

# Freshwater Fish Consumption Advisory List

Massachusetts Department of Public Health

Bureau of Climate and Environmental Health

(617) 624-5757

January 2025

WATERBODY	MUNICIPALITY	HAZARD(S)*	MEAL ADVICE** Sensitive populations***	MEAL ADVICE** General population
Aaron River Reservoir	Cohasset, Hingham, Scituate	Mercury	Do not eat any fish	Do not eat Chain Pickerel, Yellow Perch Limit other species to 2 meals/month
Alewife Brook and Little River	Arlington, Belmont, Cambridge, Somerville	PCBs	Do not eat Carp	Limit Carp to 2 meals/month
Ames Pond	Tewksbury	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Ashfield Pond	Ashfield	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Ashland Reservoir	Ashland	Mercury, PFAS	Do not eat any fish	Limit all fish to 1 meal/month
Ashley Lake	Washington	Mercury	Do not eat Yellow Perch	Limit Yellow Perch to 2 meals/month
Ashmere Lake	Hinsdale, Peru	Mercury	Do not eat Chain Pickerel, Largemouth Bass	Limit Chain Pickerel, Largemouth Bass to 2 meals/month
Ashumet Pond	Mashpee, Falmouth	Mercury, PFAS	Do not eat any fish	Do not eat any fish
Asnacomet Pond	Hubbardston	PFAS	Do not eat any fish****	Limit all fish to 1 meal/week
Atkins Reservoir	Amherst, Shutesbury	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Attitash, Lake	Amesbury, Merrimac	Mercury, PFAS	Do not eat any fish	Do not eat Largemouth Bass Limit other species to 2 meals/month
Badluck Lake	Douglas	Mercury	Do not eat any fish	Do not eat any fish
Baker Pond	Brewster, Orleans	Mercury	Do not eat Yellow Perch	Limit Yellow Perch to 2 meals/month
Baldpate Pond	Boxford	Mercury	Do not eat any fish	Do not eat Largemouth Bass Limit other species to 2 meals/month
Ballardvale Impoundment of Shawsheen River	Andover	Mercury	Do not eat Black Crappie, Largemouth Bass	Limit Black Crappie, Largemouth Bass to 2 meals/month
Bare Hill Pond	Harvard	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Bearse Pond	Barnstable	Mercury	Do not eat Largemouth Bass, Smallmouth Bass	Limit Largemouth Bass, Smallmouth Bass to 2 meals/month

Fish consumption advisories for contaminants other than PFAS apply to the consumption of all native game fish but do not apply to stocked trout at a waterbody (unless otherwise specified).

\* See page 17 for hazard codes.

\*\* Uncooked serving sizes should be 8 to 12 oz. of fish for adults and children over 12, with smaller amounts for younger children.

\*\*\*Sensitive populations include children under 12; and people who are nursing, pregnant, or may become pregnant

\*\*\*\*This waterbody has not been evaluated for mercury. Per DPH's statewide fish consumption advisory for mercury, sensitive populations should not eat fish from this waterbody until more information on mercury levels is available.

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Beaver Pond	Bellingham, Milford	Mercury	Do not eat Largemouth Bass, Chain Pickerel	Limit Largemouth Bass, Chain Pickerel to 2 meals/month
Beck Pond	Hamilton	Mercury	Do not eat Chain Pickerel	Limit Chain Pickerel to 2 meals/month
Big Pond	Otis	Mercury	Do not eat any fish	Do not eat Largemouth Bass Limit other species to 2 meals/month
Blackstone River	Blackstone, Grafton, Millbury, Millville, Northbridge, Sutton, Uxbridge, Worcester	PFAS	Do not eat any fish****	Limit all fish to 2 meals/month
Boon, Lake	Hudson, Stow	Mercury, PFAS	Do not eat Black Crappie, Largemouth Bass Limit other species to 1 meal/6 months	Limit all fish to 1 meal/2 months
Box Pond	Bellingham, Mendon	DDT	Do not eat White Sucker	Do not eat White Sucker
Bracket Reservoir (Framingham Reservoir #2) – See Sudbury River				
Browning Pond	Oakham, Spencer	Mercury	Do not eat Largemouth Bass, Yellow Perch	Limit Largemouth Bass, Yellow Perch to 2 meals/month
Buck Pond	Westfield	PFAS	Do not eat any fish****	Limit all fish to 2 meals/month
Buckley Dunton Lake	Becket	Mercury	Do not eat any fish	Do not eat Largemouth Bass
Buffomville Lake	Charlton, Oxford	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Burr's Pond	Seekonk	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Cabot Pond – See Rumford River				
Canton River (between the Neponset River and Neponset Street dam)	Canton	PCBs, DDT	Do not eat any fish	Do not eat American Eel, White Sucker Limit other species to 2 meals/month
Cedar Swamp Pond	Milford	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Chadwicks Pond	Boxford, Haverhill	Mercury	Do not eat any fish	Do not eat any fish
Charles River (between the Medway Dam in Franklin and Medway and the South Natick Dam in Natick)	Dover, Franklin, Medfield, Medway, Millis, Natick, Norfolk, Sherborn	Mercury, Chlordane, DDT	Do not eat any fish	Limit all fish to 2 meals/month

