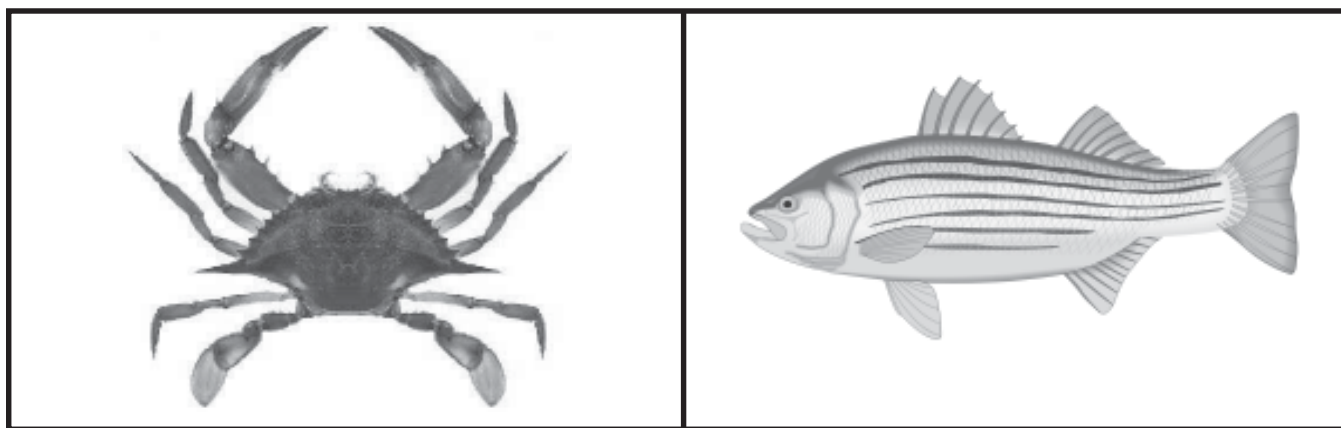


# 2005

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## A Guide to Health Advisories for Eating Fish and Crabs Caught in New Jersey Waters

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The New Jersey Department of Environmental Protection and the New Jersey Department of Health and Senior Services can provide more information on the advisories and the health effects of chemical contaminants in the fish. To stay current with advisory updates and to request additional information, please contact the NJDEP Division of Science, Research and Technology at 1-609-984-6070 or check the website [www.state.nj.us/dep/dsr/njmainfish.htm](http://www.state.nj.us/dep/dsr/njmainfish.htm) or the NJDHSS at 1-609-588-3123 or [www.state.nj.us/health/eoh/foodweb](http://www.state.nj.us/health/eoh/foodweb).

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## Introduction

Fishing provides enjoyable and relaxing recreation. Many people enjoy cooking and eating their own catch. Fish are an excellent source of protein, minerals and vitamins, are low in fat and cholesterol and play an important role in maintaining a healthy, well-balanced diet. The American Heart Association recommends people eat fish regularly. Fish are also one of the few foods that are rich in the omega-3 fatty acids needed for proper development of the brain and nervous system in the fetus and infants, and may reduce the risk of heart attack. Fish are an excellent substitute for other protein foods that are higher in saturated fats and cholesterol. Health professionals recommend that you include fish in your diet.

However, certain fish may contain toxic chemicals, such as polychlorinated biphenyls (PCBs) dioxins and mercury from the water they live in and the food they eat. Therefore, it is a good idea to follow a few precautions in consuming recreationally caught fish and crabs, particularly if you eat them often. The purpose of this booklet is to provide information to you on how to reduce your risk by avoiding or limiting consumption of certain fish, and to guide you in preparing the fish you eat from local waters in ways that reduce your exposure to PCBs, dioxins and mercury.

Since 1982, when research began to show elevated levels of potentially harmful contaminants in certain fish and crabs in some New Jersey waters, fish consumption advisories were adopted to guide citizens on safe consumption practices. Fish consumption advisories are developed through a scientific process that includes collecting samples of fish from waters throughout the state and analyzing them for various chemical contaminants, such as dioxin, PCBs and mercury. The contaminant levels in the fish are then evaluated using federal guidelines for protecting human health. Chemical contaminants such as dioxin and PCBs are classified by the U.S. Environmental Protection Agency as probable cancer-causing substances in humans. Elevated levels of mercury can pose health risks to the human nervous system, particularly to developing fetuses.

