meal frequency, however, this need to be balanced with the health benefits of eating fish.

The limits that follow each species assume that no other contaminated fish are being eaten. If you eat more than one species of fish listed in the advisory, the total consumption of fish should not exceed the recommended frequency as a guideline for consumption. The best approach is to use the lowest recommended frequency as a guideline for consumption. **Example: If you fish Union Lake, you can eat four meals of white perch or you can eat one meal of Largemouth Bass over the course of a month, but not both.**

If your specific fishing location is not mentioned within the advisories on the following pages, this does not mean the fish are free of contamination. Not all New Jersey waters or fish species have been tested, and not all fish species were found in all locations, or in some cases available data were insufficient to list a species for a specific water body. **Follow the statewide advisory for the listed species if your fishing area is not mentioned in the guidelines, or follow the statewide advisory of one meal per week for (general Population) or one meal per month (high-risk individuals) for freshwaters.**

General Consumption Guidelines

Fish Species: Contaminant levels may vary from species to species. If possible, eat smaller amounts of several different types of fish rather than a large amount of one type that may be high in contaminants. Try to focus your consumption on those species of fish that have lower levels of contaminants, such as fluke or flounder.

Fish Size: Smaller fish of a species will usually have lower chemical levels than larger fish in the same location because contaminants tend to build up in the fish over time. It is advisable to eat smaller fish (of legal size) more often than larger fish.

High-risk Individuals: Infants, children, pregnant women, nursing mothers and women of childbearing age are considered to be at higher risk from contaminants in fish than members of the general public. People within this category should be particularly careful about following the advisories, because of the greater potential for PCBs, dioxin and mercury to affect the development of the fetus, infant, and young child.

Health Effects from Consumption of Contaminated Fish and Crabs

General Advice

Exposure to low levels of some contaminants in the environment may have long lasting health effects on people. Mercury, PCBs and dioxins are among the major contaminants found in some New Jersey fish in portions of the state. These contaminants can be especially harmful to women of childbearing age, pregnant women and nursing mothers. Trace amounts of these contaminants may remain in your body for a period of time after eating. Should you become pregnant during this time, these contaminants can be passed along to your fetus, potentially affecting the development of the nervous system. Children are also at risk of developmental and neurological problems if exposed to these chemicals.

Mercury

Mercury is a toxic metal that has been commonly used in a number of products (e.g., thermometers, electrical switches). There are many sources of mercury in the environment, natural and man-made; primary sources include burning of fossil fuels such as coal, incineration of wastes, and metal processing/manufacturing.

Mercury discharged to the environment can end up in local water bodies. Mercury accumulates in fish muscle tissue through the aquatic food chain from the food that fish eat. Above certain levels, mercury can damage the nervous system, particularly in unborn and young children, resulting in learning and developmental delays. Regular consumption, of even low amounts of mercury may cause subtle effects on the central nervous system in both children and adults. In addition, long-term consumption of fish with elevated levels of mercury by adults and older children may result in adverse health effects, including neurological damage. For more information go to: www.epa.gov/mercury.

NJ has taken aggressive action to reduce sources of mercury in the state. Levels of mercury from in-state air sources have been reduced by over 90% since the 1990s. Current sources of mercury to NJ are primarily from other states' air emissions (e.g., coal power plants) and natural emissions.

PCBs

Polychlorinated biphenyls (PCBs) were commercially produced for industrial application in heat transfer systems, hydraulic fluids and electrical equipment. They were later incorporated into other uses such as printing inks, paints and pesticides. The manufacture of PCBs was stopped in 1979 as a result of evidence that PCBs build up in the environment and cause harmful effects. PCBs tend to stay mostly in soil and sediment, but are also found in the air and water.

Once they enter the food chain, they have a tendency to absorb into fat tissue. PCBs build up in fish to levels that are hundreds of thousands of times higher than the levels in the surrounding water. When people consume fish that have already accumulated PCBs, the PCBs then accumulate in their bodies.

PCBs have been shown to cause cancer in animals, and there is evidence that PCBs may cause cancer in

exposed humans. PCBs have also been shown to cause a number of serious health effects besides cancer in humans and animals, including effects on the nervous system of the developing fetus, the immune system, and the reproductive system. Studies have shown that unborn and young children are most at risk to PCB exposure. Because PCBs take a long time to leave the body after they accumulate, women who plan to become pregnant should follow the more restrictive consumption advice before becoming pregnant. For more information go to: www.epa.gov/ebtpages/ pollutants.html

Dioxin

Dioxin is the most toxic member of a large chemical family of related dioxins and furans. Dioxin is an unwanted industrial byproduct formed through numerous processes, including production of chlorinated phenol products such as herbicides, the incineration of municipal solid waste, and creation of paper products using bleach. Most of what we know about dioxin has been obtained through animal toxicity testing in the laboratory and representative wildlife species. Dioxin produces a number of effects in animal testing, including suppression of the immune system, impaired reproduction, birth defects in some species tested, a skin condition called chloracne, alterations in liver function, and cancer. The federal Environmental Protection Agency (EPA) has classified dioxin as a probable human carcinogen. For more information go to: www.epa.gov/ebtpages/pollutants.html

Preparation and Cooking Methods for Fish and Crabs under Advisory

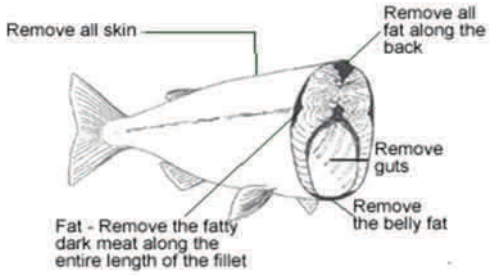
The best way to reduce exposure to contaminants in fish is to learn what fish species are affected and either limit or avoid consumption. However, if you must eat those species under advisories, there are steps you can take to reduce your exposure. Contaminants tend to concentrate in the fatty tissue of the fish you catch. Proper cleaning and cooking techniques, which remove some of the fat from the fish, can significantly reduce levels of PCBs, dioxins and other organic chemicals. **Please note, however, that these techniques will not reduce or remove unsafe levels of *mercury* from these fish.** Mercury occurs in the flesh. There is no way to remove mercury through cooking. The best way to reduce mercury exposure is to select those species of fish which are known to have lower levels of mercury.

Fish Preparation Methods

Proper fish cleaning and cooking techniques may reduce PCB levels by approximately 50 percent when compared to raw fish fillets. A meal size is considered to be an uncooked 8 ounce fillet.

Eat only the fillet portions. Do not eat whole fish or steak portions.

Many chemical contaminants, like PCBs and pesticides (but not mercury), are stored in the fatty portions of fish. To reduce the levels of these chemicals, skin the fish and trim any of the dark meat (lateral line), back strap and belly flap. The following diagram illustrates those body portions.



Do not eat the heads, guts or liver, because PCBs usually concentrate in those body parts. Also, avoid consumption of any reproductive parts such as eggs roe.

Fish Cooking Methods

Use a cooking method such as baking, broiling, frying, grilling, or steaming that allows the fats and juices to drain away from the fish. When possible, cook the fish on an elevated rack that allows fats and juices to drain to the pan below.

Avoid batter, breading or coatings that can hold in the juices that may contain contaminants. The juices should be thrown away since they contain the PCBs and other chemicals that were in the fat. Do not pour these juices over the fish as a sauce or to moisten the fish. Butter, margarine or other liquids can be added to the fish for this purpose once the juices have been poured off. After cooking, **discard all liquids and frying oils.** Do not reuse.

Do not use heads, skin, trimmed fatty portions in soups, stews, chowders, boils, broth or for fish stock. If you make stews or chowders, only use skinless fillet parts.

Raw fish may be infested by parasites. Cook fish thoroughly to destroy the parasites. This also helps to reduce the level of many chemical contaminants.

Crab Preparation Methods

Eating, selling or taking (harvesting) blue crabs from Newark Bay Complex and the tidal Passaic River is prohibited. The Newark Bay Complex is located in

northeastern New Jersey. It includes the Newark Bay, tidal Hackensack River, Arthur Kill, Kill Van Kull and tidal tributaries. (See chart on page 8.) If blue crabs are taken from water bodies other than the Passaic River/ Newark Bay Complex, the following preparation techniques can be followed to reduce exposure to some contaminants.

The highest levels of chemical contaminants are found in the hepatopancreas, commonly known as the tomalley or green gland. It is the yellowish green gland under the gills. This material is found next to the lump meat (backfin) portion of the crab. Chill and break the crabs immediately before cooking. Care must be taken to remove all of the hepatopancreas before cooking.

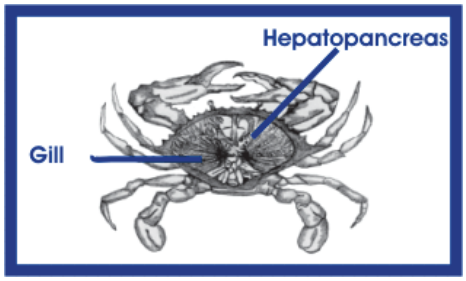
There is no specific cooking method available to reduce the chemical contaminant levels in blue crabs. The following steps for proper preparation are key to reducing your exposure to harmful chemical contaminants.

* Do not eat the green gland (hepatopancreas).