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Charles River (between the South Natick Dam in Natick and the Museum of Science Dam in Boston/Cambridge)	Boston, Cambridge, Dedham, Dover, Natick, Needham, Newton, Watertown, Wellesley, Weston, Waltham	PCBs, Pesticides, PFAS	Do not eat Carp, Largemouth Bass Limit other species to 1 meal/6 months	Do not eat Carp Limit other species to 1 meal/6 months
Chebacco Lake	Essex, Hamilton	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Chicopee Reservoir	Chicopee	PFAS	Do not eat any fish	Do not eat any fish
Chicopee River	Palmer, Ludlow, Wilbraham, Springfield, Chicopee	PFAS	Do not eat any fish****	Limit all fish to 2 meals/month
Clay Pit Pond	Belmont	Chlordane	Do not eat any fish	Do not eat any fish
Cleveland Pond	Abington	Mercury	Do not eat Black Crappie	Limit Black Crappie to 2 meals/month
Cochato River, Ice Pond and Sylvan Lake	Randolph, Holbrook, Braintree	Pesticides	Do not eat any fish	Do not eat American Eel, Brown Bullhead, Carp Limit other species to 2 meals/month
Cochichewick, Lake	North Andover	Mercury, PFAS	Do not eat Largemouth Bass, Smallmouth Bass Limit other species to 1 meal/month	Limit all fish to 2 meals/month
Cochituate, Lake (including Middle, North, South, and Carling Basins)	Framingham, Natick, Wayland	PCBs, PFAS	Do not eat any fish	Do not eat American Eel Limit other species to 1 meal/2 months
Concord River (from confluence with Sudbury and Assabet Rivers to the Faulkner Dam in Billerica)	Concord, Carlisle, Bedford, Billerica, Lowell	Mercury, PFAS	Do not eat any fish	Do not eat Largemouth Bass Limit other species to 2 meals/month
Congomond Lake	Southwick	PFAS	Do not eat any fish****	Limit all fish to 1 meal/week
Connecticut River	Northfield, Gill, Erving, Montague, Greenfield, Deerfield, Sunderland, Whately, Hatfield, Hadley, Northampton, Easthampton, South	PCBs, PFAS	Do not eat any fish	Do not eat American Eel, Channel Catfish, White Catfish, Yellow Perch Limit other species to 2 meals/month

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	Hadley, Holyoke, Chicopee, West Springfield, Springfield, Agawam, Longmeadow			
Coonamessett Pond	Falmouth	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Copicut Reservoir	Dartmouth, Fall River	Mercury	Do not eat any fish	Do not eat any fish
Copicut River	Dartmouth, Fall River	PCBs, Mercury	Do not eat any fish	Do not eat American Eel Limit Largemouth Bass to 2 meals/month
Cornell Pond	Dartmouth	PCBs, Mercury	Do not eat any fish	Do not eat American Eel Limit Largemouth Bass to 2 meals/month
Crocker Pond	Westminster	PFAS	Do not eat any fish****	Limit all fish to 1 meal/2 months
Crystal Lake	Haverhill	Mercury	Do not eat any fish	Do not eat Largemouth Bass Limit other species to 2 meals/month
Damon Pond	Chesterfield, Goshen	Mercury	Do not eat Chain Pickerel, Largemouth Bass	Limit Chain Pickerel, Largemouth Bass to 2 meals/month
Dennison, Lake	Winchendon	Mercury, PFAS	Do not eat Largemouth Bass Limit other species to 1 meal/month	Limit all fish to 2 meals/month
Dodgeville Pond – See Mechanics Pond				
Drinkwater River/ Indian Head River/North River (Between the Forge Pond Dam in Hanover and Route 3 in Norwell/Pembroke) and Factory Pond	Hanson, Hanover, Norwell, Pembroke	Mercury	Do not eat any fish	Do not eat any fish
Duck Pond	Wellfleet	Mercury	Do not eat any fish	Do not eat any fish
Dunn Pond	Gardner	PFAS	Do not eat any fish****	Limit all fish to 1 meal/month
Dyer Pond	Wellfleet	Mercury	Do not eat any fish	Do not eat any fish
East Brimfield Reservoir	Brimfield, Sturbridge	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
East Monponsett Pond	Halifax	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Echo Lake	Hopkinton, Milford	Mercury	Do not eat any fish	Do not eat Largemouth Bass Limit other species to 2 meals/month
Ezekiel Pond	Plymouth	Mercury	Do not eat Chain Pickerel, Largemouth Bass	Limit Chain Pickerel, Largemouth Bass to 2 meals/month

