



Your Guide to Eating Fish Caught in Florida

Fish Consumption Advisories are published periodically by the State of Florida to alert consumers about the possibility of chemically contaminated fish in Florida waters. The Advisories are meant to inform the public of potential health risks of specific fish species from specific water bodies.

Florida Department of Health

Prepared in cooperation with Florida Department of Environmental Protection and Florida Fish and Wildlife Conservation Commission

Table 1: Eating Guidelines for Fresh Water Fish from Florida Waters
page 2–16

Table 2: Eating Guidelines for Marine and Estuarine Fish From Florida Waters **page 16–17**

Table 3: Eating Fish from Florida Waters with Dioxin, Pesticide, or Saxitoxin Contamination **page 17**

Eat Healthy, Eat Smart

Eating Fish is an important part of a healthy diet. Rich in vitamins and low in fat, fish contains protein we need for strong bodies. It is also an excellent source of nutrition for proper growth and development. In fact, the American Heart Association recommends that you eat two meals of fish or seafood every week.

At the same time, most Florida seafood has low to medium levels of mercury.

Depending on the age of the fish, the type of fish, and the condition of the water the fish lives in, the levels of mercury found in fish are different.

While mercury in rivers, creeks, ponds, and lakes can build up in some fish to levels that can be harmful, most fish caught in Florida can be eaten without harm.

Florida specific guidelines make eating choices easier. To lower the risk of harm from mercury found in fish caught in Florida, guidelines based on tests of various freshwater, marine and estuarine water bodies are enclosed. This information should be used by everyone to determine the type and amount of fish to eat or avoid.

Extra guidelines for women and young children. For most people, the risk of eating fish exposed to mercury is not a health concern. However, developing fetuses and young children are more sensitive to the harmful effects mercury has on the brain than other people. As a result, women of childbearing age and young children should eat less fish than all others to avoid the higher health risks.

Eating fish from commercial, untested or unknown sources. Some fish you eat may not have been caught from water bodies tested for mercury. In cases where women of childbearing age, and young children do not know if the fish has been tested, or when it has been purchased from a store or restaurant, they should:

- Not eat Shark, Swordfish, King Mackerel, or Tilefish because they contain high levels of mercury.
- Eat up to 12 ounces a week of a variety of fish and shellfish that are lower in mercury. Commonly eaten seafood that are low in mercury include Shrimp, canned Light Tuna, Salmon, Pollock, and Catfish OR
- Only eat one 6 ounce meal per month of Largemouth Bass, Bowfin and Gar OR
- Eat up to 6 ounces of Albacore Tuna per week and a second meal of a fish low in mercury, since Albacore ("White Tuna") has more mercury than canned Light Tuna OR
- Eat up to 6 ounces of fish per week from local water bodies not listed in the brochure.

How much fish is considered a meal portion? A meal is 6 ounces of cooked fish.

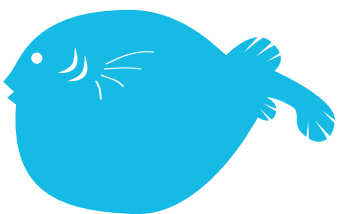
How would I determine the maximum amount of fish to eat each month? Based on recommendations in the charts, the amount of fish eaten from each water body should be added together to figure the maximum amount of fish to eat monthly. Fish from commercial, untested, or unknown sources should also be included when figuring the total amount of fish consumed each month.

Most freshwater fish caught in Florida can be eaten without harm. Bream (such as Bluegill, Redear Sunfish, Redbreast Sunfish or Spotted Sunfish) and marine fish such as Mullet, Snappers, Pompano, Flounder, and Dolphin are generally low in mercury. Review the list of water bodies in this brochure to learn which fish can be consumed regularly and which should be avoided.

AVOID PUFFER OR SUFFER



Do not eat puffer fish caught in the Indian River Lagoon and from waters in Volusia, Brevard, Indian River, St. Lucie and Martin Counties. These include the southern puffer, northern puffer, marbled puffer, bandtail puffer, checkered puffer and least puffer. Eating Puffer fish (also called Blowfish) can cause saxitoxin poisoning which can lead to neurological symptoms such as tingling, burning, numbness, drowsiness, incoherent speech and difficulty breathing. In severe cases, the poisoning can cause death. **Cooking or cleaning the fish will not destroy the toxin.** This toxin also has no taste, color or smell. If you experience any of the symptoms mentioned, contact your physician or visit the emergency room immediately.