* Remove green gland (hepatopancreas) before cooking.

* After cooking, discard the cooking water.

* Do not use cooking water or green gland (hepatopancreas) in any juices, sauces, bisques or soups.



Federal Advice on Fish Consumption

The following is provided as general information and advice from the federal government.

Fish and shellfish are an important part of a healthy diet. Fish and shellfish contain high quality protein and other essential nutrients, are low in saturated fat, and contain omega-3 fatty acids. A well-balanced diet that includes a variety of fish and shellfish can contribute to heart health and children's proper growth and development. So, women and young children in particular, should include fish or shellfish in their diets due to the many nutritional benefits.

However, nearly all fish and shellfish contain traces of mercury. For most people, the risk from mercury by eating fish and shellfish is not a health concern. Yet, some fish and shellfish contain higher levels of mercury that may harm an unborn baby or young child's developing nervous system. The risks from mercury in fish and shellfish depend on the amount of fish and shellfish eaten and the levels of mercury in the fish and shellfish. Therefore, the Food and Drug Administration (FDA) and the Environmental Protection Agency (EPA) are advising women who may become pregnant, pregnant women, nursing mothers, and young children to avoid some types of fish and eat fish and shellfish that are lower in mercury.

By following these 3 recommendations for selecting and eating fish or shellfish, women and young children will receive the benefits of eating fish and shellfish and be confident that they have reduced their exposure to the harmful effects of mercury.

1. Do not eat Shark, Swordfish, King Mackerel, or Tilefish because they contain high levels of mercury.

2. Eat up to 12 ounces (2 average meals) a week of a variety of fish and shellfish that are lower in mercury.

   * Five of the most commonly eaten fish that are low in mercury are shrimp, canned light tuna, salmon, pollock, and catfish.

   * Another commonly eaten fish, albacore ("white") tuna has more mercury than canned light tuna. So, when choosing your two meals of fish and shellfish, you may eat up to 6 ounces (one average meal) of albacore tuna per week.

3. Check local advisories about the safety of fish caught by family and friends in your local lakes rivers, and coastal areas. If no advice is available, eat up to 6 ounces (one average meal) per week of fish you catch from local waters, but don't consume any other fish during that week.

Follow these same recommendations when feeding fish and shellfish to your young child, but serve smaller portions.

Additional information on mercury in seafood can be found at the FDA's web site: http://www.fda.gov/Food/FoodSafety/Product-SpecificInformation/Seafood/FoodbornePathogensContaminants/default.htm

For more information on EPA freshwater fish consumption advisories, go to http://water.epa.gov/scitech/swguidance/fishshellfish/fishadvisories/index.cfm

2012 NEW JERSEY FISH CONSUMPTION ADVISORIES

(Note: 2012 Advisories marked in Bold are New or Revised)

STATEWIDE ESTUARINE & MARINE WATERS

Applies To All Coastal Waters **Except** Those WATERBODY SPECIFIC ADVISORIES

SPECIES	GENERAL POPULATION EAT NO MORE THAN: [2, 3]	HIGH-RISK INDIVIDUALS [1] EAT NO MORE THAN: [2, 3]
STRIPED BASS	One meal per month	Do not eat
BLUEFISH (greater than 6 lbs./24 inches)	Six meals per year	
BLUEFISH (less than 6lbs./24 inches)	One meal per month	
AMERICAN EEL	Four meals per year	
AMERICAN LOBSTER	Do not eat the Green Gland (a.k.a., Tomalley or Hepatopancreas)	

GENERAL FRESHWATER ADVISORIES

Applies to all freshwater fish and waters not covered by consumption advisories:

General population - Eat no more than one meal per week

High-risk individuals - Eat no more than one meal per month

STATEWIDE FRESHWATER ADVISORIES

Applies To All Waters **Except** PINELANDS REGION & WATERBODY SPECIFIC ADVISORIES

SPECIES	GENERAL POPULATION EAT NO MORE THAN: [2, 3]	HIGH-RISK INDIVIDUALS EAT NO MORE THAN: [2, 3]
TROUT - (Brown, Brook and Rainbow Trout)	One meal per week	One meal per week
LARGEMOUTH BASS		One meal per month
SMALLMOUTH BASS		
CHAIN PICKEREL		
YELLOW BULLHEAD	No restrictions	
BROWN BULLHEAD		
SUNFISH[4]		One meal per week

PINELANDS REGION FRESHWATER ADVISORIES

Except Where WATERBODY SPECIFIC ADVISORIES: FRESHWATER LOCATIONS **(P)** Apply

LARGEMOUTH BASS	One meal per month	Do not eat
CHAIN PICKEREL		
BROWN BULLHEAD	One meal per week	
YELLOW BULLHEAD		
SUNFISH[4]		One meal per month

WATERBODY SPECIFIC ADVISORIES: ESTUARINE & MARINE WATERS

Also Follow All STATEWIDE ESTUARINE & MARINE ADVISORIES

WATERBODY	SPECIES	GENERAL POPULATION EAT NO MORE THAN:	HIGH-RISK INDIVIDUALS EAT NO MORE THAN:
NEWARK BAY COMPLEX Including Newark Bay, tidal Hackensack River, Arthur Kill, Kill Van Kull and all tidal tributaries.	Blue Crab*	Do not Harvest or eat [5]	
	Striped Bass*	Four meals per year	Do not eat
	American Eel*	Do not eat	
	White Perch		
	White Catfish	One meal per year	
TIDAL PASSAIC RIVER From the head of tide at Garfield to Newark Bay and all tidal tributaries.	All Fish & Shellfish*	Do not eat	
	Blue Crab*	Do not Harvest or eat [5]	
HUDSON RIVER From the New York & New Jersey borderline (near Alpine, NJ) to the NY-NJ borderline at the Upper New York Bay	Striped Bass*	Four meals per year	Do not eat
	American Eel*	One meal per year	
	White Perch		
	Winter Flounder	One meal per month	
	White Catfish	Do not eat	
	Blue Crab	One meal of 7 crabs per week Do not eat Green Gland (hepatopancreas) Discard cooking liquid	

WATERBODY SPECIFIC ADVISORIES: ESTUARINE & MARINE WATERS

Also Follow All STATEWIDE ESTUARINE & MARINE ADVISORIES

WATERBODY	SPECIES	GENERAL POPULATION EAT NO MORE THAN:	HIGH-RISK INDIVIDUALS EAT NO MORE THAN:
RARITAN BAY COMPLEX Includes the Raritan Bay, tidal Raritan River (Up to the Route1 bridge) and all tidal tributaries.	Striped Bass	One meal per month	Do not eat
	Weakfish		
	Winter Flounder		One meal per month
	Porgy		
	Summer Flounder (a.k.a., Fluke)	One meal per week	
	American Eel	One meal per year	Do not eat
	White Perch		
	Blue Crab	One meal of 7 crabs per month Do not eat Green Gland (hepatopancreas) Discard cooking liquid	
	American Lobster	One meal per week Do not eat Green Gland (hepatopancreas) Discard cooking liquid	
Raritan River upstream of Route 35 Bridge and the South River (tidal portion)	White Catfish	Four meals per year	Do not eat
	White Perch		
Sandy Hook & Lower Bay	Summer Flounder (a.k.a., Fluke)	One meal per week	
COASTAL TRIBUTARIES Including Navesink, Shrewsbury, Shark, Toms & Mullica Rivers.	American Eel	One meal per month	
Barnegat Bay at Manahawkin Bay	Weakfish	One meal per week	One meal per month
COASTAL WATERS Atlantic Ocean from Sandy Hook to Sea Bright	Summer Flounder (a.k.a., Fluke)	One meal per week	
Atlantic Ocean from Sea Isle City to Cape May	Weakfish	One meal per week	One meal per month

WATERBODY SPECIFIC ADVISORIES: ESTUARINE & MARINE WATERS

Also Follow All STATEWIDE ESTUARINE & MARINE ADVISORIES

WATERBODY	SPECIES	GENERAL POPULATION EAT NO MORE THAN:	HIGH-RISK INDIVIDUALS EAT NO MORE THAN:
LOWER DELAWARE RIVER (Tidal Section) **Trenton, NJ to Delaware/ Pennsylvania borderline, including all tributaries to the head of tide.**	Hybrid Striped Bass	No restrictions	One meal per week
	Largemouth Bass	**One meal per month**	**Do not eat**
	American Eel	One meal per year	Do not eat
	Channel Catfish		
	Striped Bass	Four meals per year	
	White Perch		
	White Catfish	One meal per month	
DELAWARE RIVER ESTUARY Delaware/ Pennsylvania/ New Jersey borderline to Chesapeake & Delaware (C&D) Canal	All Finfish	Do not eat	
DELAWARE ESTUARY & DELAWARE BAY Chesapeake & Delaware (C&D) Canal to the mouth of Delaware Bay	Bluefish	Do not eat fish larger than 6 lbs or 24 inches	Do not eat
		One meal per year for fish less than 6 lbs or less than 24 inches	
	White catfish	One meal per year	
	Striped Bass		
	White perch		
	American eel		
	Channel catfish		
	Weakfish	One meal per week	One meal per month
DELAWARE BAY TRIBUTARIES	American eel	One meal per month	Four meals per year