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Factory Pond – See Drinkwater River				
Fall Brook Reservoir	Leominster	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Falls Pond (All Basins)	North Attleboro	Mercury, PFAS	Do not eat Largemouth Bass Limit other species to 1 meal/6 months	Limit all fish to 1 meal/2 months
Farrar Pond	Lincoln	Mercury	Do not eat Black Crappie, Chain Pickerel, Largemouth Bass	Limit Black Crappie, Chain Pickerel, Largemouth Bass to 2 meals/month
Fearing Pond	Plymouth	PFAS	Do not eat any fish****	Limit all fish to 2 meals/week
Flax Pond	Lynn	DDT, Chlordane	Do not eat American Eel, White Perch	Do not eat American Eel
Flax Pond (Picture Lake)	Bourne	PFAS	Do not eat any fish****	Limit all fish to 1 meal/week
Flint Pond	Tyngsborough	Mercury, PFAS	Do not eat any fish	Do not eat Largemouth Bass Limit other species to 1 meal/6 months
Forest Lake	Methuen	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Forge Pond	Littleton, Westford	Mercury, PFAS	Do not eat Largemouth Bass Limit other species to 1 meal/6 months	Limit all fish to 1 meal/2 months
Fort Meadow Reservoir	Hudson, Marlborough	Chlordane	Do not eat White Sucker	Limit White Sucker to 2 meals/month
Foster Pond	Swampscott	DDT	Do not eat American Eel	Do not eat American Eel
Fosters Pond	Andover, Wilmington	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Freeman Lake – See Newfield Pond				
French River (Between the Hodges Village Dam in Oxford and the North Webster Village Pond Dam in Webster)	Oxford, Webster	Mercury	Do not eat any fish	Do not eat Largemouth Bass Limit other species to 2 meals/month
Fresh Pond	Plymouth	Mercury	Do not eat Chain Pickerel, Largemouth Bass	Limit Chain Pickerel, Largemouth Bass to 2 meals/month
Fulton Pond - See Rumford River				
Gales Pond	Warwick	Mercury	Do not eat Yellow Perch	Limit Yellow Perch to 2 meals/month
Garfield, Lake	Monterey	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Gibbs Pond	Nantucket	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Goodrich Pond	Pittsfield	PCBs	Do not eat any fish	Do not eat any fish
Great Herring Pond	Bourne, Plymouth	Mercury	Do not eat Smallmouth Bass	Limit Smallmouth Bass to 2 meals/month

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Great Pond	Truro	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Great Pond	Wellfleet	Mercury	Do not eat any fish	Do not eat any fish
Great South Pond	Plymouth	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Grews Pond	Falmouth	PFAS	Do not eat any fish****	Limit all fish to 2 meals/week
Grove Pond	Ft. Devens, Ayer	Mercury	Do not eat any fish	Do not eat any fish
Haggetts Pond	Andover	Mercury	Do not eat any fish	Do not eat Largemouth Bass Limit other species to 2 meals/month
Halfway Pond	Plymouth	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Hamblin Pond	Barnstable	Mercury	Do not eat Smallmouth Bass	Limit Smallmouth Bass to 2 meals/month
Hardwick Pond	Hardwick	Mercury, PFAS	Do not eat Largemouth Bass Limit other species to 2 meals/month	Limit Largemouth Bass to 2 meals/month Limit other species to 2 meals/week
Heard Pond	Wayland	Mercury	Do not eat any fish	Do not eat any fish
Heart Pond	Chelmsford, Westford	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Hickory Hills Lake	Lunenburg	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Hocomonco Pond	Westborough	PAHs	Do not eat any fish	Do not eat any fish
Holland Pond	Brimfield, Holland, Sturbridge	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Hood (or Hoods) Pond	Topsfield, Ipswich	Mercury	Do not eat any fish	Do not eat Largemouth Bass, Yellow Perch Limit other species to 2 meals/month
Hoosic River (from the channelized section in North Adams to the MA/VT state line)	N. Adams, Williamstown	PCBs, PFAS	Do not eat any fish	Do not eat any fish
Hopedale Pond	Hopedale	PFAS	Do not eat any fish****	Limit all fish to 2 meals/month
Horn Pond	Woburn	DDT	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Horseleech Pond	Truro	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Houghton's Pond	Milton	PFAS	Do not eat any fish****	Limit all fish to 1 meal/week

