

Catch the Latest Advice

[health.ny.gov/fish](http://health.ny.gov/fish)

MAPS  
INSIDE

# NEW YORK CITY AND LONG ISLAND

## Health Advice on Eating Fish You Catch

**Advice by Fish!**

Don't skip  
*How to Use This Guide*  
on page 2.



Marine Waters and  
Long Island Fresh Waters

Fishing is a fun, healthy activity for the whole family and fish are a great choice for a healthy diet. However, some fish contain chemicals at levels that can be harmful. This guide can help you make healthier choices about eating the fish you catch. There is different advice based on who you are, where you fish, what you catch, and how much fish you eat.

## How to Use This Guide







### By Fish:







- 1 Catch a fish!
- 2 Using the "Advice by Fish" below, find the advice for your fish.












### By Water:











- 1 Check for specific advisories by water using the list on page 38.
- 2 If the water or fish isn't listed, follow the statewide advice on page 37 for freshwater fish and the advice listed on pages 34-35 for marine fish.

## Advice by Fish

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**Special Considerations for Fishing and Shellfishing in New York City**

All fresh waterbodies in New York City parks are catch and release only and are not regularly monitored for contaminants. For more information visit:

<http://www.eregulations.com/newyork/fishing/special-regulations-waters-new-york-city/>

In addition, all New York City waters are closed to shellfishing (harvesting of clams, mussels, oysters, or scallops). For information about shellfishing in Long Island waters, visit [www.dec.ny.gov/outdoor/345.html](http://www.dec.ny.gov/outdoor/345.html).

**What About Tributaries and Connected Waters?**

The health advice also applies to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream. This is because chemicals remain in fish when they move from one waterbody to another. If you are not sure about possible fish barriers near waters where you are fishing, call your Department of Environmental Conservation (DEC) office listed on the back of this booklet.

Check the DEC website for regulations and special restrictions for certain species: [www.dec.ny.gov/outdoor/fishing.html](http://www.dec.ny.gov/outdoor/fishing.html).

**Advice About Fish from Marine Waters**

The New York State Department of Health has limited advice for fish from marine waters. As indicated in the tables, follow the advice provided by the United States Food and Drug Administration (FDA).

**Understanding the Advice**

**Who you are**



People who can get pregnant (under age 50) and children under age 15 should eat less fish. They are the **Sensitive Population** in our advice tables.



Chemicals in fish can have a greater effect on childhood development and babies. Many of these chemicals can stay in the body for decades. People who eat highly contaminated fish and become pregnant may be at a higher risk of having children who are slower to develop and learn. Some chemicals also can be passed on to a child in breast milk.

Everyone else may have fewer health risks from eating fish. They are the **General Population** on our advice tables.

**What you catch**



Each fish has specific advice for how much to eat.

Some fish species have higher levels of chemicals than others, even if they are caught in the same waters. Smaller fish usually have lower levels of mercury and polychlorinated biphenyls (PCBs) than larger, older fish of the same species.

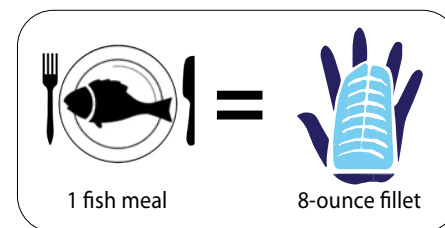
**Where you fish**



This guide can help you choose better waters if you are eating the fish you catch. Some waters have higher levels of chemicals than others due to industrial and commercial sources of pollution.

**How much you eat**

If you eat an 8-ounce serving of fish every week, you can reduce health risks by carefully following our health advice.





# American eel



Waterbody	General Population	Sensitive Population
Atlantic Ocean	4 meals/month	1 meal/month
Block Island Sound		
Gardiners Bay		
Jamaica Bay		
Long Island Sound & South Shore		
Lower New York Bay		
Peconic Bay		
Raritan Bay, east of Wolfe's Pond Park		
Freeport Reservoir (Nassau)		
Grant Park Pond (Nassau)		
Hall's Pond (Nassau)		
Lofts Pond (Nassau)		
Massapequa Reservoir (upstream of Long Island Railroad) (Nassau)		
Ridders Pond (Nassau)		
Spring Lake, Middle Island (Suffolk)		
Whitney Park Pond (Nassau)		
Carmans River, tidal and freshwater portion	1 meal/month	DON'T EAT
Forge River, tidal portion from Montauk Highway Dam to Masury Point		
Lake Capri (Suffolk)		
Quantuck Creek, tidal portion between Old Ice Pond and Quioque Point		
Smith Pond, Rockville Center (Nassau)		
Upper Twin Pond (Nassau)		



Waterbody	General Population	Sensitive Population
Arthur Kill	DON'T EAT	DON'T EAT
Bronx River		
Gowanus Canal		
Kill Van Kull		
Newark Bay		
Newtown Creek		
Raritan Bay, west of Wolfe's Pond Park		
Smith Pond, Roosevelt Park (Nassau)		
Upper New York Bay		
East River	No eels may be possessed for food	No eels may be possessed for food
Harlem River		
Hudson River, downstream of the Mario Cuomo Bridge		
<b>All Other Waters</b> 	4 meals/month	1 meal/month



The sensitive population refers to people who can become pregnant (under age 50) and children under 15. The general population refers to everyone else.

Remember, New York City freshwaters are catch and release only - see page 4. The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream.



## Advice by Fish



### Waterbody

### General Population

### Sensitive Population

Atlantic Ocean	FDA does not have guidelines for marine species. If you frequently eat fish, consider following the Sensitive Population advice.	Follow FDA Guidelines 
Block Island Sound		
Gardiners Bay		
Jamaica Bay		
Long Island Sound & South Shore		
Lower New York Bay		
Peconic Bay		
Raritan Bay, east of Wolfe's Pond Park		
Carmans River, tidal portion from Southaven Park Dam to Beaverdam Road	FDA does not have guidelines for marine species. If you frequently eat fish, consider following the Sensitive Population advice.	1 meal/month
Forge River, tidal portion from Montauk Highway Dam to Masury Point		
Quantuck Creek, tidal portion between Old Ice Pond and Quioque Point		
Arthur Kill	1 meal/month	DON'T EAT
Bronx River		
East River		
Gowanus Canal		
Harlem River		
Hudson River, downstream of the Mario Cuomo Bridge		
Kill Van Kull		
Newark Bay		
Newtown Creek		
Raritan Bay, west of Wolfe's Pond Park		
Upper New York Bay		