WATERBODY SPECIFIC ADVISORIES: FRESHWATER LOCATIONS

Also follow All GENERAL, STATEWIDE and PINELANDS REGION ADVISORIES

WATER BODY and Nearest Town	SPECIES	GENERAL POPULATION EAT NO MORE THAN:	HIGH-RISK INDIVIDUAL EAT NO MORE THAN:
Allamuchy Pond at Allamuchy (Warren Co.)	**Largemouth Bass**	**One meal per week**	**One meal per month**
	American Eel		**One meal per week**
	Bluegill Sunfish	**No restrictions**	
Alycon Lake at Glassboro, (Gloucester Co.)	Black Crappie	No restrictions	One meal per month
	Largemouth Bass	One meal per month	
Assunpink Crk.at Windsor, (Mercer/Monmouth Co.)	Largemouth Bass	No restrictions	One meal per week
Assunpink Lake at Roosevelt (Monmouth Co.)	**Bluegill Sunfish**	**No restrictions**	**One meal per week**
	Chain Pickerel		One meal per month
	Largemouth Bass		One meal per week
	Brown Bullhead	**One meal per week**	**One meal per week**
Atlantic City Reservoir at Pomona, (Atlantic Co.) **(P)** No Fishing Allowed	Chain Pickerel	Do not eat	
	Largemouth Bass		
	Yellow Perch		
Atsion Lake at Shamong (Burlington Co.) **(P)**	Yellow Bullhead	One meal per week	Do not eat
Batsto Lake at Batsto (Burlington Co.) **(P)**	Bluegill Sunfish	One meal per week	One meal per month
	Chain Pickerel		Do not eat
	Largemouth Bass		
	Brown Bullhead	No restrictions	One meal per month
	Yellow Bullhead		
Blue Mountain Lake (Lower) at Five Points (Sussex Co.)	**Largemouth Bass**	**No restrictions**	**One meal per month**
	Yellow Perch		**One meal per week**
	Yellow Bullhead		
Big Timber Creek at Runnemeade (Gloucester Co.)	Channel Catfish	No restrictions	One meal per week
	Largemouth Bass		
	White Catfish		
	Brown Bullhead		No restrictions

WATERBODY SPECIFIC ADVISORIES: FRESHWATER LOCATIONS

Also follow All GENERAL, STATEWIDE and PINELANDS REGION ADVISORIES

WATER BODY and Nearest Town	SPECIES	GENERAL POPULATION EAT NO MORE THAN:	HIGH-RISK INDIVIDUAL EAT NO MORE THAN:
Bound Brook – Entire Length including New Market Pond & Spring Lake (Somerset Co)	All fish species	Do not eat	
Branch Brook Park Lake at Newark (Essex Co.)	Largemouth Bass	One meal per week	Do not eat
	Common Carp	One meal per month	
	Bluegill	No restrictions	One meal per week
Budd Lake at Budd Lake (Morris Co.)	White Catfish	One meal per month	One meal per month
	Northern Pike	One meal per week	
	Largemouth Bass		
	Brown Bullhead	No restrictions	No restrictions
	Bluegill Sunfish		One meal per week
Butterfly Bogs Pond at Vanhiseville (Ocean)**(P)**	Chain Pickerel	One meal per week	Do not eat
	Brown Bullhead	No restrictions	One meal per week
Canistear Reservoir at Stockholm (Sussex Co.)	Largemouth Bass	One meal per week	Do not eat
	Chain Pickerel	No restrictions	One meal per month
	Yellow Perch		
	Yellow Bullhead		One meal per week
	Bluegill Sunfish		
Carnegie Lake at Princeton (Mercer Co.)	Largemouth Bass	No restrictions	One meal per month
	Channel Catfish		
	White Perch		One meal per week
	Brown Bullhead		
	Bluegill Sunfish		No restrictions

WATERBODY SPECIFIC ADVISORIES: FRESHWATER LOCATIONS

Also follow All GENERAL, STATEWIDE and PINELANDS REGION ADVISORIES

WATER BODY and Nearest Town	SPECIES	GENERAL POPULATION EAT NO MORE THAN:	HIGH-RISK INDIVIDUAL EAT NO MORE THAN:
Catfish Pond at Hardwick (Sussex Co.)	**Largemouth Bass**	**No restrictions**	**One meal per month**
	Yellow Perch	**One meal per week**	
	Chain Pickerel		**Do not eat**
Cedar Lake at Cedarville (Cumberland Co.)	Chain Pickerel	One meal per week	Do not eat
	Largemouth Bass		
Cedarville Ponds at Cedarville (Cumberland)	Chain Pickerel	One meal per week	Do not eat
	Yellow Perch	No restrictions	One meal per month
Clementon Lake at Clementon (Camden Co)	Chain Pickerel	One meal per week	One meal per month
	Largemouth Bass		
Clinton Reservoir at West Milford (Passaic Co.)	Largemouth Bass	One meal per week	Do not eat
	Yellow Bullhead		One meal per month
	Rock Bass	No restrictions	
	White Sucker		
Columbia Lake at Columbia (Warren Co.)	**Largemouth Bass**	**One meal per week**	**One meal per month**
	Walleye		
	Striped Bass		
	Chain Pickerel	**No restrictions**	
	American Eel	**One meal per month**	
Cooper River, below Evans Pond (Camden Co.)	Common Carp	One meal per month	Do not eat
	Bluegill Sunfish	One meal per week	One meal per month
Cooper River at Hopkins Pond (Camden Co.)	Brown Bullhead	One meal per month	Four meals per year
Cooper River Park Lake at Collingswood (Camden Co.)	Largemouth Bass	Four meals per year	Do not eat
	Common Carp		
	Brown Bullhead	One meal per week	One meal per month
	Bluegill Sunfish		

WATERBODY SPECIFIC ADVISORIES: FRESHWATER LOCATIONS

Also follow All GENERAL, STATEWIDE and PINELANDS REGION ADVISORIES

WATER BODY and Nearest Town	SPECIES	GENERAL POPULATION EAT NO MORE THAN:	HIGH-RISK INDIVIDUAL EAT NO MORE THAN:
Cranberry Lake at Byram (Sussex Co.)	Hybrid Striped Bass	One meal per week	One meal per month
	Largemouth Bass	**One meal per week**	**One meal per month**
	Brown Bullhead		**One meal per week**
	Chain Pickerel	One meal per week	**Do not eat**
	Yellow Perch	**No restrictions**	**One meal per month**
Crater Lake at Walpack (Sussex Co.)	Yellow Perch	One meal per week	Do not eat
	Brown Bullhead		One meal per month
Crosswicks Creek at Bordentown (Mercer Co)	Largemouth Bass	No restrictions	One meal per week
	White Catfish		
Crystal Lake at Fieldsboro (Burlington Co.)	Largemouth Bass	No restrictions	One meal per month
	Black Crappie		One meal per week
	Brown Bullhead		No restrictions
Davidson Mill Pond at Deans (Middlesex Co.)	American Eel	One meal per month	
	Bluegill Sunfish	No restrictions	One meal per week
	Chain Pickerel		One meal per month
	Largemouth Bass	One meal per week	
Deal Lake at Asbury Park (Monmouth Co.)	Largemouth Bass	One meal per week	
	White Perch	One meal per month	One meal per month
	American Eel		Do not eat
Delaware Lake at Columbia (Warren Co.)	**Bluegill Sunfish**	**No restrictions**	**No restrictions**
	Largemouth Bass		**One meal per month**
	American Eel	**One meal per week**	

WATERBODY SPECIFIC ADVISORIES: FRESHWATER LOCATIONS

Also follow All GENERAL, STATEWIDE and PINELANDS REGION ADVISORIES

WATER BODY and Nearest Town	SPECIES	GENERAL POPULATION EAT NO MORE THAN:	HIGH-RISK INDIVIDUAL EAT NO MORE THAN:
Delaware & Raritan Canal Entire Length – See all D&R Canal location specific advisories listed below.	Channel Catfish	One meal per month	Do not eat
	American Eel		
	Bluegill Sunfish	No restrictions	One meal per week
	Chain Pickerel		One meal per month
	Largemouth Bass	One meal per week	
	Smallmouth Bass		
Delaware & Raritan Canal at Bound Brook (Somerset Co.) -See All D&R Advisories-	Yellow Perch	No restrictions	One meal per month
	Common Carp	Four meals per year	Do not eat
Delaware & Raritan Canal at Griggstown (Middlesex-Somerset Co.) -See All D&R Advisories-	Brown Bullhead	No restrictions	One meal per week
Delaware & Raritan Canal at Lambertville (Hunterdon Co.) -See All D&R Advisories-	Common Carp	One meal per month	
Delaware & Raritan Canal at Port Mercer (Mercer Co.) -See All D&R Advisories -	Common Carp	One meal per year	Do not eat
Delaware & Raritan Canal at West Trenton (Mercer Co.) -See All D&R Advisories-	Common Carp	One meal per month	Do not eat
	Walleye		
Delaware River – Upstream of Delaware Water Gap to New York State Borderline (Warren/Sussex Co)	Channel Catfish	No restrictions	One meal per month
	Muskellunge		
	Walleye	**One meal per week**	**One meal per month**
	American Eel		
	Smallmouth Bass	One meal per week	
	White Sucker	One meal per month	