The Florida Fish and Wildlife Conservation Commission prohibits the harvesting of puffer fish from the Indian River Lagoon and all other Florida waters of Brevard, Martin, Indian River, Volusia, and St. Lucie Counties. For more information go to http://www.floridamarine.org/features/search_results.asp

Table 1: **Eating Guidelines for Fresh Water Fish from Florida Waters**

LOCATION	COUNTY	SPECIES	Women of childbearing age, young children NUMBER OF MEALS*	All other individuals NUMBER OF MEALS
Alafia River	Hillsborough, Polk	Largemouth Bass, Bowfin, Gar	One per month	One per week
Alapaha River	Hamilton	Redear Sunfish	One per week	Two per week
		Largemouth Bass, Bowfin, Gar	One per month	One per week
Alligator Lake	Osceola	Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
		Bluegill, Redear Sunfish	One per month	Two per week
Anclote River	Pasco	Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
Apalachicola River	Calhoun, Franklin, Gadsden, Gulf, Jackson, Liberty	Flathead Catfish	One per month	Two per week
		Largemouth Bass, Bluegill, Bowfin, Gar	One per month	One per week
Aucilla River	Jefferson, Madison, Taylor	Largemouth Bass, Bowfin, Gar, Spotted Sunfish	One per month	One per week
Barron River and Canal	Collier	Largemouth Bass less than 14 inches, Bowfin, Gar	One per month	Two per week
Bear Lake	Orange	Redear Sunfish	One per week	Two per week
		Largemouth Bass, Bowfin, Gar	One per month	One per week
Bethel Lake	Volusia	Largemouth Bass, Bowfin, Gar	One per month	One per week
		Bluegill, Redear Sunfish	Two per week	Two per week
Big Cypress Preserve	Collier	Largemouth Bass less than 14 inches	DO NOT EAT	One per month
		Largemouth Bass more than 14 inches, Bowfin, Gar	DO NOT EAT	DO NOT EAT
		Warmouth	One per month	One per week
Black Creek Canal (C-1)	Miami-Dade	Butterfly Peacock	One per month	One per week
		Largemouth Bass, Bowfin, Gar	DO NOT EAT	DO NOT EAT
Blackwater River	Santa Rosa	Chain Pickerel, Shadow Bass	DO NOT EAT	One per month
		Largemouth Bass, Bowfin, Gar	One per month	One per week
		Bluegill, Spotted Sunfish, Warmouth	One per month	Two per week
		Long Ear Sunfish, Redear Sunfish	One per week	Two per week
Blue Cypress Lake	Indian River	Bluegill, Redear Sunfish, White Catfish	One per month	Two per week
		Largemouth Bass, Black Crappie, Bowfin, Gar	One per month	One per week
Bonnet Lake	Polk	Largemouth Bass, Bowfin, Gar	One per month	Two per week
Brick Lake	Osceola	Chain Pickerel	DO NOT EAT	DO NOT EAT
		Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
Buck Lake	Brevard	Bluegill, Warmouth	One per month	One per week
		Bluegill	One per month	Two per week
		Redear Sunfish	One per week	Two per week
		Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month

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LOCATION	COUNTY	SPECIES	Women of childbearing age, young children NUMBER OF MEALS*	All other individuals NUMBER OF MEALS
Butler Chain of Lakes (Lakes Down, Butler, Bessie, Louise, Palmer, Chase, Tibet Butler, Sheen, Pocket, and Little Fish)	Orange	Largemouth Bass, Bowfin, Gar	One per month	One per week
South New River Canal (C-11)	Broward	Largemouth Bass less than 14 inches	One per month	Two per week
		Largemouth Bass 14 inches or more, Bowfin, Gar	DO NOT EAT	DO NOT EAT
Aerojet Canal (C-111, C-110)	Miami-Dade	Largemouth Bass less than 14 inches	DO NOT EAT	DO NOT EAT
		Largemouth Bass 14 inches or more, Bowfin, Gar	DO NOT EAT	DO NOT EAT
L-31W Canal	Miami-Dade	Largemouth Bass less than 14 inches	DO NOT EAT	One per month
		Largemouth Bass 14 inches or more, Bowfin, Gar	DO NOT EAT	DO NOT EAT
Cypress Creek Canal (C-14)	Broward	Largemouth Bass less than 14 inches	One per month	One per week
		Largemouth Bass 14 inches or more, Bowfin, Gar	DO NOT EAT	DO NOT EAT
C-17 (Earman Canal)	Palm Beach	Largemouth Bass less than 14 inches, Bowfin, Gar	One per week	Two per week
		Largemouth Bass, Bowfin, Gar	One per month	One per week
Tamiami Canal (C-4) (East of SR 997 [Chrome Ave.])	Miami-Dade	Largemouth Bass less than 14 inches	One per month	One per week
		Largemouth Bass 14 inches or more, Bowfin, Gar	DO NOT EAT	DO NOT EAT
West Palm Beach Canal (C-51)	Palm Beach	Largemouth Bass less than 14 inches	One per month	Two per week
		Largemouth Bass 14 inches or more, Bowfin, Gar	One per month	Two per week
Caloosahatchee River	Glades, Hendry, Lee	Largemouth Bass, Bowfin, Gar	One per month	Two per week
Cherry Lake	Lake	Bluegill, Brown Bullhead	One per month	Two per week
		Redear Sunfish	Two per week	Two per week
		Largemouth Bass, Bowfin, Gar	One per month	One per week
Cherry Lake	Madison	Warmouth	One per month	Two per week
		Largemouth Bass, Bowfin, Gar	One per month	One per week
		Bluegill	One per week	Two per week
Chipola River	Calhoun, Gulf, Jackson	Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
Choctawhatchee River	Bay, Holmes, Walton, Washington	Largemouth Bass, Bowfin, Gar	One per month	One per week
		Bluegill, Redbreast Sunfish, Redear Sunfish, Spotted Sunfish, Warmouth	One per month	Two per week