## Blue crab\*



### Waterbody

### General Population

### Sensitive Population

Atlantic Ocean	FDA does not have guidelines for marine species. If you frequently eat fish, consider following the Sensitive Population advice.	Follow FDA Guidelines 
Block Island Sound		
Gardiners Bay		
Jamaica Bay		
Long Island Sound & South Shore		
Lower New York Bay		
Peconic Bay		
Raritan Bay, east of Wolfe's Pond Park		
Carmans River, tidal portion from Southaven Park Dam to Beaverdam Road	FDA does not have guidelines for marine species. If you frequently eat fish, consider following the Sensitive Population advice.	1 meal/month (~ 6 crabs/month)
Forge River, tidal portion from Montauk Highway Dam to Masury Point		
Quantuck Creek, tidal portion between Old Ice Pond and Quioque Point		
Arthur Kill	4 meals/month (~ 6 crabs/week)	DON'T EAT
Bronx River		
East River		
Gowanus Canal		
Harlem River		
Hudson River, downstream of the Mario Cuomo Bridge		
Kill Van Kull		
Newark Bay		
Newtown Creek		
Raritan Bay, west of Wolfe's Pond Park		
Upper New York Bay		

\*Do not eat any crab or lobster tomalley (mustard, hepatopancrease)



The sensitive population refers to people who can become pregnant (under age 50) and children under 15. The general population refers to everyone else.

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# Bluefish



Waterbody	General Population	Sensitive Population		
Atlantic Ocean	4 meals/month	1 meal/month		
Block Island Sound				
Carmans River, tidal portion from Southaven Park Dam to Beaverdam Road				
Forge River, tidal portion from Montauk Highway Dam to Masury Point				
Gardiners Bay				
Jamaica Bay				
Long Island Sound & South Shore				
Lower New York Bay				
Peconic Bay				
Quantuck Creek, tidal portion between Old Ice Pond and Quioque Point				
Raritan Bay, east of Wolfe's Pond Park				
Arthur Kill			1 meal/month	DON'T EAT
Bronx River				
East River				
Gowanus Canal				
Harlem River				
Hudson River, downstream of the Mario Cuomo Bridge				
Kill Van Kull				
Newark Bay				
Newtown Creek				
Raritan Bay, west of Wolfe's Pond Park				
Upper New York Bay				



# Bluegill



Waterbody	General Population	Sensitive Population
Carmans River, upstream of Suffolk Club Dam (Suffolk)	4 meals/month	1 meal/month
Peconic Lake and River, between Edwards Avenue Dam and Peconic Lake Dam (Suffolk)		
Randall Pond (Suffolk)		
Freeport Reservoir (Nassau)	4 meals/month	DON'T EAT
Grant Park Pond (Nassau)		
Hall's Pond (Nassau)		
Lake Capri (Suffolk)		
Lofts Pond (Nassau)		
Massapequa Reservoir (upstream of Long Island Railroad) (Nassau)		
Ridders Pond (Nassau)		
Smith Pond, Rockville Center (Nassau)		
Smith Pond, Roosevelt Park (Nassau)		
Spring Lake, Middle Island (Suffolk)		
Upper Twin Pond (Nassau)		
Whitney Park Pond (Nassau)		
<b>All Other Waters</b> 	4 meals/month	4 meals/month



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# Carp

This fish may not be found in all marine waters listed.



Waterbody	General Population	Sensitive Population
Ridders Pond (Nassau)	4 meals/month	DON'T EAT
Arthur Kill	1 meal/month	DON'T EAT
Bronx River		
East River		
Freeport Reservoir (Nassau)		
Grant Park Pond (Nassau)		
Gowanus Canal		
Harlem River		
Hudson River, downstream of the Mario Cuomo Bridge		
Kill Van Kull		
Lake Capri (Suffolk)		
Lofts Pond (Nassau)		
Massapequa Reservoir (upstream of Long Island Railroad) (Nassau)		
Newark Bay		
Newtown Creek		
Raritan Bay, west of Wolfe's Pond Park		
Smith Pond, Rockville Center (Nassau)		
Smith Pond, Roosevelt Park (Nassau)		
Upper New York Bay		
Upper Twin Pond (Nassau)		
Whitney Park Pond (Nassau)		
Hall's Pond (Nassau)	DON'T EAT	DON'T EAT
Spring Lake, Middle Island (Suffolk)	DON'T EAT	DON'T EAT
<b>All Other Waters</b> 	4 meals/month	1 meal/month

12  The sensitive population refers to people who can become pregnant (under age 50) and children under 15. The general population refers to everyone else.

# Advice by Fish



Channel catfish  
White catfish

These fish may not be found in all marine waters listed.



Waterbody	General Population	Sensitive Population
Freeport Reservoir (Nassau)	1 meal/month	DON'T EAT
Grant Park Pond (Nassau)		
Hall's Pond (Nassau)		
Lake Capri (Suffolk)		
Lofts Pond (Nassau)		
Massapequa Reservoir (upstream of Long Island Railroad) (Nassau)		
Ridders Pond (Nassau)		
Smith Pond, Rockville Center (Nassau)		
Smith Pond, Roosevelt Park (Nassau)		
Spring Lake, Middle Island (Suffolk)		
Upper Twin Pond (Nassau)		
Whitney Park Pond (Nassau)		
Arthur Kill	DON'T EAT	DON'T EAT
Bronx River		
East River		
Gowanus Canal		
Harlem River		
Hudson River, downstream of the Mario Cuomo Bridge		
Kill Van Kull		
Newark Bay		
Newtown Creek		
Raritan Bay, west of Wolfe's Pond Park		
Upper New York Bay		
<b>All Other Waters</b> 	1 meal/month	1 meal/month

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## Chain pickerel




Waterbody	General Population	Sensitive Population
Peconic Lake and River, between Edwards Avenue Dam and Peconic Lake Dam (Suffolk)	1 meal/month	Greater than 20", DON'T EAT; Less than 20", 1 meal/month
Freeport Reservoir (Nassau)	Greater than 20", 1 meal/month; Less than 20", 4 meals/month	DON'T EAT
Grant Park Pond (Nassau)		
Hall's Pond (Nassau)		
Lake Capri (Suffolk)		
Lofts Pond (Nassau)		
Massapequa Reservoir (upstream of Long Island Railroad) (Nassau)		
Ridders Pond (Nassau)		
Smith Pond, Rockville Center (Nassau)		
Smith Pond, Roosevelt Park (Nassau)		
Spring Lake, Middle Island (Suffolk)		
Upper Twin Pond (Nassau)		
Whitney Park Pond (Nassau)		
<b>All Other Waters</b> 	Greater than 20", 1 meal/month; Less than 20", 4 meals/month	1 meal/month