WATERBODY SPECIFIC ADVISORIES: FRESHWATER LOCATIONS

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WATER BODY and Nearest Town	SPECIES	GENERAL POPULATION EAT NO MORE THAN:	HIGH-RISK INDIVIDUAL EAT NO MORE THAN:
Delaware River – Delaware Water Gap to Phillipsburg (Warren Co.)	White Catfish	One meal per week	Do not eat
	Channel Catfish	No restrictions	One meal per month
	Smallmouth Bass		
	Walleye		One meal per week
Delaware River- Phillipsburg to Trenton (Hunterdon/Mercer Co.)	Channel Catfish	Four meals per year	Do not eat
	Striped Bass		
	American Eel	One meal per month	
	White Sucker		
	Largemouth Bass	No restrictions	One meal per month
	Smallmouth Bass	One meal per week	
DeVoe Lake at Spotswood (Middlesex Co.)	Brown Bullhead	One meal per week	One meal per week
	Chain Pickerel		One meal per month
	Largemouth Bass	No restrictions	
DOD Lake at Penns Grove (Salem Co.)	**Largemouth Bass**	**No restrictions**	**One meal per month**
	Bluegill Sunfish		**One meal per week**
	Common Carp	**One meal per week**	
Double Trouble Lake at Double Trouble State Park (Ocean Co.) **(P)**	Yellow Bullhead	One meal per month	Do not eat
	Chain Pickerel		
Duhernal Lake at Spotswood (Middlesex Co.)	Bluegill Sunfish	No restrictions	One meal per week
	Largemouth Bass	One meal per week	One meal per month
	Brown Bullhead		One meal per week
East Creek Pond at Eldora (Cape May Co.) **(P)**	Largemouth Bass	One meal per month	Do not eat
	Chain Pickerel		
	American Eel		
	Brown Bullhead		
	Yellow Bullhead		
	Yellow Perch		

WATERBODY SPECIFIC ADVISORIES: FRESHWATER LOCATIONS

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WATER BODY and Nearest Town	SPECIES	GENERAL POPULATION EAT NO MORE THAN:	HIGH-RISK INDIVIDUAL EAT NO MORE THAN:
Echo Lake Reservoir at West Milford (Passaic Co.)	Largemouth Bass	No restrictions	One meal per month
	Chain Pickerel		
	Bluegill Sunfish		One meal per week
	Yellow Bullhead		
Enno Lake at Bennetts Mills (Ocean Co.)	Largemouth Bass	One meal per week	One meal per month
	American Eel		
Evans Lake at Haddonfield (Camden Co.)	Brown Bullhead	One meal per week	One meal per month
Farrington Lake at Milltown (Middlesex Co.)	Bluegill Sunfish	No restrictions	One meal per week
	Chain Pickerel		One meal per month
	Yellow Perch		
	Brown Bullhead	One meal per week	
	Largemouth Bass		Do not eat
Furnace Lake at Oxford (Warren Co.)	**Largemouth Bass**	**One meal per week**	**One meal per month**
	Bluegill Sunfish	**No restrictions**	
	Brown Bullhead		
Green Brook at Madison Ave Bridge (Somerset Co.)	American Eel	One meal per month	Do not eat
Green Turtle Pond at Hewitt (Passaic Co.)	Largemouth Bass	No restrictions	One meal per month
	Chain Pickerel		One meal per week
	Yellow Perch		
Greenwood Lake at West Milford (Passaic Co.)	Largemouth Bass	No restrictions	One meal per month
	Walleye		
	White Perch		No restrictions
	Bluegill Sunfish		One meal per week
	Yellow Bullhead		

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WATER BODY and Nearest Town	SPECIES	GENERAL POPULATION EAT NO MORE THAN:	HIGH-RISK INDIVIDUAL EAT NO MORE THAN:
Grovers Mill Pond at Princeton Junction (Mercer Co.)	Largemouth Bass	One meal per week	One meal per month
	Brown Bullhead		
	Chain Pickerel	No restrictions	One meal per week
Hainesville Pond at Hainesville (Sussex Co.)	Largemouth Bass	No restrictions	One meal per month
	Chain Pickerel		One meal per week
Harrisville Lake at Harrisville (Burlington Co.) **(P)**	Chain Pickerel	One meal per month	Do not eat
	Mud Sunfish		
	Yellow Bullhead		
Horicon Lake at Lakehurst (Ocean Co.) **(P)**	Chain Pickerel	One meal per month	Do not eat
	American Eel		
Jersey City Reservoir at Boonton (Morris Co.) (a.k.a, Boonton Reservoir)	Largemouth Bass	Four meals per year	Do not Eat
	Smallmouth Bass		
	Rock Bass	No restrictions	One meal per month
	White Catfish	One meal per week	
	Brown Bullhead	No restrictions	
Kirkwood Lake at Lindenwold (Camden Co.)	**Largemouth Bass**	**No restrictions**	**One meal per month**
	Bluegill Sunfish		**No restrictions**
	Common Carp	**Four meals per year**	**Do not eat**
Lake Aeroflex at Andover (Sussex Co.) (a.k.a, New Wawayanda)	**Largemouth Bass**	**One meal per week**	**Do not eat**
	Chain Pickerel		**One meal per month**
	American Eel		
	Bluegill Sunfish	**No restrictions**	**One meal per week**
	Brown Bullhead		**No restrictions**
Lake Carasaljo at Lakewood (Ocean Co.)	Largemouth Bass	One meal per week	Do not eat
	Chain Pickerel		One meal per month

WATERBODY SPECIFIC ADVISORIES: FRESHWATER LOCATIONS

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WATER BODY and Nearest Town	SPECIES	GENERAL POPULATION EAT NO MORE THAN:	HIGH-RISK INDIVIDUAL EAT NO MORE THAN:
Lake Hopatcong at Landing (Morris/Sussex Co.)	**Largemouth Bass**	No restrictions	**One meal per month**
	Yellow Perch	**No restrictions**	
	Chain Pickerel		One meal per month
Entire Lake	**Bluegill Sunfish**		**No restrictions**
	Walleye	**One meal per week**	**One meal per month**
	Brown Bullhead		**One meal per week**
Lake Manahawkin at Manahawkin (OceanCo.)	Chain Pickerel	One meal per month	Do not eat
	American Eel		
Lake Mercer at Edinburg (Mercer Co.)	**Largemouth Bass**	**One meal per week**	**One meal per month**
	Channel Catfish		
	American Eel	**One meal per week**	
	Bluegill Sunfish	**No restrictions**	
Lake Musconetcong at Stanhope (Sussex Co.)	**Largemouth Bass**	**No restrictions**	**One meal per month**
	Chain Pickerel		
	Brown Bullhead	**One meal per week**	
Lake Nummy at Woodbine (Cape May Co.) **(P)**	Chain Pickerel	One meal per week	Do not eat
	Yellow Perch		
	Yellow Bullhead	No restrictions	One meal per month
Lake Oswego at Jenkins Neck (Ocean Co.) **(P)**	Chain Pickerel	One meal per month	Do not eat
	American Eel	One meal per week	
Lake Tappan at Old Tappan (Bergen Co.)	Smallmouth Bass	No restrictions	One meal per month
	Largemouth Bass		
	Bluegill Sunfish		No restriction
	Yellow Bullhead		One meal per week
	Common Carp		

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WATER BODY and Nearest Town	SPECIES	GENERAL POPULATION EAT NO MORE THAN:	HIGH-RISK INDIVIDUAL EAT NO MORE THAN:
Lamington River at Lamington (Hunterdon-Somerset Co.)	Brown Trout	No restrictions	One meal per week
	Redbreast Sunfish		
	Smallmouth Bass		
	American Eel	One meal per week	One meal per month
Lefferts Lake at Matawan (Monmouth Co.)	Chain Pickerel	No restrictions	One meal per week
	Yellow Perch		
	Brown Bullhead		
Lenape Lake at Mays Landing (Atlantic Co.) **(P)**	Largemouth Bass	One meal per month	Do not eat
	Chain Pickerel	One meal per week	
	American Eel		
Linden Lake at Lindenwold (Camden)	Largemouth Bass	No restrictions	One meal per month
Little Timber Creek at Brooklawn (Camden Co.)	Brown Bullhead	No restrictions	
Malaga Lake at Franklin (Gloucester Co.)	Chain Pickerel	One meal per week	One meal per month
	Largemouth Bass		
Manalapan Lake at Jamesburg (Middlesex Co.)	Largemouth Bass	One meal per week	One meal per month
	Black Crappie	No restrictions	One meal per week
	Bluegill Sunfish		No restrictions
	American Eel	One meal per month	
Manasquan Reservoir at Howell Twp. (Monmouth Co.)	Brown Bullhead	No restrictions	One meal per week
	Bluegill Sunfish		One meal per month
	Largemouth Bass	One meal per month	Do not eat
	Black Crappie	One meal per week	One meal per month
	Chain Pickerel	No restrictions	
	Yellow Perch		One meal per week
	American Eel	One meal per month	