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Housatonic River (See footnote [1])	Dalton, Pittsfield, Lenox, Stockbridge, Lee, Great Barrington, Sheffield	PCBs	Do not eat any fish (also includes frogs and turtles)	Do not eat any fish (also includes frogs and turtles)
Hovey's Pond	Boxford	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Ice Pond – See Cochato River				
Indian Head River – See Drinkwater River				
Ipswich River (between the Bostik Findley Dam in Middleton and the Sylvania Dam in Ipswich)	Boxford, Danvers, Hamilton, Ipswich, Middleton, Peabody, Topsfield, Wenham	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Island Pond	Plymouth	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Jamaica Pond	Boston	PFAS	Do not eat any fish****	Limit all fish to 1 meal/month
Jenkins Pond	Falmouth	PFAS	Do not eat any fish****	Limit all fish to 1 meal/week
Johns Pond	Mashpee	Mercury, PFAS	Do not eat any fish	Do not eat Smallmouth Bass Limit other species to 1 meal/year
Johnsons Pond	Groveland, Boxford	Mercury	Do not eat LMB	Limit LMB to 2 meals/month
Kenoza Lake	Haverhill	Mercury	Do not eat any fish	Do not eat any fish
Kingman Pond – See Rumford River				
Knops Pond	Groton	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Konkapot River (From the Mill River Dam in New Marlborough to its confluence with the Housatonic River)	Sheffield, New Marlborough	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Lakes whose names begin with “Lake” are listed under the second word in their name (so that Lake Pentucket is listed under “Pentucket,” etc.)				
Lashaway, Lake	North Brookfield, East Brookfield	Mercury	Do not eat Largemouth Bass, Smallmouth Bass	Limit Largemouth Bass, Smallmouth Bass to 2 meals/month
Laurel Lake	Erving, Warwick	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Lawrence Pond	Sandwich	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Leverett Pond	Boston, Brookline	DDT	Do not eat Carp	Do not eat Carp

[1] Fish taken from feeder streams to the Housatonic River should be trimmed of fatty tissue prior to cooking.

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Lewin Brook Pond	Swansea	Mercury	Do not eat Black Crappie, Largemouth Bass	Limit Black Crappie, Largemouth Bass to 2 meals/month
Little Chauncy Pond	Northborough	Mercury	Do not eat Black Crappie, Largemouth Bass	Limit Black Crappie, Largemouth Bass to 2 meals/month
Little River – See Alewife Brook				
Locust Pond	Tyngsborough	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Long Pond	Brimfield, Sturbridge	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Long Pond	Dracut, Tyngsboro	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Long Pond	Lakeville, Freetown	PFAS	Do not eat any fish****	Limit all fish to 1 meal/2 months
Long Pond	Rutland	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Long Pond	Wellfleet	Mercury	Do not eat any fish	Do not eat any fish
Long Pond	Yarmouth	PFAS	Do not eat any fish****	Limit all fish to 2 meals/month
Long Pond (Rochester) – See Snipituit Pond				
Long Sought-For Pond	Westford	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Lorraine, Lake	Springfield	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Lost Lake	Groton	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Lowe Pond	Boxford	Mercury	Do not eat any fish	Do not eat Largemouth Bass Limit other species to 2 meals/month
Lowell Canals (see footnote [2])	Lowell	Mercury, Lead, PCBs, DDT	Do not eat any fish	Do not eat American Eel Limit other species to 2 meals/month (see footnote [2])
Lower Mystic Lake	Arlington, Medford	PCBs, DDT	Do not eat White Sucker	Do not eat White Sucker
Malden River	Everett, Malden, Medford	PCBs, Chlordane, DDT	Do not eat any fish	Do not eat any fish
Manchaug Pond	Douglas, Sutton	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Martins Pond	North Reading	Mercury	Do not eat Black Crappie, Largemouth Bass, Yellow Perch	Limit Black Crappie, Largemouth Bass, Yellow Perch to 2 meals/month

[2] For Lowell Canals, the public is advised to consume only the fillet of those species not specifically listed in the advisory.

