



## Massachusetts Department of Public Health

### Fish Consumption Advice for Marine and Fresh Water Bodies

**Guidelines for children under 12 years old; and people who are pregnant, nursing, or may become pregnant:**

**Do Not Eat:**

- Freshwater fish caught in streams, rivers, lakes, and ponds in Massachusetts
  - See more specific consumption advice here (<https://www.mass.gov/lists/fish-consumption-advisories>) for certain freshwater bodies that have been tested. You may also call the Bureau of Climate and Environmental Health at 617-624-5757.
- Bluefish caught off the Massachusetts coast
- Lobsters, flounder, soft-shell clams and bivalves from Boston Harbor

**Safe To Eat:**

- Fish that are stocked in streams, rivers, lakes, and ponds in Massachusetts, with the exception of waterbodies where there are consumption advisories for per- and polyfluoroalkyl substances (PFAS)
  - See waterbody-specific consumption advice here: <https://www.mass.gov/lists/fish-consumption-advisories>

**Guidelines for everyone, including the groups listed above:**

**Do Not Eat:**

- Fish, shellfish, or lobsters from Area I of New Bedford Harbor
- Lobsters or bottom feeding fish from Area II of New Bedford Harbor
- Lobsters from Area III of New Bedford Harbor
- Lobster tomalley

**A varied diet, including safe fish, will lead to good nutrition and better health.**

**For additional advice about safe fish consumption, please visit:**

**[www.fda.gov/fishadvice](http://www.fda.gov/fishadvice) and [www.epa.gov/fishadvice](http://www.epa.gov/fishadvice)**

**For information on Fish Consumption Advisories, please scan the QR codes from a mobile device.**



DPH Fish Consumption Advisory website



FDA Advice about Eating Fish website



EPA Choose Fish and Shellfish Wisely website