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WATER BODY and Nearest Town	SPECIES	GENERAL POPULATION EAT NO MORE THAN:	HIGH-RISK INDIVIDUAL EAT NO MORE THAN:
Maple Lake at Estell Manor (Atlantic Co) **(P)**	Largemouth Bass	One meal per week	Do not eat
	American Eel		
Marlu Lake at Thompson Co. Park (Monmouth Co.)	Largemouth Bass	No restrictions	One meal per week
	Common Carp	One meal per month	One meal per month
Marlton Lake at Marlton (Burlington Co.)	Largemouth Bass	One meal per week	One meal per month
Maskells Mill Lake at Canton (Salem Co.)	Brown Bullhead	One meal per week	One meal per month
	Chain Pickerel		
	Largemouth Bass		
	Black Crappie	No restrictions	
Maurice River downstream of Millville (Cumberland Co.)	Channel Catfish	One meal per month	Do not eat
	White Catfish		
	Largemouth Bass	One meal per week	
	White Perch		One meal per month
Menantico Sand Ponds at Millvile (Cumberland Co.)	Largemouth Bass	One meal per week	Do not eat
	American Eel		
Merrill Creek Reservoir at Stewartsville (Warren Co.)	Smallmouth Bass	One meal per week	One meal per month
	Lake Trout		**One meal per month**
	Largemouth Bass		
	Brown Bullhead	No restrictions	One meal per week
	Rainbow Trout		
	Black Crappie		
	Yellow Perch		One meal per month
	Bluegill Sunfish		**No restrictions**
Metedeconk River - North Branch at Siloam (Monmouth Co.)	American Eel	Four meal per year	

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WATER BODY and Nearest Town	SPECIES	GENERAL POPULATION EAT NO MORE THAN:	HIGH-RISK INDIVIDUAL EAT NO MORE THAN:
Millstone River at Manville (Somerset Co.)	Bluegill Sunfish	No restrictions	One meal per week
	Common Carp	Four meals per year	Do not eat
	Largemouth Bass	One meal per week	One meal per month
Mirror Lake at Browns Mills (Burlington Co.) (P)	Brown Bullhead	No restrictions	One meal per week
	Largemouth Bass	**No restrictions**	One meal per month
	Chain Pickerel		**One meal per month**
	American Eel	**One meal per week**	
Monksville Reservoir at Ringwood (Passaic Co.)	Brown Bullhead	No restrictions	One per week
	Pumpkinseed Sunfish		One meal per month
	Chain Pickerel	One meal per month	Do not eat
	Largemouth Bass	One meal per week	
	Smallmouth Bass	No restrictions	One meal per month
	Walleye	One meal per week	Do not eat
	White Perch		
	Yellow Perch	No restriction	One meal per week
Mountain Lake at Buttzville (Warren Co.)	Largemouth Bass	One meal per week	Do not eat
Mullica River – Green Bank to Batsto (Burlington/Atlantic Co.) **(P)**	Chain Pickerel	One meal per month	Do not eat
	Pumpkinseed Sunfish	One meal per week	One meal per month
	Brown Bullhead		
	White Perch		
	White Catfish	No restrictions	

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WATER BODY and Nearest Town	SPECIES	GENERAL POPULATION EAT NO MORE THAN:	HIGH-RISK INDIVIDUAL EAT NO MORE THAN:
New Brooklyn Lake at Sicklerville (Camden Co.) **(P)**	Chain Pickerel	One meal per week	Do not eat
	Largemouth Bass		One meal per month
	Sunfish	No restrictions	
	Black Crappie		
	Yellow Bullhead		One meal per week
New Market Pond section of the Bound Brook at South Plainfield (Somerset Co.)	All fish species	Do not eat	
Newton Creek, North (Camden Co.)	Brown Bullhead	No restrictions	
Newton Creek, South (Camden Co.)	Largemouth Bass	One meal per month	Do not eat
	Brown Bullhead	No restrictions	One meal per week
Newton Lake at Collingswood (Camden Co.)	Bluegill Sunfish	One meal per week	One meal per month
	Brown Bullhead		
	Largemouth Bass	One meal per month	Four meals per year
	Common Carp		Do not eat
Oak Ridge Reservoir at Oak Ridge (Passaic Co.)	Largemouth Bass	One meal per week	Do not eat
	Chain Pickerel	No restrictions	One meal per month
	Brown Bullhead		No restrictions
Oradell Reservoir at Oradell (Bergen Co.)	Smallmouth Bass	One meal per week	One meal per month
	Largemouth Bass	No restrictions	
	Bluegill Sunfish		No restriction
	Yellow Bullhead		
	Common Carp		

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WATER BODY and Nearest Town	SPECIES	GENERAL POPULATION EAT NO MORE THAN:	HIGH-RISK INDIVIDUAL EAT NO MORE THAN:
Overpeck Creek at Ridgefield Park (Bergen Co).	Largemouth Bass	Four meals per year	Do not eat
	Common Carp		
	American Eel		
Parvin Lake at Pittsgrove, (Salem Co.)	American Eel	One meal per week	One meal per month
	Largemouth Bass		
	Chain Pickerel	No restrictions	
Passaic River - Rt. 280 to confluence of Pompton R at Two Bridges (Morris/Essex/Passaic Co.)	Largemouth Bass	One meal per week	One meal per month
	Bluegill Sunfish	No restrictions	
	Redbreast Sunfish	One meal per week	One meal per month
	Northern Pike		
	Black Crappie	No restrictions	
	Yellow Bullhead		One meal per week
	Pumpkinseed Sunfish		
	Common Carp	One meal per month	Do not eat
Passaic River - Elmwood Park to Dundee Lake at Garfield (Passaic/Bergen Co.)	Largemouth Bass	One meal per week	One meal per month
	Yellow Bullhead		
	Brown Bullhead		Four meals per year
	Redbreast Sunfish		
	Common Carp	One meal per month	Do not eat
	Bluegill Sunfish		
	American Eel		

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WATER BODY and Nearest Town	SPECIES	GENERAL POPULATION EAT NO MORE THAN:	HIGH-RISK INDIVIDUAL EAT NO MORE THAN:
Peddie Lake at Hightstown (Mercer Co.)	**Largemouth Bass**	**One meal per week**	**One meal per month**
	Bluegill Sunfish	**No restrictions**	**One meal per week**
	American Eel	**Four meals per year**	**Do not eat**
Pennsauken Creek at Forked Landing Road (Camden Co.)	Common Carp	Four meals per year	Do not eat
	Largemouth Bass	One meal per month	
	Sunfish		Four meals per year
	White Catfish		One meal per year
Pohatcong Lake at Tuckerton (Ocean Co.)	American Eel	One meal per week	Do not eat
	Largemouth Bass		
	Yellow Perch		One meal per week
Pompton Lake at Pompton Lake (Passaic)	Largemouth Bass	One meal per week	Do not eat
	Common Carp	One meal per month	
Pompton River at Lincoln Park (Passaic/Morris Co.)	Common Carp	Four meals per year	Do not eat
	Northern Pike	One meal per week	
	Rock Bass		
	Redbreast Sunfish		Four meals per year
	Largemouth Bass		One meal per month
	Yellow Perch	No restrictions	
	Black Crappie		
Ramapo River at Pompton/Wayne (Morris Co.) a.k.a. Pompton Feeder	Largemouth Bass	One meal per week	Do not eat
	Smallmouth Bass		
	Yellow Bullhead		
	Rock Bass		
	Pumpkinseed Sunfish		
	Redbreast Sunfish		One meal per month
	Black Crappie		

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WATER BODY and Nearest Town	SPECIES	GENERAL POPULATION EAT NO MORE THAN:	HIGH-RISK INDIVIDUAL EAT NO MORE THAN:
Rahway River - East Branch at Milton Lake (Union Co.)	Bluegill Sunfish	One meal per week	One meal per month
	Brown Bullhead		
	Largemouth Bass		Do not eat
	Common Carp	Four meals per year	
Rahway River - West Branch at Valley Road Pond (Union Co.)	Brown Bullhead	One meal per month	
	Common Carp	One meal per month	Do not eat
	Largemouth Bass	One meal per week	One meal per month
Raritan River - North Branch at Branchburg (Somerset Co.)	American Eel	One meal per week	One meal per month
	Yellow Bullhead		
	Smallmouth Bass	No restrictions	
	Redbreast Sunfish		One meal per week
Raritan River - South Branch at Flemington (Hunterdon Co.)	American Eel	One meal per month	Do not eat
	Brown Trout	No restrictions	One meal per week
	Redbreast Sunfish		
	Smallmouth Bass	One meal per week	
	Yellow Bullhead		One meal per month
Raritan River - South Branch at High Bridge (Hunterdon Co.)	American Eel	One meal per month	Do not eat
	Redbreast Sunfish	No restrictions	One meal per week
Raritan River - South Branch at Long Valley, Clairmont Sect (Morris Co)	Brown Trout	No restrictions	One meal per week