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Marys Pond	Rochester, Marion	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Mascuppic Lake	Dracut, Tyngsborough	PFAS	Do not eat any fish****	Limit all fish to 1 meal/2 months
Mashpee Pond (Mashpee-Wakeby Pond)	Mashpee, Sandwich	Mercury, PFAS	Do not eat Largemouth Bass, Smallmouth Bass Limit other species to 1 meal/week	Limit Largemouth Bass, Smallmouth Bass to 2 meals/month Limit other species to 1 meal/week
Massapoag Lake	Sharon	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Massapoag Pond	Dunstable, Groton, Tyngsboro	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Mechanics Pond, Dodgeville Pond, and the section of the Ten Mile River that connects them	Attleboro	Chlordane	Do not eat White Perch	Limit White Perch to 2 meals/month
Merrimack River (from the MA/NH state line to Broadway Dam in Lawrence)	Tyngsborough, Chelmsford, Lowell, Dracut, Tewksbury, Andover, Methuen, Lawrence	Mercury, PFAS	Do not eat Largemouth Bass, White Sucker Limit other species to 1 meal/6 months	Limit all fish to 1 meal/2 months
Miacomet Pond	Nantucket	Mercury	Do not eat any fish	Do not eat White Perch Limit other species to 2 meals/month
Mill Pond	Burlington	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Mill Pond	Harwich, Brewster	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Mill Pond (SuAsCo Reservoir) above GH Nichols Dam	Westborough	Mercury	Do not eat any fish	Do not eat Largemouth Bass
Mill River	Hopedale	PCBs	Do not eat any fish	Limit all fish to 2 meals/month

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Millers River and its tributaries (between the confluence with the Otter River in Winchendon and the Connecticut River in Erving/Montague)	Athol, Erving, Montague, Orange, Phillipston, Royalston, Wendell, Winchendon	PCBs, PFAS	Do not eat any fish	Do not eat American Eel, Brown Trout Limit other species to 2 meals/month
Millvale Reservoir	Haverhill	Mercury	Do not eat any fish	Do not eat Largemouth Bass
Mirimichi, Lake	Plainville, Foxboro	PFAS	Do not eat any fish	Limit all fish to 1 meal/year
Mirror Lake	Ft. Devens, Harvard	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Monomonac, Lake and the North branch of Millers River (Between the outlet of Lake Monomonac and the inlet of Whitney Pond)	Winchendon	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Moores Pond	Warwick	Mercury, PFAS	Do not eat American Eel, Chain Pickerel Limit other species to 2 meals/month	Limit American Eel, Chain Pickerel to 2 meals/month Limit other species to 1 meal/week
Morewood Lake	Pittsfield	PCBs	Do not eat any fish	Do not eat any fish
Morses Pond	Wellesley, Natick	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Mother Brook (between Charles River and Knight Street Dam)	Dedham, Boston	Mercury, DDT	Do not eat Carp, Largemouth Bass, White Sucker	Limit Carp, Largemouth Bass, White Sucker to 2 meals/month
Mother Brook (between the Knight Street Dam and the Neponset River)	Boston	PCBs, DDT	Do not eat any fish	Do not eat American Eel, White Sucker Limit other species to 2 meals/month
Muddy River	Boston, Brookline	PCBs	Do not eat any fish	Do not eat American Eel, Brown Bullhead, Carp Limit other species to 2 meals/month
Mystic River (between outlet of Lower Mystic Lake and Amelia Earhart Dam)	Arlington, Everett, Medford, Somerville	PCBs, Chlordane, DDT	Do not eat any fish	Do not eat any fish
Nabnasset Pond	Westford	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month

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WATERBODY	MUNICIPALITY	HAZARD(S)*	MEAL ADVICE** Sensitive populations***	MEAL ADVICE** General population
Nashua River	Clinton, Lancaster, Harvard, Shirley, Devens, Ayer, Groton, Pepperell, Dunstable	PFAS	Do not eat any fish****	Limit all fish to 1 meal/month
Neponset River (between the Hollingsworth & Vose Dam in Walpole and the Walter Baker Dam in Boston)	Boston, Canton, Dedham, Milton, Norwood, Sharon, Walpole, Westwood	PCBs, DDT	Do not eat any fish	Do not eat American Eel, White Sucker Limit other species to 2 meals/month
New Bedford Reservoir	Acushnet	Mercury, DDT	Do not eat American Eel, Largemouth Bass	Limit American Eel, Largemouth Bass to 2 meals/month
Newfield Pond (= Freeman Lake)	Chelmsford	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Nippenicket, Lake	Bridgewater, Raynham	Mercury	Do not eat any fish	Do not eat Largemouth Bass Limit other species to 2 meals/month
Noquochoke Lake	Dartmouth	Mercury, PCBs	Do not eat any fish	Do not eat American Eel, Largemouth Bass Limit other species to 2 meals/month
North River – see Drinkwater River				
Norton Reservoir – See Rumford River				
Nutting Lake	Billerica	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Otis Reservoir	Otis, Tolland	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Otter River (between the Seaman Paper Dam in Templeton and the confluence with the Millers River in Winchendon)	Templeton, Winchendon	PCBs	Do not eat any fish	Do not eat Brown Bullhead, White Sucker Limit other species to 2 meals/month
Oxbow Pond	Easthampton, Northampton	PFAS	Do not eat any fish****	Limit all fish to 2 meals/month
Pearce Lake (Lower Pond)	Saugus	PFAS	Do not eat any fish****	Limit all fish to 2 meals/week
Pelham Lake	Rowe	Mercury, PFAS	Do not eat Largemouth Bass Limit other species to 2 meals/week	Limit Largemouth Bass to 2 meals/month Limit other species to 2 meals/week