* All other individuals can eat one meal per week of Largemouth bass, Bowfin and Gar caught from Florida waters not listed in this brochure.

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LOCATION	COUNTY	SPECIES	Women of childbearing age, young children NUMBER OF MEALS*	All other individuals NUMBER OF MEALS
Compass Lake	Taylor	Largemouth Bass, Bowfin, Gar	One per month	One per week
Corbett WMA	Palm Beach	Largemouth Bass, Bowfin, Gar	DO NOT EAT	DO NOT EAT
Cowpen Lake	Putnam	Redear Sunfish	One per month	Two per week
		Bluegill	One per month	One per week
		Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
Crescent Lake	Flagler, Putnam	Redbreast Sunfish	Two per week	Two per week
		Bluegill	One per week	Two per week
		Largemouth Bass, Black Crappie, Bowfin, Gar	One per month	Two per week
Crooked Lake	Polk	Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
Crooked River	Franklin	Largemouth Bass, Bowfin, Gar	DO NOT EAT	DO NOT EAT
Crystal River	Citrus	Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
Cue Lake	Putnam	Largemouth Bass, Bowfin, Gar	One per month	One per week
Dead Lake	Flagler	Largemouth Bass, Bowfin, Gar	One per month	Two per week
Deer Point Lake	Bay	Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
Dinners Lake	Highlands	Redear Sunfish	One per week	Two per week
		Largemouth Bass, Bowfin, Gar	One per month	One per week
Double Pond	Holmes	Largemouth Bass, Bowfin, Gar	One per month	One per week
East Lake Tohopekaliga	Osceola	Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
		Black Crappie, Bluegill, Redear Sunfish, Warmouth	One per month	One per week
Econfina River	Taylor	Redbreast Sunfish, Spotted Sunfish	One per month	Two per week
		Largemouth Bass, Bowfin, Gar	One per month	One per week
Econlockhatchee River	Orange, Seminole	Largemouth Bass, Bowfin, Gar	DO NOT EAT	DO NOT EAT
Edward Medard Reservoir	Hillsborough	Largemouth Bass, Bowfin, Gar	One per week	Two per week
Emeralda Marsh Wildlife Management Area	Lake	Largemouth Bass, Bowfin, Gar	One per week	Two per week
Equaloxic Creek	Liberty	Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
Escambia River	Escambia, Santa Rosa	Largemouth Bass, Bowfin, Gar	One per month	One per week
		Bluegill, Redear Sunfish	One per month	Two per week
Everglades National Park north and west of SR 9336 (Shark River Slough)	Miami-Dade, Monroe	Mayan Cichlid, Redear Sunfish	One per month	One per week
		Largemouth Bass, Bowfin, Bluegill, Gar	DO NOT EAT	DO NOT EAT
		Spotted Sunfish, Yellow Bullhead	Do not eat	One per month

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LOCATION	COUNTY	SPECIES	Women of childbearing age, young children NUMBER OF MEALS*	All other individuals NUMBER OF MEALS
Faka Union Canal	Collier	Redear Sunfish	Two per week	Two per week
		Mayan Cichlid	One per month	Two per week
		Largemouth Bass, Bluegill, Bowfin, Gar, Warmouth	One per month	One per week
Gadsden Park	Hillsborough	Bluegill	One per week	Two per week
		Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
Grasshopper Lake	Marion	Bluegill	One per month	One per week
		Largemouth Bass, Bowfin, Gar	DO NOT EAT	DO NOT EAT
Grassy Lake	Highlands	Bluegill, Redear Sunfish	One per week	Two per week
		Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
Halfmoon Lake	Marion	Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
Hillsboro Canal (G-08)	Palm Beach	Largemouth Bass, Bowfin, Gar	One per month	One per week
Hillsborough River	Hillsborough	Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
Holeyland WMA	Palm Beach	Largemouth Bass less than 14 inches	One per month	Two per week
		Largemouth Bass 14 inches or more, Bowfin, Gar	DO NOT EAT	DO NOT EAT
Holmes Creek	Washington	Largemouth Bass, Bowfin, Gar	One per month	One per week
Hungryland WEA	Palm Beach	Largemouth Bass, Bowfin, Gar	DO NOT EAT	DO NOT EAT
Hunters Lake	Hernando	Redear Sunfish	Two per week	Two per week
Jacks Lake	Lake	Black Crappie	DO NOT EAT	One per month
		Largemouth Bass, Bowfin, Gar	One per month	One per week
Johns Lake	Lake	Largemouth Bass, Bowfin, Gar	One per month	One per week
		Bluegill, Redear Sunfish	One per week	Two per week
Kenansville Lake	Brevard	Largemouth Bass, Bowfin, Gar	Two per week	Two per week
Kissimmee River	Highlands, Okeechobee, Osceola, Polk	Largemouth Bass, Black Crappie, Bluegill, Bowfin, Gar	One per month	One per week
Lake Agnes	Polk	Largemouth Bass, Bowfin, Gar	One per month	One per week
Lake Alto	Alachua	Bluegill	One per month	One per week
		Largemouth Bass, Bowfin, Gar	One per month	One per week
Lake Annie	Highlands	Largemouth Bass, Bowfin, Gar	DO NOT EAT	DO NOT EAT
Lake Apopka	Lake, Orange	See Table 3 For Additional Advisories		
		Largemouth Bass, Bowfin, Gar	One per month	One per week
Lake Arbuckle	Polk	Bluegill	One per week	Two per week
		Warmouth	One per month	Two per week
		Black Crappie	One per month	One per week
		Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month