## Gizzard shad



Waterbody	General Population	Sensitive Population
Atlantic Ocean	FDA does not have guidelines for marine species. If you frequently eat fish, consider following the Sensitive Population advice.	Follow FDA Guidelines 
Block Island Sound		
Gardiners Bay		
Jamaica Bay		
Long Island Sound & South Shore		
Lower New York Bay		
Peconic Bay	FDA does not have guidelines for marine species. If you frequently eat fish, consider following the Sensitive Population advice.	1 meal/month
Raritan Bay, east of Wolfe's Pond Park		
Carmans River, tidal portion from Southaven Park Dam to Beaverdam Road		
Forge River, tidal portion from Montauk Highway Dam to Masury Point	DON'T EAT	DON'T EAT
Quantuck Creek, tidal portion between Old Ice Pond and Quioque Point		
Arthur Kill		
Bronx River		
East River		
Gowanus Canal		
Harlem River		
Hudson River, downstream of the Mario Cuomo Bridge		
Kill Van Kull		
Newark Bay		
Newtown Creek		
Raritan Bay, west of Wolfe's Pond Park		
Upper New York Bay		



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# Goldfish

This fish may not be found in all marine waters listed.



Waterbody	General Population	Sensitive Population
Freeport Reservoir (Nassau)	4 meals/month	DON'T EAT
Grant Park Pond (Nassau)		
Lake Capri (Suffolk)		
Massapequa Reservoir (upstream of Long Island Railroad) (Nassau)		
Upper Twin Pond (Nassau)		
Arthur Kill	1 meal/month	DON'T EAT
Bronx River		
East River		
Gowanus Canal		
Harlem River		
Hudson River, downstream of the Mario Cuomo Bridge		
Kill Van Kull		
Lofts Pond (Nassau)		
Newark Bay		
Newtown Creek		
Raritan Bay, west of Wolfe's Pond Park		
Smith Pond, Rockville Center (Nassau)		
Smith Pond, Roosevelt Park (Nassau)		
Upper New York Bay		
Whitney Park Pond (Nassau)		
Hall's Pond (Nassau)	DON'T EAT	DON'T EAT
Ridders Pond (Nassau)		
Spring Lake, Middle Island (Suffolk)		
<b>All Other Waters</b> 	4 meals/month	1 meal/month



# Largemouth bass



Waterbody	General Population	Sensitive Population
Freeport Reservoir (Nassau)	Greater than 15", DON'T EAT; Less than 15", 1 meal/month	DON'T EAT
Grant Park Pond (Nassau)		
Hall's Pond (Nassau)		
Lake Capri (Suffolk)		
Lofts Pond (Nassau)		
Massapequa Reservoir (upstream of Long Island Railroad) (Nassau)		
Ridders Pond (Nassau)		
Smith Pond, Rockville Center (Nassau)		
Smith Pond, Roosevelt Park (Nassau)		
Spring Lake, Middle Island (Suffolk)		
Upper Twin Pond (Nassau)	1 meal/month	DON'T EAT
Whitney Park Pond (Nassau)		
Freshpond, Hither Hills State Park (Suffolk)	1 meal/month	DON'T EAT
Peconic Lake and River, between Edwards Avenue Dam and Peconic Lake Dam (Suffolk)		
Big Reed Pond (Suffolk)	Greater than 15", DON'T EAT; Less than 15", 1 meal/month	DON'T EAT
<b>All Other Waters</b> 	Greater than 15", 1 meal/month; Less than 15", 4 meals/month	1 meal/month




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# Northern pike



Waterbody	General Population	Sensitive Population
Freeport Reservoir (Nassau)	Greater than 26", 1 meal/month; Less than 26", 4 meals/month	DON'T EAT
Grant Park Pond (Nassau)		
Hall's Pond (Nassau)		
Lake Capri (Suffolk)		
Lofts Pond (Nassau)		
Massapequa Reservoir (upstream of Long Island Railroad) (Nassau)		
Ridders Pond (Nassau)		
Smith Pond, Rockville Center (Nassau)		
Smith Pond, Roosevelt Park (Nassau)		
Spring Lake, Middle Island (Suffolk)		
Upper Twin Pond (Nassau)	Greater than 26", 1 meal/month; Less than 26", 4 meals/month	Greater than 26", DON'T EAT; Less than 26", 1 meal/month
Whitney Park Pond (Nassau)		
<b>All Other Waters</b> 	Greater than 26", 1 meal/month; Less than 26", 4 meals/month	Greater than 26", DON'T EAT; Less than 26", 1 meal/month

# New York City Area Marine Waters



Please note that all freshwater bodies in New York City parks are catch and release only, and are not regularly monitored for contaminants. For more information visit: <http://www.eregulations.com/newyork/fishing/special-regulations-waters-new-york-city/>