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WATERBODY	MUNICIPALITY	HAZARD(S)*	MEAL ADVICE** Sensitive populations***	MEAL ADVICE** General population
Pentucket Pond	Georgetown	Mercury	Do not eat any fish	Do not eat Black Crappie, Largemouth Bass Limit other species to 2 meals/month
Pentucket, Lake	Haverhill	Mercury	Do not eat any fish	Do not eat any fish
Pepperell Pond	Pepperell, Groton	Mercury	Do not eat any fish	Do not eat Largemouth Bass Limit other species to 2 meals/month
Pequot Pond (Hampton Ponds)	Westfield, Southampton	PFAS	Limit all fish to 1 meal/6 months	Limit all fish to 1 meal/2 months
Peters Pond	Sandwich	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Pettee Pond	Walpole, Westwood	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Plainfield Pond	Plainfield	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Pleasant Pond	Hamilton, Wenham	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Plowshop Pond	Ft. Devens, Ayer	Mercury	Do not eat any fish	Do not eat any fish
Plunkett Reservoir	Hinsdale	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Pomps Pond	Andover	Mercury	Do not eat any fish	Do not eat Largemouth Bass Limit other species to 2 meals/month
Ponkapoag Pond	Canton, Randolph	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Pontoosuc Lake	Pittsfield, Lanesborough	Mercury, PFAS	Do not eat Largemouth Bass Limit other species to 2 meals/month	Limit Largemouth Bass to 2 meals/month Limit other species to 1 meal/week
Populatic Pond	Franklin, Medway, Norfolk	Mercury, Chlordane, DDT	Do not eat any fish	Limit all fish to 2 meals/month
Powder Mill Pond	Barre	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Puffer Pond	Ft. Devens Sudbury Training Annex, Maynard	Mercury	Do not eat any fish	Do not eat any fish
Quabbin & Wachusett Reservoirs (See footnote [3])	New Salem, Shutesbury, Petersham, Hardwick, Ware, Pelham, Belchertown, Boylston, West Boylston, Sterling, Clinton	Mercury	See footnote [3]	See footnote [3]

[3] Children younger than 12 years, pregnant women, and nursing women should not consume fish except for lake trout less than 24 inches long and salmon. All other people should not eat smallmouth bass, largemouth bass, or lake trout greater than 24 inches long; may eat unlimited amounts of salmon and lake trout less than 24 inches long; and should limit consumption of all other Quabbin and Wachusett Reservoir fish species to one five-ounce meal per week.

