



## Massachusetts Department of Public Health

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

**MDPH guidelines for pregnant women, women who may become pregnant, nursing mothers, and children under 12 years old:**

**Do Not Eat:** Freshwater fish caught in streams, rivers, lakes, and ponds in Massachusetts\*

**Safe To Eat:** Fish that are stocked in streams, rivers, lakes, and ponds in Massachusetts

**Do Not Eat:** Bluefish caught off the Massachusetts coast

**Do Not Eat:** Lobsters, flounder, soft-shell clams and bivalves from Boston Harbor

**MDPH 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

**Do Not Eat:** Lobster tomalley

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

**In 2017, the federal government issued 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)**

\*More specific consumption advice is available for certain freshwater bodies that have been tested at: <http://www.mass.gov/dph/fishadvisories> or by calling the Massachusetts Department of Public Health, Bureau of Environmental Health at 617-624-5757.

Revised 2017