

**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.

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| 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.

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