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WATERBODY	MUNICIPALITY	HAZARD(S)*	MEAL ADVICE** Sensitive populations***	MEAL ADVICE** General population
Quaboag Pond	E. Brookfield, Brookfield	Mercury	Do not eat any fish	Do not eat Largemouth Bass Limit other species to 2 meals/month
Quannapowitt, Lake	Wakefield	DDT, PFAS	Do not eat Carp Limit other species to 1 meal/6 months	Limit all fish to 1 meal/month
Quinebaug River (from dam at Hamilton Reservoir through East Brimfield Reservoir/Long Pond, including Holland Pond)	Brimfield, Holland, Sturbridge	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Quinsigamond, Lake	Worcester, Shrewsbury	PFAS	Limit all fish to 1 meal/6 months	Limit all fish to 1 meal/2 months
Red Bridge Pond	Wilbraham	Mercury	Do not eat Black Crappie, Largemouth Bass	Limit Black Crappie, Largemouth Bass to 2 meals/month
Reservoir #6	Sutton	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Reservoir Pond	Canton	Mercury	Do not eat Largemouth Bass, White Perch	Limit Largemouth Bass, White Perch to 2 meals/month
Rice City Pond	Northbridge, Uxbridge	PCBs, DDT	Do not eat any fish	Do not eat Carp, White Sucker Limit other species to 2 meals/month
Ripple, Lake	Grafton	PFAS	Do not eat any fish****	Limit all fish to 1 meal/6 months
Riverdale Pond	Northbridge	PCBs	Do not eat any fish	Limit all fish to 2 meals/month
Robbins Pond	East Bridgewater, Halifax	PFAS	Do not eat any fish****	Limit all fish to 2 meals/month
Rock Pond	Georgetown	Mercury	Do not eat any fish	Do not eat Largemouth Bass Limit other species to 2 meals/month
Rohunta, Lake (Middle, North, and South Basins)	Orange, Athol, New Salem	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Rolling Dam Impoundment	Blackstone	PCBs, DDT	Do not eat any fish	Do not eat Carp, White Sucker Limit other species to 2 meals/month
Round Pond	Hamilton	Mercury	Do not eat Chain Pickerel and Largemouth Bass	Limit Chain Pickerel and Largemouth Bass to 2 meals/month
Round Pond East	Truro	Mercury	Do not eat any fish	Do not eat any fish
Round Pond West	Truro	Mercury	Do not eat Yellow Perch	Limit Yellow Perch to 2 meals/month
Rumford River (from Glue Factory Pond Dam; Fulton, Kingman, & Cabot ponds; Norton reservoir)	Foxborough, Mansfield, Norton	Dioxin, Pesticides	Do not eat any fish	Do not eat any fish
Ryder Pond	Truro	Mercury	Do not eat any fish	Do not eat any fish
Sabbatia, Lake	Taunton	PFAS	Do not eat any fish****	Limit all fish to 1 meal/2 months

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WATERBODY	MUNICIPALITY	HAZARD(S)*	MEAL ADVICE** Sensitive populations***	MEAL ADVICE** General population
Saltonstall, Lake	Haverhill	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Sampsons Pond	Carver	Mercury, DDT	Do not eat Brown Bullhead, White Perch	Limit Brown Bullhead, White Perch to 2 meals/month
Sandy Pond	Ayer	PFAS	Do not eat any fish****	Limit all fish to 2 meals/month
Sargent Pond	Leicester	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Sawdy Pond	Fall River, Westport	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Shawsheen River - See Ballardvale Impoundment				
Sheep Pond	Brewster	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Sherman Reservoir	Rowe, Monroe	Mercury	Do not eat any fish	Do not eat Yellow Perch Limit other species to 2 meals/month
Shirley Lake	Lunenburg	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Shubael Pond	Barnstable	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Silver Lake	Pittsfield	PCBs	Do not eat any fish	Do not eat any fish
Silver Lake	Wilmington	Mercury, DDT	Do not eat Largemouth Bass, Yellow Bullhead	Limit Largemouth Bass, Yellow Bullhead to 2 meals/month
Slough Pond	Truro	Mercury	Do not eat any fish	Do not eat Largemouth Bass Limit other species to 2 meals/month
Snake Pond	Sandwich	Mercury, PFAS	Do not eat any fish	Do not eat Smallmouth Bass Limit other species to 2 meals/month
Snipituit Pond and Long Pond	Rochester	Mercury	Do not eat Black Crappie, Largemouth Bass	Limit Black Crappie, Largemouth Bass to 2 meals/month
Snow Pond	Truro	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
South Pond ( = Quacumquasit Pond)	Sturbridge, Brookfield, E. Brookfield	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
South Watuppa Pond	Fall River, Westport	PFAS	Do not eat any fish****	Limit all fish to 1 meal/2 months
Spectacle Pond	Sandwich	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Spectacle Pond	Wellfleet	Mercury	Do not eat Yellow Perch	Limit Yellow Perch to 2 meals/month
Spicket River - See Stevens Pond & Spicket River				
Spy Pond	Arlington	DDT, Chlordane	Do not eat Carp	Do not eat Carp