The New Jersey Department of Environmental Protection (NJDEP) and Department of Health and Senior Services (NJDHSS) provide advice on consuming those species of fish in which high levels of dioxin, PCBs and mercury have been found. Since levels of contaminants may vary from one location to another, and from one fish species to another, the advisories are also separated by site. So be sure to check which guidelines refer to your fishing location.

## Health Effects from Consumption of Contaminated Fish and Crabs

### General Advice

Exposure to low levels of some contaminants in the environment may have long lasting health effects on people. Mercury, PCBs and dioxins are among the major contaminants found in some New Jersey fish in portions of the state. These contaminants can be especially harmful to women of childbearing age, pregnant women and nursing mothers. Trace amounts of these contaminants may remain in your body for a period of time after eating. Should you become pregnant during this time, these contaminants can be passed along to your fetus, potentially affecting the development of the nervous system. Children are also at risk of developmental and neurological problems if exposed to these chemicals.

### Mercury

Mercury is a toxic metal that has been commonly used in a number of products (e.g., thermometers, electrical switches). There are many sources of mercury in the environment, natural and man-made; primary sources include burning of fossil fuels such as coal, incineration of wastes, and metal processing/manufacturing.

Mercury discharged to the environment can end up in local water bodies. Mercury accumulates in fish tissue through the aquatic food chain from the food that fish eat. Above certain levels, mercury can damage the nervous system, particularly in unborn and young children, resulting in learning and developmental delays. With regular consumption, or even low amounts of mercury may cause subtle effects on the central nervous system in both children and adults. In addition, long-term consumption of fish with elevated levels of mercury by adults and older children may result in adverse health effects, including neurological damage.

### PCBs

Polychlorinated biphenyls (PCBs) were commercially produced for industrial application in heat transfer systems, hydraulic fluids and electrical equipment. They were later incorporated into other uses such as printing inks, paints and pesticides. The manufacture of PCBs was stopped in 1979 as a result of evidence that PCBs build up in the environment and cause harmful effects. PCBs tend to stay mostly in soil and sediment, but are also found in the air and water.

Once they enter the food chain, they have a tendency to absorb into fat tissue. PCBs build up in fish to levels that are hundreds of thousands of times higher than the levels in the surrounding water. When people consume fish that have already accumulated PCBs, the PCBs then accumulate in their bodies.

PCBs have been shown to cause cancer in animals, and there is evidence that PCBs may cause cancer in exposed humans. PCBs have also been shown to cause a number of serious health effects besides cancer in humans and animals, including effects on the nervous system of the developing fetus, the immune system, and the reproductive system. Studies have shown that unborn and young children are most at risk to PCB exposure. Because PCBs take a long time to leave the body after they accumulate, women who plan to become pregnant should follow the more restrictive consumption advice before becoming pregnant.

## Dioxin

Dioxin is the most toxic member of a large chemical family of related dioxins and furans. Dioxin is an unwanted industrial byproduct formed through numerous processes, including production of chlorinated phenol products such as herbicides, the incineration of municipal solid waste, and creation of paper products using bleach. Most of what we know about dioxin has been obtained through animal toxicity testing in the laboratory and representative wildlife species. Dioxin produces a number of effects in animal testing, including suppression of the immune system, impaired reproduction, birth defects in some species tested, a skin condition called chloracne, alterations in liver function, and cancer. The federal Environmental Protection Agency (EPA) has classified dioxin as a probable human carcinogen.

## General Consumption Guidelines

**Fish Species:** Contaminant levels may vary from species to species. If possible, eat smaller amounts of several different types of fish rather than a large amount of one type that may be high in contaminants. Try to focus your consumption on those species of fish that have lower levels of contaminants, such as fluke or flounder.

**Fish Size:** Smaller fish of a species will usually have lower chemical levels than larger fish in the same location because contaminants tend to build up in the fish over time. It is advisable to eat smaller fish (of legal size) more often than larger fish.

**High-risk Individuals:** Infants, children, pregnant women, nursing mothers and women of childbearing age are considered to be at higher risk from contaminants in fish than members of the general public. People within this category should be particularly careful about following the advisories, because of the greater potential for PCBs, dioxin and mercury to affect the development of the fetus, infant, and young child.