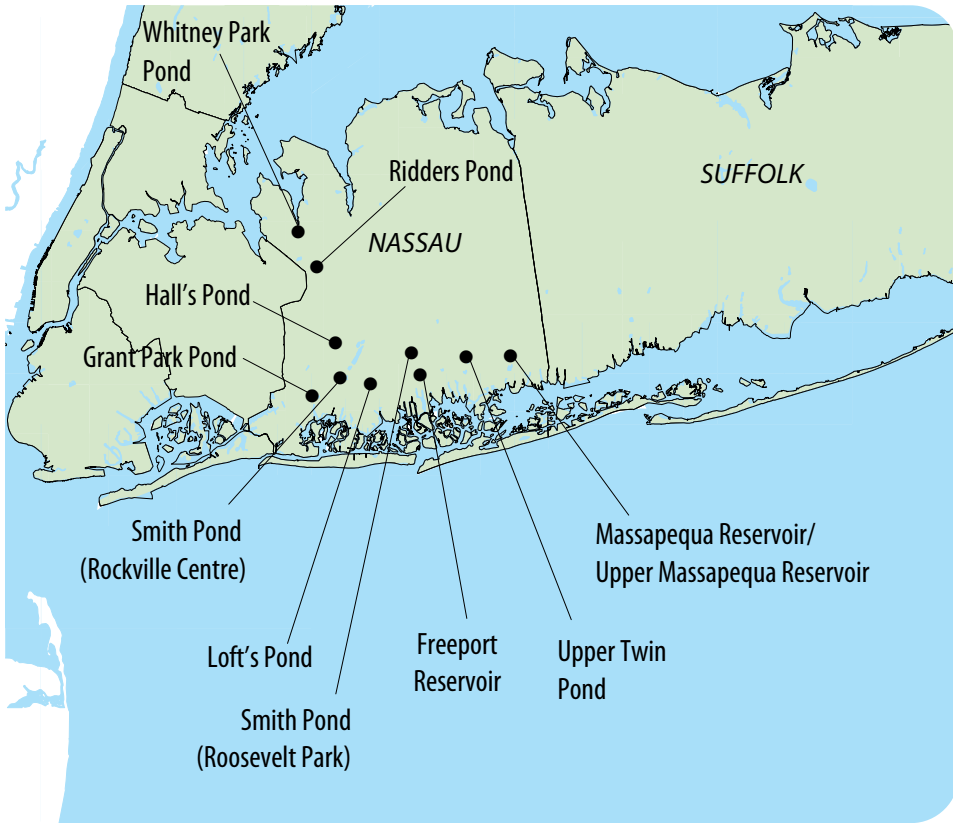
The public is also reminded that all New York City waters are closed to shellfishing (harvesting of clams, mussels, oysters, or scallops). For information about shellfishing in Long Island waters, visit [www.dec.ny.gov/outdoor/345.html](http://www.dec.ny.gov/outdoor/345.html).



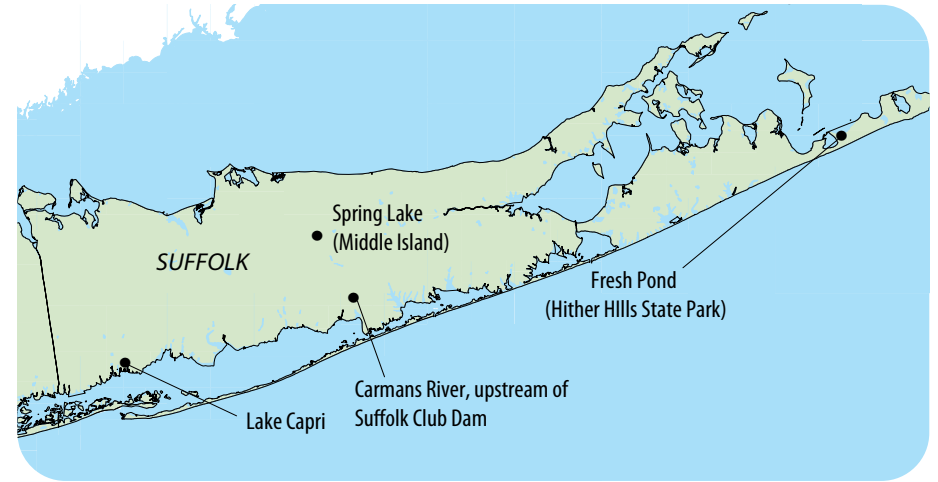
The sensitive population refers to people who can become pregnant (under age 50) and children under 15. The general population refers to everyone else.

Visit [www.health.ny.gov/fish](http://www.health.ny.gov/fish) for the latest fish advisory information.

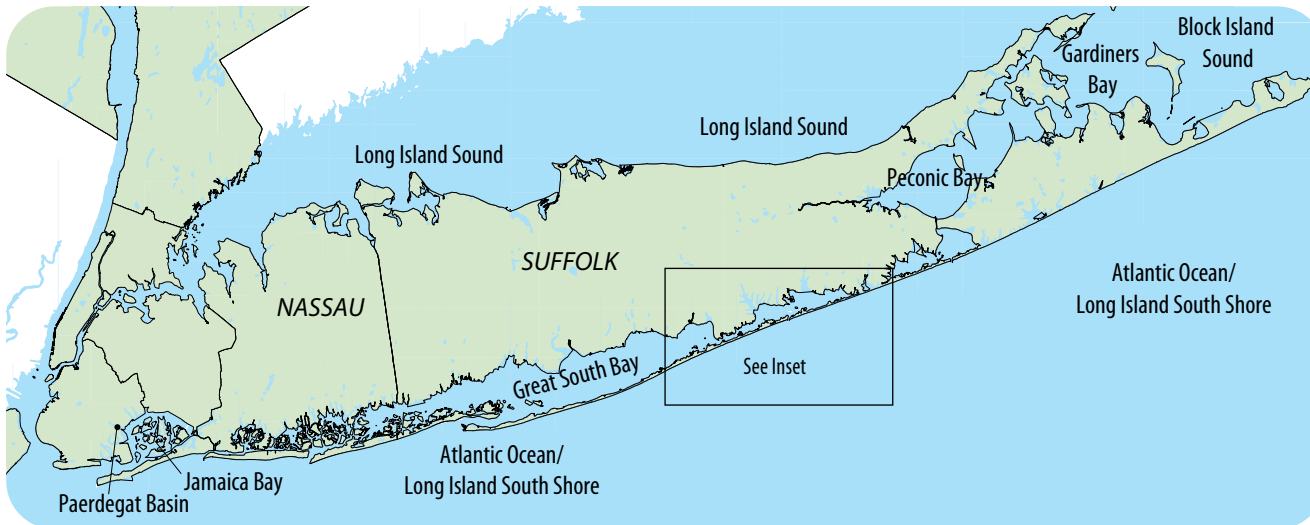
## Nassau County Freshwater Specific Advisories



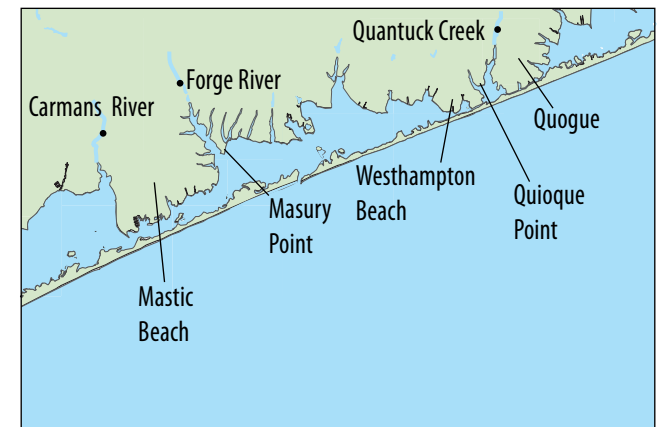
## Suffolk County Freshwater Specific Advisories