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WATERBODY	MUNICIPALITY	HAZARD(S)*	MEAL ADVICE** Sensitive populations***	MEAL ADVICE** General population
Stern Reservoir (Framingham Reservoir #1) – See Sudbury River				
Stevens Pond	North Andover	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Stevens Pond & Spicket River (from Stevens Pond to Music Hall Dam in Methuen)	Lawrence, Methuen	Mercury, DDT	Do not eat Carp, Largemouth Bass, White Sucker	Limit Carp, Largemouth Bass, White Sucker to 2 meals/month
Stiles Pond	Boxford	DDT	Do not eat American Eel	Limit American Eel to 2 meals/month
Stockbridge Bowl	Stockbridge	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Studley Pond	Rockland	PFAS	Do not eat any fish	Limit all fish to 1 meal/year
Sudbury Reservoir	Marlborough, Southborough	Mercury	Do not eat any fish	Do not eat Bass
Sudbury River (from Ashland to its confluence with the Assabet and Concord Rivers), Stern Reservoir, and Bracket Reservoir	Ashland, Framingham, Wayland, Sudbury, Lincoln, Concord	Mercury	Do not eat any fish	Do not eat any fish
Sylvan Lake – See Cochato River				
Ten Mile River – see Mechanics Pond				
Texas Pond (= Thayer Pond)	Oxford	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Thayer Pond – see Texas Pond				
Tom Nevers Pond	Nantucket	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Turner Pond	Dartmouth, New Bedford	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Upper Naukeag Lake	Ashburnham	Mercury	Do not eat any fish	Do not eat Largemouth Bass, Smallmouth Bass Limit other species to 2 meals/month
Upper Reservoir	Westminster	Mercury	Do not eat any fish	Do not eat Largemouth Bass Limit other species to 2 meals/month
Upper Spectacle Pond	Otis, Sandisfield	PFAS	Do not eat any fish****	Limit all fish to 1 meal/week
Wachusett Lake	Princeton, Westminster	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Wachusett Reservoir – See Quabbin Reservoir				
Waite Pond	Leicester	Mercury	Do not eat any fish	Do not eat Chain Pickerel Limit other species to 2 meals/month

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Wakeby Pond (Mashpee-Wakeby Pond)	Mashpee, Sandwich	Mercury, PFAS	Do not eat Largemouth Bass, Smallmouth Bass Limit other species to 1 meal/week	Limit Largemouth Bass, Smallmouth Bass to 2 meals/month Limit other species to 1 meal/week
Walden Pond	Concord	Mercury, PFAS	Do not eat Largemouth Bass, Smallmouth Bass Limit other species to 1 meal/month	Limit all fish to 2 meals/month
Walden Pond	Lynn, Lynnfield, Saugus	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Wallum Lake	Douglas	PFAS	Limit all fish to 1 meal/month	Limit all fish to 2 meals/month
Wampanoag, Lake	Ashburnham, Gardner	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Ware River	Barre, Hardwick, Hubbardston, Princeton, Ware, Westminster, Warren, Palmer	PFAS	Do not eat any fish****	Limit all fish to 2 meals/month
Warner's Pond	Concord	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Watson Pond	Taunton	PFAS	Limit all fish to 2 meals/month	Limit all fish to 1 meal/week
Webster Lake (Chaubunagungamaug)	Webster	PFAS	Do not eat any fish****	Limit all fish to 2 meals/month
Wenham Lake	Beverly, Wenham	Mercury, DDT	Do not eat any fish	Do not eat American Eel, Largemouth Bass Limit other species to 2 meals/month
Wequaquet Lake	Barnstable	Mercury	Do not eat Largemouth Bass, Smallmouth Bass	Limit Largemouth Bass, Smallmouth Bass to 2 meals/month
West Lake	Sandisfield	PFAS	Do not eat any fish****	Limit all fish to 2 meals/week
West Monponsett Pond	Halifax, Hanson	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
White Pond	Dennis, Harwich	Mercury	Do not eat any fish	Limit all fish to 2 meals/month
Whitehall Reservoir	Hopkinton	Mercury	Do not eat any fish	Do not eat Yellow Bullhead Limit other species to 2 meals/month
Whitings Pond	North Attleborough, Plainville	Mercury	Do not eat Bluegill, Largemouth Bass	Limit Bluegill, Largemouth Bass to 2 meals/month
Whitmans Pond	Weymouth	DDT, PFAS	Do not eat any fish	Do not eat American Eel Limit other species to 1 meal/2 months
Whitney Pond	Winchendon	Mercury	Do not eat any fish	Do not eat Chain Pickerel Limit other species to 2 meals/month
Wickaboag, Lake	West Brookfield	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month

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Willet Pond	Walpole, Norwood, Westwood	Mercury	Do not eat Largemouth Bass	Limit Largemouth Bass to 2 meals/month
Windsor Lake	Windsor	Mercury	Do not eat Largemouth Bass	Do not eat Largemouth Bass
Winthrop, Lake	Holliston	Dioxin, PFAS	Do not eat any fish	Do not eat any fish
Wrights Reservoir	Gardner, Westminster	Mercury	Do not eat any fish	Limit all fish to 2 meals/month

**Hazard Codes:**

DDT=dichlorodiphenyltrichloroethane  
PAHs=polycyclic aromatic hydrocarbons  
PCB=polychlorinated biphenyls  
PFAS=per- and polyfluoroalkyl substances

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