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WATER BODY and Nearest Town	SPECIES	GENERAL POPULATION EAT NO MORE THAN:	HIGH-RISK INDIVIDUAL EAT NO MORE THAN:
Raritan River- South Branch at Neshanic Station (Somerset Co.)	Largemouth Bass	One meal per week	One meal per week
	Smallmouth Bass		One meal per month
	Rock Bass	No restrictions	
	Redbreast Sunfish		One meal per week
	Brown Bullhead		
	Common Carp	One meal per week	One meal per month
	American Eel	One meal per month	Do not eat
Raritan River confluence of the Millstone River, at Millstone (Somerset Co.)	Brown Bullhead	No Restrictions	
	Channel Catfish	One meal per month	Do not eat
	American Eel		
	Common Carp		
	Largemouth Bass	One meal per week	One meal per month
	Smallmouth Bass	No restrictions	
	White Catfish		
	Redbreast Sunfish		One meal per week
Rockaway River at Powerville (Morris Co.)	Largemouth Bass	One meal per week	Do not eat
	Chain Pickerel	No restrictions	One meal per month
	Rock Bass		
	Yellow Bullhead		One meal per week
	Bluegill Sunfish		
Rockaway River at Whippany (Morris Co.)	Largemouth Bass	One meal per week	Do not eat
	Black Crappie	No restrictions	One meal per month
	Bluegill Sunfish		One meal per week
	Brown Bullhead		

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WATER BODY and Nearest Town	SPECIES	GENERAL POPULATION EAT NO MORE THAN:	HIGH-RISK INDIVIDUAL EAT NO MORE THAN:
Rosedale Lake at Pennington (Mercer Co.)	Black Crappie	No restrictions	One meal per week
	Bluegill Sunfish		No restrictions
	Largemouth Bass		One meal per month
	Common Carp	One meal per week	
Round Valley Reservoir at Lebanon (Hunterdon Co.)	Bluegill Sunfish	No restrictions	One meal per week
	White Catfish		
	Lake Trout	One meal per month	
	Channel Catfish		
	Largemouth Bass	One meal per week	One meal per month
Saw Mill Lake at Colesville (Sussex Co.)	Northern Pike	No restrictions	One meal per month
	Brown Bullhead		No restrictions
	Largemouth Bass	**No restrictions**	**One meal per month**
	Bluegill Sunfish		**One meal per week**
	American Eel	**One meal per week**	
Shadow Lake at Red Bank (Monmouth Co.)	Largemouth Bass	No restrictions	One meal per week
Shenandoah Lake at Lakewood (Ocean Co.)	Largemouth Bass	One meal per week	One meal per month
	Chain Pickerel	No restrictions	
	American Eel	One meal per month	
Sheppards Lake at Ringwood (Passaic Co.)	Largemouth Bass	One meal per week	Do not eat
	Rock Bass	No restrictions	One meal per week
Speedwell Lake at Morristown (Morris Co.)	Bluegill Sunfish	No restrictions	One meal per week
	Chain Pickerel		
	Common carp		

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WATER BODY and Nearest Town	SPECIES	GENERAL POPULATION EAT NO MORE THAN:	HIGH-RISK INDIVIDUAL EAT NO MORE THAN:
Splitrock Reservoir at Marcella (Morris Co.)	Chain Pickerel	No restrictions	One meal per month
	Yellow Perch		One meal per week
	Bluegill Sunfish		
	Brown Bullhead		No restrictions
Spring Lake at Spring Lake (Monmouth Co.)	Largemouth Bass	One meal per week	Do not eat
Spruce Run Reservoir at Clinton (Hunterdon Co.)	Northern Pike	No restrictions	One meal per month
	Hybrid Striped Bass	One meal per month	
	Largemouth Bass	One meal per week	
	Smallmouth Bass		
	Channel Catfish		
	Common Carp		
Stafford Forge Main Line, Stafford Forge (Ocean)**(P)**	Chain Pickerel	One meal per week	Do not eat
Steenykill Lake at Colesville (Sussex Co.)	Largemouth Bass	No restrictions	One meal per week
	Chain Pickerel	**No restrictions**	**One meal per month**
	American Eel	**One meal per week**	
Stewart Lake at Woodbury (Gloucester Co.)	Bluegill Sunfish	One meal per week	One meal per month
	Brown Bullhead		Do not eat
	Largemouth Bass	Four meals per year	
	Common Carp	One meal per month	Do not eat
Stow Creek at Canton (Salem Co.)	American Eel	One meal per week	One meal per month

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WATER BODY and Nearest Town	SPECIES	GENERAL POPULATION EAT NO MORE THAN:	HIGH-RISK INDIVIDUAL EAT NO MORE THAN:
Strawbridge Lake at Moorestown (Burlington Co.)	Largemouth Bass	One meal per month	One meal per year
	Bluegill Sunfish		
	Common Carp	Four meals per year	Do not eat
	Brown Bullhead	One meal per week	Four meals per year
Success Lake at Colliers Mills (Ocean Co.)**(P)**	Chain Pickerel	One meal per week	Do not eat
Sunset Lake at Bridgton (Cumberland Co.)	Largemouth Bass	One meal per week	One meal per month
Swartswood Lake at Swartswood (Sussex Co.)	**Chain Pickerel**	No restrictions	One meal per week
	Smallmouth Bass	**One meal per week**	One meal per month
	Largemouth Bass		**One meal per month**
	American Eel		
	Walleye	**No restrictions**	
	Bluegill Sunfish		**No restrictions**
Swimming River Reservoir at Lincroft (Monmouth Co)	Largemouth Bass	One meal per week	One meal per month
	American Eel	One meal per month	
Toms River-Ridgeway Branch (Ocean Co.)	Brown Bullhead	One meal per month	Do not eat
	Chain Pickerel		
Turn Mill Pond at Colliers Mill (Ocean Co)**(P)**	Largemouth Bass	One meal per week	One meal per month
	American Eel	One meal per week	
Union Lake at Millville (Cumberland Co.)	White Perch	One meal per week	Do not eat
	Brown Bullhead		
	Largemouth Bass	One meal per month	
	Chain Pickerel		
	Bluegill Sunfish	One meal per week	One meal per month

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WATER BODY and Nearest Town	SPECIES	GENERAL POPULATION EAT NO MORE THAN:	HIGH-RISK INDIVIDUAL EAT NO MORE THAN:
Wading River at Wading River (Burlington Co.) **(P)**	Brown Bullhead	One meal per week	Do not eat
	Chain Pickerel		
	White Catfish		
	Yellow Bullhead	One meal per month	
Wanaque Reservoir at Wanaque (Passaic Co.)	Chain Pickerel	One meal per week	One meal per month
	Smallmouth Bass		
	Largemouth Bass		Do not eat
	White Perch		
	White Catfish	No restrictions	One meal per month
	Brown Bullhead		No restrictions
	Yellow Bullhead		One meal per week
Wawayanda Lake at Highland Lakes (Sussex Co.)	Chain Pickerel	No restrictions	One meal per month
	Largemouth Bass	One meal per week	Do not eat
	Yellow Bullhead		One meal per month
Weequahic Park Lake at Newark (Essex Co.)	Largemouth Bass	One meal per month	One meal per month
	Common Carp		Do not eat
	Bluegill	One meal per week	One meal per week
	White Perch	No restrictions	
	Brown Bullhead		No restrictions
Weston Mill Pond at New Brunswick (Middlesex Co.)	Brown Bullhead	One meal per week	One meal per month
	Largemouth Bass		
	Yellow Perch	No restrictions	
	Black Crappie		
	Chain Pickerel		
	Bluegill Sunfish		One meal per week
	American Eel	One meal per month	Do not eat

WATERBODY SPECIFIC ADVISORIES: FRESHWATER LOCATIONS

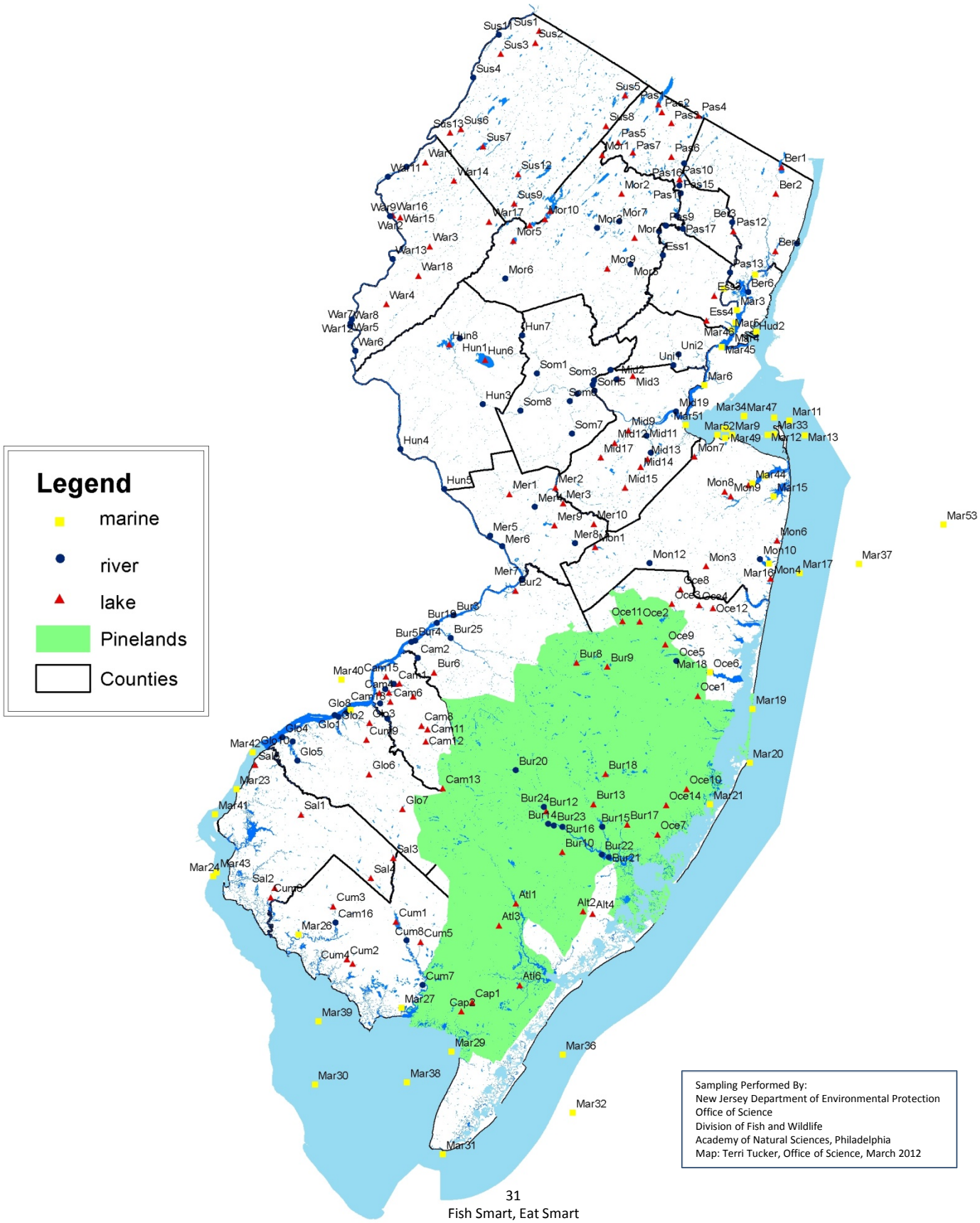
Also follow All GENERAL, STATEWIDE and PINELANDS REGION ADVISORIES