## Long Island Marine Waters Map



### Inset





## Pumpkinseed/Sunfish




Waterbody	General Population	Sensitive Population
Carmans River, upstream of Suffolk Club Dam (Suffolk)	4 meals/month	1 meal/month
Donahues Pond (Suffolk)		
Upper Yaphank (Nassau, Suffolk)		
Freeport Reservoir (Nassau)	4 meals/month	DON'T EAT
Grant Park Pond (Nassau)		
Hall's Pond (Nassau)		
Lake Capri (Suffolk)		
Lofts Pond (Nassau)		
Massapequa Reservoir (upstream of Long Island Railroad) (Nassau)		
Ridders Pond (Nassau)		
Smith Pond, Rockville Center (Nassau)		
Smith Pond, Roosevelt Park (Nassau)		
Spring Lake, Middle Island (Suffolk)		
Upper Twin Pond (Nassau)		
Whitney Park Pond (Nassau)		
<b>All Other Waters</b> 		



## Smallmouth bass



Waterbody	General Population	Sensitive Population
Freeport Reservoir (Nassau)	1 meal/month	DON'T EAT
Grant Park Pond (Nassau)		
Hall's Pond (Nassau)		
Lake Capri (Suffolk)		
Lofts Pond (Nassau)		
Massapequa Reservoir (upstream of Long Island Railroad) (Nassau)		
Ridders Pond (Nassau)		
Smith Pond, Rockville Center (Nassau)		
Smith Pond, Roosevelt Park (Nassau)		
Spring Lake, Middle Island (Suffolk)		
Upper Twin Pond (Nassau)		
Whitney Park Pond (Nassau)		
<b>All Other Waters</b> 	1 meal/month	Greater than 15", DON'T EAT; Less than 15", 1 meal/month



The sensitive population refers to people who can become pregnant (under age 50) and children under 15. The general population refers to everyone else.

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# Striped bass

# Advice by Fish



Trout, Brook



Trout, Rainbow



Waterbody	General Population	Sensitive Population		
Atlantic Ocean	4 meals/month	1 meal/month		
Block Island Sound				
Carmans River, tidal portion from Southaven Park Dam to Beaverdam Road				
Forge River, tidal portion from Montauk Highway Dam to Masury Point				
Gardiners Bay				
Jamaica Bay				
Long Island Sound & South Shore				
Lower New York Bay				
Peconic Bay				
Quantuck Creek, tidal portion between Old Ice Pond and Quioque Point				
Raritan Bay, east of Wolfe's Pond Park				
Bronx River			1 meal/month	DON'T EAT
East River				
Gowanus Canal				
Harlem River				
Hudson River, downstream of the Mario Cuomo Bridge				
Newtown Creek				
Raritan Bay, west of Wolfe's Pond Park				
Upper New York Bay				
Arthur Kill	DON'T EAT	DON'T EAT		
Kill Van Kull				
Newark Bay				

Waterbody	General Population	Sensitive Population
Carmans River, upstream of Suffolk Club Dam (Suffolk)	4 meals/month	1 meal/month
Freeport Reservoir (Nassau)	4 meals/month	DON'T EAT
Grant Park Pond (Nassau)		
Hall's Pond (Nassau)		
Lake Capri (Suffolk)		
Lofts Pond (Nassau)		
Massapequa Reservoir (upstream of Long Island Railroad) (Nassau)		
Ridders Pond (Nassau)		
Smith Pond, Rockville Center (Nassau)		
Smith Pond, Roosevelt Park (Nassau)		
Spring Lake, Middle Island (Suffolk)		
Upper Twin Pond (Nassau)		
Whitney Park Pond (Nassau)		
<b>All Other Waters</b> 	4 meals/month	4 meals/month




The sensitive population refers to people who can become pregnant (under age 50) and children under 15. The general population refers to everyone else.

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## Trout, Brown




Waterbody	General Population	Sensitive Population		
Carmans River, upstream of Suffolk Club Dam (Suffolk)	4 meals/month	1 meal/month		
Freeport Reservoir (Nassau)	4 meals/month	DON'T EAT		
Grant Park Pond (Nassau)				
Hall's Pond (Nassau)				
Lake Capri (Suffolk)				
Lofts Pond (Nassau)				
Massapequa Reservoir (upstream of Long Island Railroad) (Nassau)				
Ridders Pond (Nassau)				
Smith Pond, Rockville Center (Nassau)				
Smith Pond, Roosevelt Park (Nassau)				
Spring Lake, Middle Island (Suffolk)				
Upper Twin Pond (Nassau)				
Whitney Park Pond (Nassau)				
<b>All Other Waters</b> 			4 meals/month	Greater than 20", 1 meal/month; Less than 20", 4 meals/month



## Walleye



Waterbody	General Population	Sensitive Population		
Freeport Reservoir (Nassau)	Greater than 19", 1 meal/month; Less than 19", 4 meals/month	DON'T EAT		
Grant Park Pond (Nassau)				
Hall's Pond (Nassau)				
Lake Capri (Suffolk)				
Lofts Pond (Nassau)				
Massapequa Reservoir (upstream of Long Island Railroad) (Nassau)				
Ridders Pond (Nassau)				
Smith Pond, Rockville Center (Nassau)				
Smith Pond, Roosevelt Park (Nassau)				
Spring Lake, Middle Island (Suffolk)				
Upper Twin Pond (Nassau)				
Whitney Park Pond (Nassau)				
<b>All Other Waters</b> 			Greater than 19", 1 meal/month; Less than 19", 4 meals/month	Greater than 19", DON'T EAT; Less than 19", 4 meals/month



The sensitive population refers to people who can become pregnant (under age 50) and children under 15. The general population refers to everyone else.