* All other individuals can eat one meal per week of Largemouth bass, Bowfin and Gar caught from Florida waters not listed in this brochure.

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LOCATION	COUNTY	SPECIES	Women of childbearing age, young children NUMBER OF MEALS*	All other individuals NUMBER OF MEALS
Lake Dorr	Lake	Bluegill, Redear Sunfish	One per week	Two per week
		Largemouth Bass, Bowfin, Gar	One per month	Two per week
Lake Down	Orange	Largemouth Bass, Bowfin, Gar	One per month	One per week
Lake Eaton	Marion	Bluegill	One per week	Two per week
		Largemouth Bass, Bowfin, Gar, Redear Sunfish	One per month	Two per week
Lake Eldorado	Lake	Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
Lake Estelle	Orange	Largemouth Bass, Bowfin, Gar,	One per month	One per week
Lake Eustis	Lake	Largemouth Bass, Bowfin, Gar	One per week	Two per week
Lake Francis	Highlands	Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
Lake Frederica	Orange	Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
Lake Garfield	Polk	Largemouth Bass, Bowfin, Gar	One per month	Two per week
Lake Gentry	Osceola	Bluegill	One per month	Two per week
		Redear Sunfish	One per week	Two per week
		Warmouth	One per month	One per week
		Largemouth Bass, Bowfin, Gar	DO NOT EAT	DO NOT EAT
Lake George (Part of St. Johns River)	Volusia	Redear Sunfish, Bluegill	One per week	Two per week
		Black Crappie, Largemouth Bass, Bowfin, Gar	One per month	Two per week
		Redbreast Sunfish, Warmouth	One per month	One per week
Lake Georges	Putnam	Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
Lake Glenada	Highlands	Largemouth Bass, Bowfin, Gar	One per month	Two per week
Lake Glona	lake	Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
Lake Griffin	Lake	Largemouth Bass, Bowfin, Gar	One per month	Two per week
Lake Hamilton	Polk	Redear Sunfish	Two per week	Two per week
		Largemouth Bass, Bowfin, Gar	One per month	One per week
Lake Hampton	Bradford	Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
Lake Harney	Seminole	See St. Johns River		
Lake Harris	Lake	Largemouth Bass, Bowfin, Gar	One per month	Two per week
Lakes Hart & Mary Jane	Orange	Bluegill	One per month	Two per week
		Redear Sunfish	One per month	One per week
		Largemouth Bass, Black Crappie, Bowfin, Gar, Warmouth	DO NOT EAT	One per month
Lake Hatchineha	Osceola	Redear Sunfish	Two per week	Two per week
		Bluegill	One per week	Two per week
		Black Crappie	One per month	Two per week
		Largemouth Bass, Bowfin, Gar	One per month	One per week

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* All other individuals can eat one meal per week of Largemouth bass, Bowfin and Gar caught from Florida waters not listed in this brochure.