## Preparation and Cooking Methods for Fish and Crabs under Advisory (NOT FOR MERCURY)

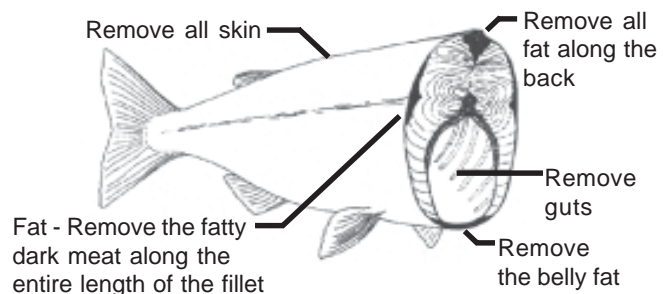
The best way to reduce exposure to contaminants in fish is to learn what fish species are affected and either limit or avoid consumption. However, if you must eat those species under advisories, there are steps you can take to reduce your exposure. Contaminants tend to concentrate in the fatty tissue of the fish you catch. Proper cleaning and cooking techniques, which remove some of the fat from the fish, can significantly reduce levels of PCBs, dioxins and other organic chemicals. Please note, however, that these techniques will not reduce or remove unsafe levels of **mercury** from these fish. Mercury occurs in the flesh. There is no way to remove mercury through cooking. The best way to reduce mercury exposure is to select those species of fish which are known to have lower levels of mercury. Also, these techniques are not effective for people in the high-risk group.

## Fish Preparation Methods

Proper fish cleaning and cooking techniques may reduce PCB levels by approximately 50 percent when compared to raw fish fillets.

**Eat only the fillet portions.** Do not eat whole fish or steak portions.

The following diagram illustrates those body portions. Many chemical contaminants, like PCBs and pesticides (but not mercury), are stored in the fatty portions of fish. To reduce the levels of these



chemicals, skin the fish and trim any of the dark meat (lateral line), back strap and belly flap.

Do not eat the heads, guts or liver, because PCBs usually concentrate in those body parts. Also, avoid consumption of any reproductive parts such as eggs or roe.

### Fish Cooking Methods

Use a cooking method such as baking, broiling, frying, grilling, or steaming that allows the fats and juices to drain away from the fish. When possible, cook the fish on an elevated rack that allows fats and juices to drain to the pan below.

Avoid batter, breading or coatings that can hold in the juices that may contain contaminants. The juices should be thrown away since they contain the PCBs and other chemicals that were in the fat. Do not pour these juices over the fish as a sauce or to moisten the fish. Butter, margarine or other liquids can be added to the fish for this purpose once the juices have been poured off.

After cooking, **discard all liquids and frying oils.** Do not reuse.

Do not use heads, skin, trimmed fatty portions in soups, stews, chowders, boils, broth or for fish stock. If you make stews or chowders, only use skinless fillet parts.

Raw fish may be infested by parasites. Cook fish thoroughly to destroy the parasites. This also helps to reduce the level of many chemical contaminants.

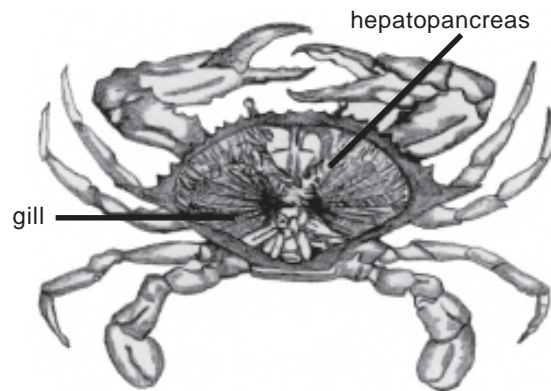
### Crab Preparation Methods

Eating, selling or taking (harvesting) blue crabs from Newark Bay Complex is prohibited. The Newark Bay Complex is located in northeastern New Jersey. It includes the Newark Bay, tidal Hackensack River, Arthur Kill, Kill Van Kull and tidal tributaries. (See chart on page 8.) If blue crabs are taken from water bodies other than the Newark Bay Complex, the following preparation techniques can be followed to reduce exposure to some contaminants.

The highest levels of chemical contaminants are found in the hepatopancreas, commonly known as the tomalley or green gland. It is the yellowish green gland under the gills. This material is found next to the lump meat (backfin) portion of the crab. Chill and break the crabs immediately before cooking. Care must be taken to remove all of the hepatopancreas before cooking.