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# White perch



Waterbody	General Population	Sensitive Population
Atlantic Ocean	FDA does not have guidelines for marine species. If you frequently eat fish, consider following the Sensitive Population advice.	Follow FDA Guidelines 
Block Island Sound		
Gardiners Bay		
Jamaica Bay		
Long Island Sound & South Shore		
Lower New York Bay		
Peconic Bay		
Raritan Bay, east of Wolfe's Pond Park		
Carmans River, tidal portion from Suffolf Club Dam to Beaverdam Road	FDA does not have guidelines for marine species. If you frequently eat fish, consider following the Sensitive Population advice.	1 meal/month
Forge River, tidal portion from Montauk Highway Dam to Masury Point		
Quantuck Creek, tidal portion between Old Ice Pond and Quioque Point		
Bronx River	1 meal/month	DON'T EAT
East River		
Freeport Reservoir (Nassau)		
Grant Park Pond (Nassau)		
Gowanus Canal		
Hall's Pond (Nassau)		
Harlem River		
Hudson River, downstream of the Mario Cuomo Bridge		
Lake Capri (Suffolk)		
Lofts Pond (Nassau)		



Waterbody	General Population	Sensitive Population
Massapequa Reservoir (upstream of Long Island Railroad) (Nassau)	1 meal/month	DON'T EAT
Newtown Creek		
Ridders Pond (Nassau)		
Smith Pond, Rockville Center (Nassau)		
Smith Pond, Roosevelt Park (Nassau)		
Spring Lake, Middle Island (Suffolk)		
Upper New York Bay		
Upper Twin Pond (Nassau)		
Whitney Park Pond (Nassau)		
Arthur Kill	DON'T EAT	DON'T EAT
Kill Van Kull		
Newark Bay		
Raritan Bay, west of Wolfe's Pond Park		
<b>All Other Waters</b> 	1 meal/month	1 meal/month



The sensitive population refers to people who can become pregnant (under age 50) and children under 15. The general population refers to everyone else.

Remember, New York City freshwaters are catch and release only - see page 4. The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream.



## Weakfish




Waterbody	General Population	Sensitive Population
Atlantic Ocean	Greater than 25", 1 meal/month;  Less than 25", 4 meals/month	Greater than 25", DON'T EAT;  Less than 25", 1 meal/month
Block Island Sound		
Gardiners Bay		
Jamaica Bay		
Long Island Sound & South Shore		
Lower New York Bay		
Peconic Bay		
Raritan Bay, east of Wolfe's Pond Park		
Carmans River, tidal portion from Southaven Park Dam to Beaverdam Road		
Forge River, tidal portion from Montauk Highway Dam to Masury Point		
Quantuck Creek, tidal portion between Old Ice Pond and Quioque Point		
Arthur Kill	4 meals/month	DON'T EAT
Bronx River		
East River		
Gowanus Canal		
Harlem River		
Hudson River, downstream of the Mario Cuomo Bridge		
Kill Van Kull		
Newark Bay		
Newtown Creek		
Raritan Bay, west of Wolfe's Pond Park		
Upper New York Bay		



## White sucker



Waterbody	General Population	Sensitive Population
Freeport Reservoir (Nassau)	4 meals/month	DON'T EAT
Grant Park Pond (Nassau)		
Hall's Pond (Nassau)		
Lake Capri (Suffolk)		
Lofts Pond (Nassau)		
Massapequa Reservoir (upstream of Long Island Railroad) (Nassau)		
Ridders Pond (Nassau)		
Smith Pond, Rockville Center (Nassau)		
Smith Pond, Roosevelt Park (Nassau)		
Spring Lake, Middle Island (Suffolk)		
Upper Twin Pond (Nassau)		
Whitney Park Pond (Nassau)		
<b>All Other Waters</b> 	4 meals/month	4 meals/month



The sensitive population refers to people who can become pregnant (under age 50) and children under 15. The general population refers to everyone else.

Remember, New York City freshwaters are catch and release only - see page 4. The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream.



## Yellow perch



Waterbody	General Population	Sensitive Population
Carmans River, upstream of Suffolk Club Dam (Suffolk)	4 meals/month	1 meal/month
Freeport Reservoir (Nassau)	4 meals/month	DON'T EAT
Grant Park Pond (Nassau)		
Hall's Pond (Nassau)		
Lake Capri (Suffolk)		
Lofts Pond (Nassau)		
Massapequa Reservoir (upstream of Long Island Railroad) (Nassau)		
Ridders Pond (Nassau)		
Smith Pond, Rockville Center (Nassau)		
Smith Pond, Roosevelt Park (Nassau)		
Spring Lake, Middle Island (Suffolk)		
Upper Twin Pond (Nassau)		
Whitney Park Pond (Nassau)		
Peconic Lake and River, between Edwards Avenue Dam and Peconic Lake Dam (Suffolk)	1 meal/month	DON'T EAT
<b>All Other Waters</b> 	4 meals/month	Greater than 10", 1 meal/month; Less than 10", 4 meals/month

## All Other Freshwater Fish



Black crappie



Brown bullhead



Muskellunge



Rock bass



Tiger muskellunge



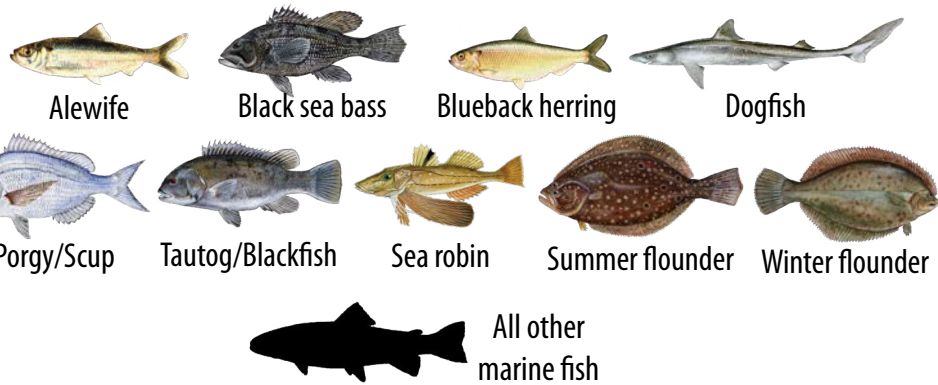
All other freshwater fish




Waterbody	General Population	Sensitive Population
Freeport Reservoir (Nassau)	4 meals/month	DON'T EAT
Grant Park Pond (Nassau)		
Hall's Pond (Nassau)		
Lake Capri (Suffolk)		
Lofts Pond (Nassau)		
Massapequa Reservoir (upstream of Long Island Railroad) (Nassau)		
Ridders Pond (Nassau)		
Smith Pond, Rockville Center (Nassau)		
Smith Pond, Roosevelt Park (Nassau)		
Spring Lake, Middle Island (Suffolk)		
Upper Twin Pond (Nassau)		
Whitney Park Pond (Nassau)		
<b>All Other Waters</b> 		