WATER BODY and Nearest Town	SPECIES	GENERAL POPULATION EAT NO MORE THAN:	HIGH-RISK INDIVIDUAL EAT NO MORE THAN:
White Lake at Blairstown (Warren Co.)	**Largemouth Bass**	**One meal per week**	**One meal per month**
	Chain Pickerel	**No restrictions**	
	Bluegill Sunfish		**One meal per week**
	American Eel	**One meal per week**	
Whitesbog Pond at Whitesbog, (Ocean Co) **(P)**	Chain Pickerel	One meal per week	Do not eat
Willow Grove Lake at Malaga (Cumberland Co.) **(P)**	Brown Bullhead	No restrictions	One meal per month
	Chain Pickerel	One meal per week	Do not eat
	Largemouth Bass		
	Yellow Bullhead		
Wilson Lake at Fries Mills (Gloucester Co.)	Chain Pickerel	One meal per month	Do not eat
	Pumpkinseed Sunfish		
	Yellow Perch		
	Largemouth Bass		
Woodstown Memorial Lake at Woodstown (Salem Co.)	Black Crappie	No restrictions	One meal per month
	Largemouth Bass		

(1) High-Risk Individuals include infants, children, pregnant women, nursing mothers and women of childbearing age.
(2) One meal is defined as an eight-ounce serving
(3) Eat only the fillet portions of the fish. Use proper trimming techniques to remove fat, and cooking methods that allow juices to drain from the fish (e.g., baking, broiling, frying, grilling, and steaming). See text for full description.
(4) Sunfish includes bluegill, pumpkinseed, and redbreast sunfish species.
(5) **No harvest** means no taking or attempting to take any blue crabs from these waters.

Notes: Not all fish species available were collected and/or analyzed from all waterways
* = Selling these species for human consumption from designated New Jersey waters is prohibited.
(P) = Pineland Region Advisories Apply

New Jersey Fish Tissue Sampling Sites 2012



Sampling Sites by County

Atlantic County

Alt2	Atlantic City Reservoir Upper @ Pomona	Lake
Alt4	Atlantic City Reservoir Lower @ Pomona	Lake
Atl1	Lake Lenape	Lake
Atl6	Corbin City Impoundment # 3 @ Corbin City	Lake
Atl3	Maple Lake	Lake

Bergen County

Ber6	Hackensack River @ Laurel Hill	River
Ber7	Hudson River, Alpine to Upper NY Bay	River
Ber1	LakeTappan	Lake
Ber2	Oradell Reservoir	Lake
Ber4	Overpeck Creek Lake	Lake
Ber3	Passaic River at Elmwood Park	River

Burlington County

Bur10	Atsion Lake	Lake
Bur12	Batsto Lake	Lake
Bur2	Crystal Lake	Lake
Bur1	Delaware River at Crosswicks Creek	River
Bur5	Delaware River at Palmyra	River
Bur4	Delaware River at Riverton	River
Bur3	Delaware River mouth of Neshaminy Creek	River
Bur19	Delaware River, Trenton to Camden	River
Bur13	Harrisville Pond	Lake
Bur17	Lake Absegami	Lake
Bur8	Mirror Lake	Lake
Bur20	Mullica River @ Green Bank	River
Bur21	Mullica River @ New Gretna	River
Bur22	Mullica River @ Swan Point WMA	River
Bur23	Mullica River below Batsto Dam @ Sweetwater	River
Bur24	Mullica River from Atsion to Pleasantville	River
Bur14	Mullica River upstream of Conf. W/ Batsto River	River
Bur16	Mullican River between Green Bank and Batsto	River
Bur18	Oswego Lake	Lake
Bur25	Rancocas Creek @ Delran	River
Bur6	Strawbridge Lake	Lake
Bur15	Wading River	River
Bur9	Whitesbog Pond	Lake

Camden County

Cam9	Big Timber Creek @ Runnemede	River
Cam12	Clementon Lake	Lake
Cam16	Cohansey River @ Bridgeton	River
Cam15	Cooper River @ Camden	Lake
Cam3	Cooper River ar Cooper River Lake	River
Cam14	Cooper River Park Lake @ Marina	Lake
Cam1	Copper River Park Lake @ Launch Ramp	Lake
Cam17	Evans Pond	Lake
Cam6	Haddon Lake	Lake
Cam8	Kirkwood Lake @ Lindenwold	Lake
Cam11	Linden Lake	Lake
Cam7	Little Timber Creek	River
Cam13	New Brooklyn Lake	Lake
Cam5	Newton Creek	River
Cam18	Newton Lake @ Collingswood	Lake
Cam4	Newton Lake @Gloucester City	Lake
Cam2	Pennsauken Creek at Forked Landing	River

Cape May County

Cap2	East Creek Pond	Lake
Cap1	Lake Nummy	Lake

Cumberland County

Cum2	Cedar Lake	Lake
Cum4	Cedarville Ponds	Lake
Cum9	Marlton Lake @ Marlton	Lake
Cum7	Maurice River @ Mauricetown	River
Cum8	Maurice River downstream from Millville	River
Cum5	Menantico Sand Ponds	Lake
Cum6	Stow Creek Canton	Lake
Cum3	Sunset Lake	Lake
Cum1	Union Lake @Millville	Lake

Essex County

Ess3	Branchbrook Park Lake	Lake
Ess1	Passaic River @ Hatfield Swamp (West Caldwell)	River
Ess4	Weequahic Lake	Lake

Gloucester County

Glo6	Alcyon Lake	Lake
Glo8	Delaware River @ West Deptford	River
Glo2	Delaware River at Mantua Creek	River
Glo1	Delaware River at Paulsboro	River
Glo4	Raccoon Creek Mouth & Bridgeport	River
Glo10	Racoon Creek @ Bridgeport	River
Glo5	Rancocas Creek @ Swedesboro	River
Glo3	Stewart Lake	Lake
Glo7	Wilson Lake	Lake

Hunterdon County

Hun5	Delaware -Raritan Canal @ Lambertville	River
Hun4	Delaware River at Byram	River
Hud2	Hudson River, Uppe NY Bay @ Caven Point	River
Hun7	Lamington River @ Lamington	River
Hun1	Raritan River South @ High Bridge	River
Hun3	Raritan River South @Flemington	River
Hun6	Round Valley Reservoir	Lake
Hun8	Spruce Run Reservoir @ Clinton	Lake

Mercer County

Mer8	Assunpink Creek @ Windsor	River
Mer2	Carnegie Lake	Lake
Mer7	Crosswicks Creek	River
Mer4	Delaware -Raritan Canal @ Port Mercer	River
Mer5	Delaware -Raritan Canal @ Trenton	River
Mer6	Delaware River at Trenton	River
Mer3	Grovers Mill Pond	Lake
Mer9	Lake Mercer @ Edinburg	Lake
Mer10	Peddie Lake @ Hightstown	Lake
Mer1	Rosedale Lake	Lake

Middlesex County

Mid4	Bound Brook @ New Market Pond Dam	River
Mid17	Davidson Millpond @ Deans Pond	Lake
Mid14	DeVoe Lake @ Spotswood	Lake
Mid13	Duhernal Lake	Lake
Mid12	Farrington Lake	Lake
Mid15	Lake Manalapan	Lake
Mid2	New Market Pond @ South Plainfield	Lake
Mid7	Raritan River @ Millstone River	River
Mid19	Raritan River @ Rt 35 Victory Bridge	River
Mid10	South River at Old Bridge	River
Mid11	South River at Sayreville	River
Mid3	Spring Lake	Lake
Mid9	Westons Mill Pond	Lake