Table 1: **Eating Guidelines for Fresh Water Fish from Florida Waters**

LOCATION	COUNTY	SPECIES	Women of childbearing age, young children NUMBER OF MEALS*	All other individuals NUMBER OF MEALS
Lakes Hart & Mary Jane	Orange	Bluegill	One per month	Two per week
		Redear Sunfish	One per month	One per week
		Largemouth Bass, Bowfin, Gar, Black Crappie, Warmouth	DO NOT EAT	One per month
Lake Miccosukee	Jefferson, Leon	Bluegill	Two per week	Two per week
		Largemouth Bass, Bowfin, Gar	One per month	Two per week
Lake Minneola	Lake	Bluegill, Redear Sunfish	One per week	Two per week
		Largemouth Bass, Bowfin, Gar	One per month	One per week
Lake Miona	Sumter	Bluegill, Redear Sunfish	Two per week	Two per week
		Largemouth Bass, Bowfin, Gar	One per month	Two per week
Lake Monroe (part of St. Johns River)	Volusia, Seminole	Redear Sunfish, Bluegill	One per week	Two per week
		Largemouth Bass, Bowfin, Black Crappie, Gar	One per month	Two per week
		Redbreast Sunfish, Warmouth	One per month	One per week
Lake Munson	Leon	Largemouth Bass, Bowfin, Gar, Black Crappie, Redear Sunfish	One per month	One per week
Lake Norris	Marion	Redear Sunfish, Warmouth	One per month	One per week
		Bluegill	One per week	Two per week
		Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
Lake Octahatchee	Hamilton	Bluegill	One per month	Two per week
		Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
Lake Okahumpka	Sumter	Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
Lake Okeechobee	Glades, Hendry, Martin, Okeechobee, Palm Beach	Largemouth Bass, Bowfin, Gar	One per month	Two per week
		Black Crappie, Bluegill, Redear Sunfish, White Catfish	One per month	One per week
Lake Olivia	Highlands	Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
Lake Osborne	Palm Beach	Largemouth Bass, Bowfin, Gar	One per week	Two per week
Lake Palmer	Orange	Largemouth Bass, Bowfin, Gar	One per month	One per week
Lake Panasoffkee	Sumter	Bluegill, Redear Sunfish	Two per week	Two per week
		Largemouth Bass, Bowfin, Gar	One per month	One per week
Lake Parker	Polk	Largemouth Bass, Bowfin, Gar	Two per week	Two per week
Lake Pasadena	Pasco	Largemouth Bass, Bowfin, Gar	One per month	One per week
Lake Pierce	Polk	Bluegill, Redear Sunfish	Two per week	Two per week
		Black Crappie	One per month	One per week
		Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
Lake Placid	Highlands	Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
Lake Poinsett	Brevard, Orange, Osceola	SEE ST. JOHNS RIVER		
Lake Renfroe (St Marks Wildlife Refuge)	Wakulla	Largemouth Bass, Bowfin, Gar	One per month	Two per week

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LOCATION	COUNTY	SPECIES	Women of childbearing age, young children NUMBER OF MEALS*	All other individuals NUMBER OF MEALS
Lake Rousseau	Citrus, Levy	Redear Sunfish, Bluegill	Two per week	Two per week
		Warmouth	One per week	Two per week
		Largemouth Bass, Bowfin, Gar	One per month	One per week
Lake Rowell	Bradford	Largemouth Bass, Bowfin, Gar	One per week	Two per week
Lake Russell	Osceola	Black Crappie	DO NOT EAT	One per month
		Largemouth Bass, Bowfin, Bluegill, Gar, Redear Sunfish	One per month	One per week
Lake Sampson	Bradford	Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
Lake Santa Fe	Alachua	Largemouth Bass, Bowfin, Gar	One per month	One per week
Lake Sawgrass	Brevard	SEE ST. JOHNS RIVER		
Lake Sebring	Highlands	Black Crappie, Largemouth Bass, Bowfin, Gar	One per month	One per week
Lake Seminole (Jim Woodruff Reservoir)	Jackson	Largemouth Bass, Bowfin, Gar	One per month	Two per week
Lake Sheen	Orange	Largemouth Bass, Bowfin, Gar	One per month	One per week
Lake Sylvan	Seminole	Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
Lake Talquin	Gadsden, Leon	Largemouth Bass, Bowfin, Gar	One per month	One per week
		Black Crappie, Redear Sunfish	One per month	Two per week
		Bluegill	One per week	Two per week
Lake Tarpon	Pinellas	Black Crappie	One per week	Two per week
		Bluegill, Redear Sunfish	Two per week	Two per week
		Largemouth Bass, Bowfin, Gar	One per month	Two per week
Lake Tibet Butler	Orange	Largemouth Bass, Bowfin, Gar	One per month	One per week
Lake Thonotosassa	Hillsborough	Largemouth Bass, Bowfin, Gar	One per week	Two per week
Lake Tohopekaliga	Osceola	Bluegill, Redear Sunfish	One per week	Two per week
		Largemouth Bass, Black Crappie, Bowfin, Gar	One per month	One per week
Lake Tozour	St. Lucie	Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
Lake Trafford	Collier	Largemouth Bass less than 14 inches, Bowfin, Gar	One per month	One per week
Lake Wales	Polk	Largemouth Bass, Bowfin, Gar	One per month	Two per week
Lake Walk-In-Water	Polk	Largemouth Bass, Bowfin, Gar	One per month	One per week
		Bluegill, Redear Sunfish	One per week	Two per week
Lake Wauberg	Alachua	Largemouth Bass, Bowfin, Gar	One per month	Two per week
Lake Weir	Marion	Largemouth Bass, Bowfin, Gar	One per month	One per week
Lake Wilson	Hillsborough	Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
Lake Winder	Brevard, Osceola	SEE ST. JOHNS RIVER		