# All Other Marine Fish



Waterbody	General Population	Sensitive Population
Atlantic Ocean	FDA does not have guidelines for marine species. If you frequently eat fish, consider following the Sensitive Population advice.	Follow FDA Guidelines 
Block Island Sound		
Gardiners Bay		
Jamaica Bay		
Long Island Sound & South Shore		
Lower New York Bay		
Peconic Bay		
Raritan Bay, east of Wolfe's Pond Park	1 meal/month	
Carmans River, tidal portion from Southaven Park Dam to Beaverdam Road		
Forge River, tidal portion from Montauk Highway Dam to Masury Point		
Quantuck Creek, tidal portion between Old Ice Pond and Quioque Point		

Waterbody	General Population	Sensitive Population
Arthur Kill	4 meals/month	DON'T EAT
Bronx River		
East River		
Gowanus Canal		
Harlem River		
Hudson River, downstream of the Mario Cuomo Bridge		
Kill Van Kull		
Newark Bay		
Newtown Creek		
Raritan Bay, west of Wolfe's Pond Park		
Upper New York Bay		

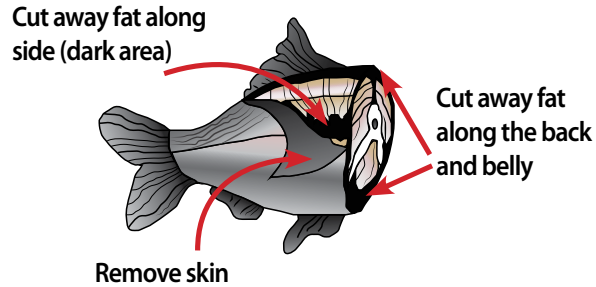


The sensitive population refers to people who can become pregnant (under age 50) and children under 15. The general population refers to everyone else.

Remember, New York City freshwaters are catch and release only - see page 4. The specific health advisories for the waters listed above also apply to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream.

## Tips to Reduce PCBs, Chlordane, Dieldrin, and Dioxin

- PCBs, chlordane, dieldrin, and dioxin are found at higher levels in the fat of fish. Reduce fat by properly trimming, skinning, and cooking your catch:

































- Cooking or soaking fish cannot eliminate the chemicals, but heat from cooking melts some of the fat. Broil, grill, or bake the trimmed, skinned fish on a rack so that the fat drips away. Do not use drippings in sauces or gravies.
- To reduce exposures to PCBs, chlordane, dieldrin, and dioxin, avoid or eat less American eel, bluefish, carp, striped bass, white and channel catfish, and white perch because these fish tend to have higher levels of these contaminants.

## Tips to Avoid Mercury

- The main way to reduce how much mercury you get from fish is to avoid certain species or eat smaller fish within a species.
- To reduce exposures to mercury from freshwater fish, avoid or eat less largemouth and smallmouth bass, northern pike, pickerel, walleye, and larger yellow perch (longer than 10 inches) because these fish tend to have higher mercury levels.
- To reduce exposures to mercury from marine fish, follow the guidelines for supermarket fish available at [www.fda.gov/fishadvice](http://www.fda.gov/fishadvice) for striped bass, bluefish, black sea bass, rockfish, and weakfish.
- Mercury is distributed throughout a fish's muscle tissue (the part you eat), rather than in the fat and skin. Trimming and skinning will not reduce the amount of mercury in a fish meal.

## Statewide Advice for Freshwater Fish

 General Population	This advice is already incorporated into the freshwater "by fish" pages (6-35). When fishing from waters without specific advisories, choose from Best Choice and Good Choice fish to get the most benefits from eating locally-caught fish.	 Sensitive Population
<b>4</b> meals a month	<p style="text-align: center;"><b>*Best Choice Fish*</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">                           Brook trout                     </div> <div style="text-align: center;">                           Brown trout                          less than 20"                     </div> <div style="text-align: center;">                           Rainbow trout                     </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">                           Bluegill                     </div> <div style="text-align: center;">                           Pumpkinseed/                          Sunfish                     </div> <div style="text-align: center;">                           White sucker                     </div> <div style="text-align: center;">                           Yellow perch                          less than 10"                     </div> </div>	<b>4</b> meals a month
<b>4</b> meals a month	<p style="text-align: center;"><b>Good Choice</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">                           Black crappie                     </div> <div style="text-align: center;">                           Brown trout                          greater than 20"                     </div> <div style="text-align: center;">                           Bullhead                     </div> <div style="text-align: center;">                           Chain pickerel                          less than 20"                     </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">                           Carp                     </div> <div style="text-align: center;">                           Lake trout                     </div> <div style="text-align: center;">                           Largemouth bass                          less than 15"                     </div> <div style="text-align: center;">                           Northern pike                          less than 26"                     </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">                           Rock bass                     </div> <div style="text-align: center;">                           Walleye                          less than 19"                     </div> <div style="text-align: center;">                           Yellow perch                          greater than 10"                     </div> <div style="text-align: center;">                           any fish                          not listed                     </div> </div>	<b>1</b> meal a month
<b>1</b> meal a month	<p style="text-align: center;"><b>Eat Less</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">                           Chain pickerel                          greater than 20"                     </div> <div style="text-align: center;">                           Channel catfish                     </div> <div style="text-align: center;">                           Freshwater drum                     </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">                           Largemouth bass                          greater than 15"                     </div> <div style="text-align: center;">                           Smallmouth bass                          less than 15"                     </div> <div style="text-align: center;">                           White perch                     </div> </div>	<b>1</b> meal a month
<b>1</b> meal a month	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">                           Northern pike                          greater than 26"                     </div> <div style="text-align: center;">                           Smallmouth bass                          greater than 15"                     </div> <div style="text-align: center;">                           Walleye                          greater than 19"                     </div> </div>	<b>0</b> DON'T EAT



The sensitive population refers to people who can become pregnant (under age 50) and children under 15. The general population refers to everyone else.

One meal is equal to an 8-ounce portion size (a half-pound).

## Alphabetical Listing of Specific Advisory Waters

Use this list to find out if your waterbody has a specific advisory. The more page numbers listed, the more advisories that water has.