There is no specific cooking method available to reduce the chemical contaminant levels in blue crabs. The following steps for proper preparation is key to reducing your exposure to harmful chemical contaminants.

- Do not eat the green gland (hepatopancreas).
- Remove green gland (hepatopancreas) before cooking.
- After cooking, discard the cooking water.
- Do not use cooking water or green gland (hepatopancreas) in any juices, sauces, bisques or soups.



### Federal Advice on Fish Consumption

The following is provided as general information and advice from the federal government.

Fish and shellfish are an important part of a healthy diet. Fish and shellfish contain high quality protein and other essential nutrients, are low in saturated fat, and contain omega-3 fatty acids. A well-balanced diet that includes a variety of fish and shellfish can contribute to heart health and children's proper growth and development. So, women and young children in particular, should include fish or shellfish in their diets due to the many nutritional benefits.

However, nearly all fish and shellfish contain traces of mercury. For most people, the risk from mercury by eating fish and shellfish is not a health concern. Yet, some fish and shellfish contain higher levels of mercury that may harm an unborn baby or young child's developing nervous system. The risks from mercury in fish and shellfish depend on the amount of fish and shellfish eaten and the levels of mercury in the fish

and shellfish. Therefore, the Food and Drug Administration (FDA) and the Environmental Protection Agency (EPA) are advising women who may become pregnant, pregnant women, nursing mothers, and young children to avoid some types of fish and eat fish and shellfish that are lower in mercury.

By following these 3 recommendations for selecting and eating fish or shellfish, women and young children will receive the benefits of eating fish and shellfish and be confident that they have reduced their exposure to the harmful effects of mercury.

1. Do not eat Shark, Swordfish, King Mackerel, or Tilefish because they contain high levels of mercury.
2. Eat up to 12 ounces (2 average meals) a week of a variety of fish and shellfish that are lower in mercury.
  - Five of the most commonly eaten fish that are low in mercury are shrimp, canned light tuna, salmon, pollock, and catfish.
  - Another commonly eaten fish, albacore ("white") tuna has more mercury than canned light tuna. So, when choosing your two meals of fish and shellfish, you may eat up to 6 ounces (one average meal) of albacore tuna per week.
3. Check local advisories about the safety of fish caught by family and friends in your local lakes rivers, and coastal areas. If no advice is available, eat up to 6 ounces (one average meal) per week of fish you catch from local waters, but don't consume any other fish during that week.

Follow these same recommendations when feeding fish and shellfish to your young child, but serve smaller portions.

**Additional information on mercury in seafood can be found at the FDA's web site: <http://www.cfsan.fda.gov/~dms/admehg.html>**

**For more information on EPA freshwater fish consumption advisories, go to <http://www.epa.gov/ost/fish/>**

## **2005 Fish Consumption Advisories for PCBs, Dioxin and Mercury**

The following advisory tables provide statewide, regional, and water body-specific advisory information for various fish species. The tables are divided into PCB-Dioxin Advisories (pages 5-10) and Mercury Advisories (pages 11-19). The tables list the recommended fish consumption frequencies for the **General Population** and **High-risk Individuals** for waters statewide and for specific water bodies.

**General Population: PCB advisories for the General Population are presented as a range of meal frequencies (for example: one meal per month or four meals per year).** This range is based on an estimated 1 in 100,000 (lower risk) to 1 in 10,000 (higher risk) of cancer during your lifetime from eating fish at the advisory level. For example, 1 in 10,000 risk means that one additional cancer may occur in 10,000 people eating fish at the advisory level for a lifetime.

By using this advisory, you have the necessary information to make an informed choice on the number of meals of fish to consume. In this manner, you can decide how much risk is acceptable when you consider consuming the species listed in this advisory.

**High Risk Individuals: Includes infants, children, pregnant women, nursing mothers and women of childbearing age.**

The limits that follow each species assume that no other contaminated fish are being eaten. If you eat more than one species of fish listed in the advisory, the total consumption of fish should not exceed the recommended frequency as a guideline for consumption. One simple approach is to use the lowest recommended frequency as a guideline for consumption.