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LOCATION	COUNTY	SPECIES	Women of childbearing age, young children NUMBER OF MEALS*	All other individuals NUMBER OF MEALS
Woodruff National Wildlife Refuge (Lake Woodruff)	Lake, Volusia	Brown Bullhead, Redear Sunfish, White Catfish	Two per week	Two per week
		Black Crappie, Bluegill, Yellow Bullhead	One per week	Two per week
		Largemouth Bass, Bowfin, Gar, Warmouth	One per month	Two per week
Lake Yale	Lake	Largemouth Bass, Bowfin, Gar	One per month	Two per week
Little Manatee River	Hillsborough	Largemouth Bass, Bowfin, Gar	One per month	One per week
Loxahatchee National Wildlife Refuge	Palm Beach	Largemouth Bass less than 14 inches, Bluegill, Redear Sunfish	One per week	Two per week
		Largemouth Bass 14 inches or more, Bowfin, Gar, Mayan Cichlid,,	One per month	One per week
		Warmouth	One per month	Two per week
Middle Lake	Pasco	Bluegill	Two per week	Two per week
		Largemouth Bass, Bowfin, Gar	One per month	Two per week
		Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
Moore Lake	Leon	Largemouth Bass, Bowfin, Gar	One per month	One per week
Myakka River	Sarasota	Bluegill, Spotted Sunfish, Warmouth	One per month	Two per week
		Largemouth Bass, Bowfin, Gar	One per month	One per week
		Redear Sunfish	One per week	Two per week
Mystic Lake	Liberty	Largemouth Bass, Bowfin, Gar	One per month	One per week
New River, North Fork	Broward	Black Mullet, Blue Tilapia, Snook, Spotted Tilapia	Two per week	Two per week
		Big Mouth Sleeper, Mayan Cichlid	One per week	Two per week
Newnans Lake	Alachua	Largemouth Bass, Bowfin, Gar	One per month	One per week
Nine Mile Pond (Everglades National Park)	Miami-Dade	Largemouth Bass less than 14 inches	One per month	One per week
		Largemouth Bass 14 inches or more, Bowfin, Gar	One per month	One per week
Ocean Pond	Baker	Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
Ocheesee Pond	Jackson	Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
		Bluegill	One per month	Two per week
Oklawaha River	Lake, Marion	Spotted Sunfish, Redear Sunfish	One per week	Two per week
		Bluegill	Two per week	Two per week
		Largemouth Bass, Bowfin, Gar	One per month	One per week
Ochlockonee River	Gadsden, Franklin, Leon, Liberty, Wakulla	Redbreast Sunfish	One per month	Two per week
		Redear Sunfish	One per month	One per week
		Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
Palestine Lake	Union	Bluegill	One per month	Two per week

* All other individuals can eat one meal per week of Largemouth bass, Bowfin and Gar caught from Florida waters not listed in this brochure.

Table 1: **Eating Guidelines for Fresh Water Fish from Florida Waters**

LOCATION	COUNTY	SPECIES	Women of childbearing age, young children NUMBER OF MEALS*	All other individuals NUMBER OF MEALS
Peace River	Hardee	Largemouth Bass, Bowfin, Gar	One per month	One per week
Perdido River	Escambia	Largemouth Bass, Bowfin, Gar	One per month	One per week
Piney Z Lake	Leon	Bluegill, Redear Sunfish	One per month	Two per week
		Bluegill, Brown Bullhead	One per week	Two per week
Pocket Lake	Orange	Redear Sunfish, Warmouth	Two per week	Two per week
		Largemouth Bass, Bowfin, Gar	One per month	One per week
Porter Lake	Washington	Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
		Bluegill	One per month	Two per week
Puzzle Lake	Seminole, Volusia	See St. Johns River		
Red Beach Lake	Highlands	Largemouth Bass, Bowfin, Gar	DO NOT EAT	DO NOT EAT
Rodman Reservoir	Putnam	Largemouth Bass, Bowfin, Gar	One per month	Two per week
Sand Hammock Pond	Holmes	Largemouth Bass, Bowfin, Gar	One per month	One per week
Santa Fe River	Alachua, Bradford, Columbia, Gilchrist, Union	Redear Sunfish	One per week	Two per week
		Largemouth Bass, Bowfin, Gar	One per month	One per week
Shoal River	Okaloosa, Walton	Chain Pickerel, Largemouth Bass, Bowfin, Gar	One per month	One per week
		Bluegill, Redear Sunfish	One per month	Two per week
		Long Ear Sunfish	One per week	Two per week
Smith Lake	Marion	Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
Sopchoppy River	Franklin	Largemouth Bass, Bowfin, Gar	One per month	Two per week
Spring Lake	Seminole	Largemouth Bass, Bowfin, Gar	One per month	One per week
St. Augustine Fish Management Area	Duval	Largemouth Bass, Bowfish, Gar	One per week	Two per week
St. Johns River North of SR 415 to Green Cove Springs, including Lakes George & Monroe	Clay, Flagler, Lake, Marion, Putnam, Seminole St. Johns, Volusia	Redear Sunfish, Bluegill	One per week	Two per week
		Black Crappie, Largemouth Bass, Bowfin, Gar	One per month	Two per week
		Redbreast Sunfish, Warmouth	One per month	One per week
St. Johns River South of SR 415, including Lakes Harney, Puzzle, Poinsett, Winder, Washington, Sawgrass & Hellen Blazse	Brevard, Orange, Osceola Seminole, Volusia	Largemouth Bass, Bowfin, Gar	One per month	One per week
		Black Crappie, Bluegill	One per month	Two per week
		Redear Sunfish	One per week	Two per week
		White Catfish	Two per week	Two per week
St. Marks River (St Marks Wildlife Refuge)	Leon, Wakulla	Redbreast Sunfish, Bluegill	Two per week	Two per week
		Redear Sunfish	One per week	Two per week
		Largemouth Bass, Black Crappie, Bowfin, Gar, Spotted Sunfish, Warmouth	One per month	Two per week
St. Mary's River	Baker, Nassua	Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
		Redbreast Sunfish	One per week	Two per week
Steinhatchee River	Dixie, Lafayette, Taylor	Spotted Sunfish	One per month	Two per week
		Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month