Specific Advisory Water	Page
Arthur Kill	7-10, 12, 13, 15, 16, 24, 29, 30, 35
Atlantic Ocean	6, 8-10, 15, 24, 28, 30, 34
Big Reed Pond (Suffolk)	17
Block Island Sound	6, 8-10, 15, 24, 28, 30, 34
Bronx River	7-10, 12, 13, 15, 16, 24, 28, 30, 35
Carmans River, tidal portion from Southaven Park Dam to Beaverdam Road	6, 8-10, 15, 24, 28, 30, 34
Carmans River, (freshwater) upstream of Suffolk Club Dam (Suffolk)	6, 11, 22, 25, 26, 32
Donahues Pond	22
East River	7-10, 12, 13, 15, 16, 24, 28, 30, 35
Forge River, tidal portion from Montauk Highway Dam to Masury Point	6, 8-10, 15, 24, 28, 30, 34
Freeport Reservoir (Nassau)	6, 11-14, 16-18, 22, 23, 25-28, 31-33
Freshpond, Hither Hills State Park (Suffolk)	17
Gardiners Bay	6, 8-10, 15, 24, 28, 30, 34
Gowanus Canal	7-10, 12, 13, 15, 16, 24, 28, 30, 35
Grant Park Pond (Nassau)	6, 11-14, 16-18, 22, 23, 25-28, 31-33
Hall's Pond (Nassau)	6, 11-14, 16-18, 22, 23, 25-28, 31-33
Harlem River	7-10, 12, 13, 15, 16, 24, 28, 30, 35
Hudson River, downstream of the Mario Cuomo Bridge	7-10, 12, 13, 15, 16, 24, 28, 30, 35
Jamaica Bay	6, 8-10, 15, 24, 28, 30, 34
Kill Van Kull	7-10, 12, 13, 15, 16, 24, 29, 30, 35
Lake Capri (Suffolk)	6, 11-14, 16-18, 22, 23, 25-28, 31-33
Lofts Pond (Nassau)	6, 11-14, 16-18, 22, 23, 25-28, 31-33
Long Island Sound	6, 8-10, 15, 24, 28, 30, 34
Long Island South Shore	6, 8-10, 15, 24, 28, 30, 34
Lower New York Bay	6, 8-10, 15, 24, 28, 30, 34
Massapequa Reservoir (upstream of Long Island Railroad) (Nassau)	6, 11-14, 16-18, 22, 23, 25-27, 29, 31-33
Newark Bay	7-10, 12, 13, 15, 16, 24, 29, 30, 35

Specific Advisory Water	Page
Newtown Creek	7-10, 12, 13, 15, 16, 24, 29, 30, 35
Peconic Bay	6, 8-10, 15, 24, 28, 30, 34
Peconic Lake and River, between Edwards Avenue Dam and Peconic Lake Dam (Suffolk)	11, 14, 17, 32
Quantuck Creek, tidal portion between Old Ice Pond and Quioque Point	6, 8-10, 15, 24, 28, 30, 34
Randall Pond (Suffolk)	11
Raritan Bay, east of Wolfe's Pond Park	6, 8-10, 15, 24, 28, 30, 34
Raritan Bay, west of Wolfe's Pond Park	7-10, 12, 13, 15, 16, 24, 29, 30, 35
Ridders Pond (Nassau)	6, 11-14, 16-18, 22, 23, 25-27, 29, 31-33
Smith Pond, Rockville Center (Nassau)	6, 11-14, 16-18, 22, 23, 25-27, 29, 31-33
Smith Pond, Roosevelt Park (Nassau)	7, 11-14, 16-18, 22, 23, 25-27, 29, 31-33
Spring Lake, Middle Island (Suffolk)	6, 11-14, 16-18, 22, 23, 25-27, 29, 31-33
Upper New York Bay	7-10, 12, 13, 15, 16, 24, 29, 30, 35
Upper Twin Pond (Nassau)	6, 11-14, 16-18, 22, 23, 25-27, 29, 31-33
Upper Yaphank Pond	22
Whitney Park Pond (Nassau)	6, 11-14, 16-18, 22, 23, 25-27, 29, 31-33



**All Other Long Island Freshwaters**  
Follow the statewide advisory on p. 37



**All Other New York City Freshwaters**  
Catch and Release Only!  
[www.eregulations.com/newyork/fishing/special-regulations-waters-new-york-city/](http://www.eregulations.com/newyork/fishing/special-regulations-waters-new-york-city/)



## Fish from Stores and Restaurants



The US Food and Drug Administration (FDA) regulates the sale of commercial fish in markets. Due to concerns about mercury, the Food and Drug Administration (FDA) and the US Environmental Protection Agency (EPA) offers this advice. Pregnant and breastfeeding people, people who may become pregnant, and young children, avoid these fish: shark, swordfish, king mackerel, tuna (bigeye), marlin, orange roughy, and tilefish.

Visit [www.fda.gov/fishadvice](http://www.fda.gov/fishadvice) or [www.epa.gov/fishadvice](http://www.epa.gov/fishadvice) for more information.

## More Information

### New York State Fish Advisories

Department of Health  
[www.health.ny.gov/fish](http://www.health.ny.gov/fish)  
(518) 402-7800  
(800) 458-1158  
[BTSA@health.ny.gov](mailto:BTSA@health.ny.gov)

### New York State Fishing

Department of Environmental Conservation (DEC)  
[www.dec.ny.gov/outdoor/fishing.html](http://www.dec.ny.gov/outdoor/fishing.html)

#### DEC Region 1 - Long Island

(Nassau and Suffolk counties)  
(631) 444-0280  
[fwfish1@dec.ny.gov](mailto:fwfish1@dec.ny.gov)

#### DEC Region 2 - New York City

(Brooklyn, Bronx, Manhattan, Queens, and Staten Island)  
(718) 482-4922  
[fwfish2@dec.ny.gov](mailto:fwfish2@dec.ny.gov)

### Fishing Marine Waters

DEC Bureau of Marine Resources  
(631) 444-0430  
[FW.Marine@dec.ny.gov](mailto:FW.Marine@dec.ny.gov)

I FISH NY NYC and LI Freshwater Fishing Guide:

[www.dec.ny.gov/docs/fish\\_marine\\_pdf/ifnyliandnycfishing.pdf](http://www.dec.ny.gov/docs/fish_marine_pdf/ifnyliandnycfishing.pdf)