Middlesex County

Mid4	Bound Brook @ New Market Pond Dam	River
Mid17	Davidson Millpond @ Deans Pond	Lake
Mid14	DeVoe Lake @ Spotswood	Lake
Mid13	Duhernal Lake	Lake
Mid12	Farrington Lake	Lake
Mid15	Lake Manalapan	Lake
Mid2	New Market Pond @ South Plainfield	Lake
Mid7	Raritan River @ Millstone River	River
Mid19	Raritan River @ Rt 35 Victory Bridge	River
Mid10	South River at Old Bridge	River
Mid11	South River at Sayreville	River
Mid3	Spring Lake	Lake
Mid9	Westons Mill Pond	Lake

Monmouth County

Mon1	Assunpink Lake	Lake
Mon6	Deal Lake @ Interlaken	Lake
Mon7	Lake Lefferts	Lake
Mon3	Manasquan Reservoir	Lake
Mon8	Marlu Lake	Lake
Mon12	Metedeconk R. North Branch @ Siloam	River
Mon5	Shadow Lake	Lake
Mon10	Shark River @ Brighton Ave Bridge	River
Mon4	Spring Lake	Lake
Mon9	Swimming River Reservoir	Lake

Morris County

Mor4	Boonton Reservoir @Boonton	Lake
Mor5	Budd Lake	Lake
Mor10	Lake Hopatcong @ Lake Hopatcong SP	Lake
Mor1	Oak Ridge Reservoir	Lake
Mor6	Raritan River South-@ Clairemont Stretch	River
Mor3	Rockaway River	River
Mor7	Rockaway River @ Powerville	River
Mor8	Rockaway/ Whippany River	River
Mor9	Speedwell Lakes @ Morristown(Lake Pocahontas)	Lake
Mor2	Splitrock Reservoir	Lake

Ocean County

Oce3	Butterfly Pond	Lake
Oce1	Double Trouble State Park Lake	Lake
Oce8	Enno Lake (Bennetts Pond)	Lake
Oce9	Horicon Lake	Lake
Oce4	Lake Carasaljo	Lake
Oce10	Lake Manahawkin	Lake
Oce12	Lake Shenandoah	Lake
Oce7	Pohatcong Lake	Lake
Oce5	Ridgeway Branch of Toms River	River
Oce14	Stafford Forge Lake	Lake
Oce2	Success Lake	Lake
Oce6	Toms River	River
Oce11	Turn Mill Lake	Lake

Passaic County

Pas5	Clinton Reservoir	Lake
Pas12	Dundee Lake	Lake
Pas7	Echo Lake	Lake
Pas2	Green Turtle Lake	Lake
Pas1	Greenwood Lake	Lake
Pas3	Monksville Reservoir	Lake
Pas9	Passaic River - Great Piece	River
Pas13	Passaic River @ Lyndhurst	River
Pas17	Passaic River @ Pomption River (Two Bridges)	River
Pas18	Passaic River, Rt 280 to Two Bridges	River
Pas10	Pompton Lake @ Pompton Lake	Lake
Pas14	Pompton River at Lincoln Park	River
Pas16	Ramapo Lake @ Wanaque	River
Pas15	Ramapo River @ Pompton Plains	River
Pas11	Ramapo River at Pompton	River
Pas4	Sheppard Pond	Lake
Pas6	Wanaque Reservoir	Lake

Salem County

Sal5	DOD Lake @ Penns Grove	Lake
Sal2	Maskells Millspond	Lake
Sal4	Parvin Lake	Lake
Sal3	Willow Grove Lake	Lake
Sal1	Woodstown Memorial Lake @ Woodstown	Lake

Somerset County

Som3	Bound Brook @ Shepard Rd.	River
Som4	Bound Brook at Bound Brook	River
Som7	Delaware -Raritan Canal @ Griggstown	River
Som5	Delaware -Raritan Canal @ South Bound Brook	River
Som2	Green Brook @ Madison Ave. Bridge	River
Som6	Millstone River @Manville	River
Som8	Raritan River at Neshanic Station	River
Som1	Raritan River North Branch at Branchburg	River

Sussex County

Sus13	Blue Mountain Lake @ Five Points	Lake
Sus8	Canistear Reservoir	Lake
Sus9	Cranberry Lake	Lake
Sus6	Crater Lake	Lake
Sus11	Delaware River @ Montague	River
Sus4	Delaware River Upstream of Water Gap	River
Sus3	Hainsville Pond	Lake
Sus12	Lake Aeroflex @ Andover (New Wawayanda Lake)	Lake
Sus10	Lake Hopatcong	Lake
Sus14	Lake Musconetcong @ Stanhope	Lake
Sus2	Sawmill Pond @ Colesville	Lake
Sus1	Steeny Kill Lake	Lake
Sus7	Swartswood Lake	Lake
Sus5	Wawayanda Lake	Lake

Union County

Uni1	Rahway River at Milton Lake	River
Uni2	Rahway River at Valley Road Pond	River

Warren County

War17	Allamuchy Pond @ Allamuchy	Lake
War1	Catfish Pond	Lake
War16	Columbia Lake @ Columbia Wma	Lake
War15	Delaware Lake @ Columbia	Lake
War11	Delaware River - Upstream of Easton	River
War8	Delaware River @ Phillipsburg	River
War9	Delaware River @ Portland	River
War10	Delaware River @ Smithfield Beach	River
War7	Delaware River at Easton	River
War5	Delaware River at Lehigh River	River
War6	Delaware River at Raubsville	River
War2	Delaware River Phillipsburg to Water Gap	River
War12	Delaware River Upstream of Easton	River
War13	Delaware River, Phillipsburg to Water Gap	River
War18	Furnace Lake	Lake
War4	Merrill Creek Reservoir	Lake
War3	Mountain Lake @Buttsville	Lake
War14	White Lake @ Blairstown	Lake

Marine

Mar6	Arthur Kill	Marine
Mar31	Atlantic Ocean about 1 mile S. of Cape May	Marine
Mar37	Atlantic Ocean about 12 miles E. of Belmar	Marine
Mar20	Atlantic Ocean at Barnegat Light	Marine
Mar19	Atlantic Ocean at Island Beach State Park	Marine
Mar36	Atlantic Ocean east of Sea Isle City	Marine
Mar11	Atlantic Ocean just N of Sandy Hook	Marine
Mar35	Atlantic Ocean just N.W. of Sandy Hook	Marine
Mar13	Atlantic Ocean North	Marine
Mar17	Atlantic Ocean off Belmar	Marine
Mar32	Atlantic Ocean, Sea Isle City to Cape May	Marine
Mar21	Barnegat Bay @ Manahawkin Bay	Marine
Mar18	Barnegat Bay at Toms River	Marine
Mar26	Cohansey River at Greenwich	Marine
Mar38	Delaware Bay @ Shoals	Marine
Mar30	Delaware Bay at Bower's Beach, DE	Marine
Mar39	Delaware Bay C&D Canal -Cape May	Marine
Mar29	Delaware Bay West of Reeds Beach	Marine
Mar40	Delaware River @ Fort Mifflin	Marine
Mar23	Delaware River at Deepwater	Marine
Mar22	Delaware River at National Park	Marine
Mar24	Delaware River at Port Penn	Marine
Mar41	Delaware River from DE-PA to C&D Canal	Marine
Mar42	Delaware River, Camden to DE-PA Line	Marine
Mar43	Delaware River/Bay @ Reedy Island	Marine
Mar10	E. Raritan Bay at Keansburg	Marine
Mar1	Hackensack River @ Rt3 Bridge	Marine
Mar27	Maurice River at Port Norris	Marine
Mar14	Navesink River at Fairhaven	Marine
Mar44	Navesink River@ Red Bank	Marine
Mar53	New York Bight @Mud Hole	Marine
Mar4	Newark Bay @ Port Newark	Marine
Mar46	Newark Bay @ Turnpike Bridge	Marine
Mar45	Newark Bay at Shooter Island	Marine
Mar2	Passaic River by Kearny	Marine
Mar3	Passaic River Lower @ Newark Bay	Marine
Mar50	Raritan Bay @ Keansburg	Marine
Mar49	Raritan Bay @ Keansburg Area	Marine
Mar47	Raritan Bay @ Lower Bay	Marine
Mar51	Raritan Bay @ South Amboy	Marine
Mar52	Raritan Bay @ Union Beach	Marine
Mar34	Raritan Bay at Lower Bay	Marine
Mar9	Raritan Bay Lower at Union Beach	Marine
Mar33	Sandy Hook Bay @ Sandy Hook	Marine
Mar12	Sandy Hook Bay Near Earle Pier	Marine
Mar16	Shark River at Belmar	Marine
Mar15	Shrewsbury River at Oceanport	Marine
Mar5	Upper Bay	Marine

The NJDEP and NJDHSS can provide more information on the advisories and the health effects of chemical contaminants in the fish. To stay current with advisory updates and to request additional information, please contact the NJDEP, Office of Science at 1-609-984-6070 or check the websitewww.FishSmartEatSmartNJ.org or the NJDHSS at 1-609-826-4935.