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* All other individuals can eat one meal per week of Largemouth bass, Bowfin and Gar caught from Florida waters not listed in this brochure.

Table 1: **Eating Guidelines for Fresh Water Fish from Florida Waters**

LOCATION	COUNTY	SPECIES	Women of childbearing age, young children NUMBER OF MEALS*	All other individuals NUMBER OF MEALS
Suwannee River system, including Santa Fe, Alapaha and Withlacoochee Rivers	Alachua, Bradford, Columbia, Dixie, Gilchrist, Hamilton, Lafayette, Levy, Madison, Suwannee, Union	Redear Sunfish	One per week	Two per week
		Largemouth Bass, Bowfin, Gar	One per month	One per week
Sweet Water Creek	Calhoun, Liberty	Largemouth Bass Bowfin, Gar	DO NOT EAT	One per month
Tamiami Canal (WCA3) (West of SR 997 [Chrome Ave.] to county line)	Miami-Dade	Bluegill, Redear Sunfish, Warmouth	One per month	Two per week
		Largemouth Bass less than 14 inches, Mayan Cichild, Yellow Bullhead	One per month	One per week
		Largemouth Bass 14 inches or more, Bowfin, Gar	DO NOT EAT	DO NOT EAT
Tiger Lake	Polk	Bluegill, Redear Sunfish	One per week	Two per week
		Largemouth Bass, Black Crappie, Bowfin, Gar	One per month	Two per week
Trout Lake	Lake	Largemouth Bass, Bowfin, Gar	One per month	Two per week
Turner River Canal	Collier	Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
Waccasassa River	Levy	Largemouth Bass, Bowfin, Gar	DO NOT EAT	One per month
Wakulla River (St Marks Wildlife Refuge)	Wakulla	Redear Sunfish	One per week	Two per week
		Bluegill, Redbreast Sunfish	Two per week	Two per week
		Largemouth Bass, Black Crappie, Bowfin, Gar, Spotted Sunfish, Warmouth	One per month	Two per week
Water Conservation Area 2	Broward, Palm Beach	Largemouth Bass less than 14 inches, Black Crappie	One per month	One per week
		Largemouth Bass 14 inches or more, Bowfin, Gar	DO NOT EAT	DO NOT EAT
		Mayan Cichild	Two per week	Two per week
		Bluegill, Redear Sunfish, Spotted Sunfish, Warmouth	One per month	Two per week
Water Conservation Area 3, Alligator Alley (I-75), from L-28 Canal to SR 27	Broward, Miami-Dade	Redear Sunfish, Warmouth	One per month	Two per week
		Bluegill	One per month	One per week
		Largemouth Bass less than 14 inches	DO NOT EAT	One per month
		Largemouth Bass 14 inches or more, Bowfin, Gar	DO NOT EAT	DO NOT EAT
Water Conservation Area 3 Except Alligator Alley (I-75)	Broward, Miami-Dade	Bluegill, Redear Sunfish, Spotted Sunfish, Warmouth	One per month	Two per week
		Largemouth Bass less than 14 inches, Mayan Cichild, Yellow Bullhead	One per month	One per week
		Largemouth Bass 14 inches or more, Bowfin, Gar	DO NOT EAT	DO NOT EAT

Table 1: **Eating Guidelines for Fresh Water Fish from Florida Waters**

LOCATION	COUNTY	SPECIES	Women of childbearing age, young children NUMBER OF MEALS*	All other individuals NUMBER OF MEALS
Wekiva River	Lake, Orange, Seminole	Spotted Sunfish	One per month	Two per week
		Bluegill, Redear Sunfish	One per month	One per week
		Largemouth Bass, Bowfin, Gar, Warmouth		
Whitsell Lake	Pinellas	Bluegill	One per month	Two per week
		Largemouth Bass, Bowfin, Gar	One per month	One per week
Wildcat Lake	Lake	Largemouth Bass, Bowfin, Gar	One per month	One per week
		Bluegill	One per month	Two per week
		Warmouth	DO NOT EAT	One per month
Withlacoochee River	Hamilton, Madison	Redear Sunfish	One per week	Two per week
		Largemouth Bass, Bowfin, Gar	One per month	One per week
Withlacoochee River	Citrus, Hernando, Levy, Marion, Pasco, Polk, Sumter	Bluegill	One per month	Two per week
		Largemouth Bass, Bowfin, Gar	One per month	One per week
Wolf Lake	Highlands	Bluegill	One per month	Two per week
Woodbine Spring Lake	Santa Rosa	Largemouth Bass, Bowfin, Gar, Redear Sunfish	DO NOT EAT	DO NOT EAT
		Bluegill	One per month	Two per week
Yellow River	Escambia, Okaloosa, Santa Rosa	Bluegill, Redear Sunfish	One per month	Two per week
		Largemouth Bass, Bowfin, Gar, Chain Pickerel	One per month	One per week
		Long Ear Sunfish	One per week	Two per week

Table 2: **Eating Guidelines for Marine and Estuarine Fish From Florida Waters**

WATER BODY	SPECIES	Women of childbearing age, young children NUMBER OF MEALS*	All other individuals NUMBER OF MEALS
All coastal waters	Almaco Jack	One per month	One per week
All coastal waters	Atlantic Croaker	Two per week	Two per week
All coastal waters	Atlantic Spadefish	One per week	Two per week
All coastal waters	Atlantic Stingray	One per month	One per week
All coastal waters	Atlantic Thread Herring	One per week	Two per week
All coastal waters	Atlantic Weakfish	One per week	Two per week
All coastal waters	Black Drum	One per week	Two per week
All coastal waters	Black Grouper	One per month	One per week
All coastal waters	Blackfin Tuna	DO NOT EAT	One per month
All coastal waters	Bluefish	One per month	One per week
All coastal waters	Bluntnose Sting Ray	One per week	Two per week
All coastal waters	Bonefish	One per month	One per week
Florida Bay, Biscayne Bay, and Florida Keys	Crevalle Jack	DO NOT EAT	One per month
Remaining coastal waters	Crevalle Jack	One per month	One per week
All coastal waters	Cobia	DO NOT EAT	One per month
All coastal waters	Dolphin	One per week	Two per week
All coastal waters	Fantail Mullet	Two per week	Two per week
All coastal waters	Florida Pompano	One per week	Two per week
All coastal waters	Gafftopsail Catfish	One per month	One per week
All coastal waters	Gag	One per month	One per week
Florida Bay, Biscayne Bay, and Florida Keys	Gray Snapper	One per month	Two per week
Remaining coastal waters	Gray Snapper	One per week	Two per week
All coastal waters	Greater Amberjack	One per month	One per week
Florida Bay, Biscayne Bay, and Florida Keys	Great Barracuda	DO NOT EAT	One per month
Remaining coastal waters	Great Barracuda	One per month	Two per week
All coastal waters	Gulf Flounder	One per month	Two per week
All coastal waters	Hardhead Catfish	One per week	Two per week
All coastal waters	Hogfish	One per week	Two per week
All coastal waters	King Mackerel less than 31 inches fork length	DO NOT EAT	One per month
All coastal waters	King Mackerel 31 or more inches fork length	DO NOT EAT	DO NOT EAT
All coastal waters	Ladyfish	One per month	One per week
All coastal waters	Lane Snapper	One per month	Two per week
All coastal waters	Little Tunny	DO NOT EAT	One per month
All coastal waters	Lookdown	One per week	Two per week
All coastal waters	Mutton Snapper	One per month	Two per week
All coastal waters	Pigfish	One per week	Two per week
All coastal waters	Pinfish	One per month	Two per week
Florida Bay, Biscayne Bay, and Florida Keys	Red Drum	One per month	One per week
Remaining coastal waters	Red Drum	One per month	Two per week
All coastal waters	Red Grouper	One per month	Two per week
All coastal waters	Red Snapper	One per week	Two per week
All coastal waters	Sand Seatrout	One per month	One per week
All coastal waters	Scamp	One per month	Two per week
All coastal waters	Shark, all species less than 43 inches	DO NOT EAT	One per month
All coastal waters	Shark, all species 43 inches or more	DO NOT EAT	DO NOT EAT
All coastal waters	Sheepshead	One per month	Two per week

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