If your specific fishing location is not mentioned within the advisories on the following pages, this does not mean the fish are free of contamination. Not all New Jersey waters or fish species have been tested, and not all fish species were found in all locations, or in some cases available data were insufficient to list a species for a specific water body. **Follow the statewide advisory for the listed species if your fishing area is not mentioned in the guidelines.**

## 2005 PCB & DIOXIN FISH CONSUMPTION ADVISORIES

**NOTE: Bold indicates new advisory.**

**Check both advisory tables (PCB/Dioxin and Mercury) for consumption guidance on the species you catch and the waters you fish.**

<u>PCB /DIOXIN</u> <b><u>STATEWIDE</u></b> <b><u>ADVISORIES</u></b>  ESTUARINE & MARINE SITES  (All coastal waters except those under Water Body Specific Advisories)		GENERAL POPULATION		HIGH-RISK INDIVIDUALS
		LIFETIME CANCER RISK		BASED ON A NON-CANCER RISK
		1 in 10,000	1 in 100,000	
		DO NOT EAT MORE THAN:	DO NOT EAT MORE THAN:	DO NOT EAT MORE THAN:
STRIPED BASS		One meal per Month	One meal per Year	Do Not Eat
BLUEFISH	(greater than 6 lbs/24 inches)	Four meals per Year	Do Not Eat	Do Not Eat
	(less than 6lbs/24 inches)	One meal per Month	One meal per Year	Do Not Eat
AMERICAN EEL		Four meals per Year	One meal per Year	Do Not Eat
AMERICAN LOBSTER		Do Not Eat the Green Gland, (i.e., Tomalley or Hepatopancreas)		

<u>PCB/DIOXIN</u> <b><u>WATERBODY</u></b> <b><u>SPECIFIC</u></b> <b><u>ADVISORIES</u></b>  ESTUARINE & MARINE SITES		GENERAL POPULATION		HIGH-RISK INDIVIDUALS
		LIFETIME CANCER RISK		BASED ON A NON-CANCER RISK
		1 in 10,000	1 in 100,000	
		DO NOT EAT MORE THAN:	DO NOT EAT MORE THAN:	DO NOT EAT MORE THAN:
<u>NEWARK BAY COMPLEX</u> Including Newark Bay, tidal Hackensack River, Arthur Kill, Kill Van Kull and tidal tributaries.	Blue Crab*	Do not eat or harvest <sup>4</sup>		
	Striped Bass*	Do not eat		Do not eat
	American Eel*	One meal per year	Do not eat	Do not eat
	White Perch			
	White Catfish			

<b><u>PCB/DIOXIN</u></b> <b><u>WATERBODY</u></b> <b><u>SPECIFIC</u></b> <b><u>ADVISORIES</u></b>  <b>ESTUARINE &amp; MARINE SITES</b>		GENERAL POPULATION		HIGH-RISK INDIVIDUALS
		LIFETIME CANCER RISK		BASED ON A NON-CANCER RISK
		1 in 10,000	1 in 100,000	
		DO NOT EAT MORE THAN:	DO NOT EAT MORE THAN:	DO NOT EAT MORE THAN:
<u>TIDAL PASSAIC RIVER</u> Dundee Dam to Newark Bay and tributaries.	All Fish & Shellfish*	Do not eat		Do not eat
	Blue Crab *	Do not eat or harvest <sup>4</sup>		
<u>HUDSON RIVER</u> Downstream of NY-NJ border and Upper New York Bay	Striped bass*	Four meals per year	Do not eat	Do not eat
	American eel*	One meal per year		
	White perch			
	White catfish	Do not eat		Do not eat
	Blue crab	Six crabs per week	Three crabs per Month	Three crabs per month
Do not eat green gland (hepatopancreas); Discard cooking liquid				
<u>RARITAN BAY COMPLEX</u> Includes the Raritan Bay, tidal Raritan River (from the Rte. 1 bridge ) and the tidal Portions of all tributaries.	American eel	One meal per year	Do not eat	Do not eat
	White perch	Four meals per year	Do not eat	Do not eat
	White catfish			
	Blue crab	Six crabs per week	Three crabs per month	Three crabs per month
Do not eat green gland (hepatopancreas); Discard cooking liquid				
<u>COASTAL TRIBUTARIES</u> Including the Navesink River, Shrewsbury River, Shark River, Toms River and Mullica River.	American Eel	Once a month	Once a year	Do not eat

<b><u>PCB/DIOXIN</u></b> <b><u>WATERBODY</u></b> <b><u>SPECIFIC</u></b> <b><u>ADVISORIES</u></b>  <b>ESTUARINE &amp; MARINE SITES</b>		GENERAL POPULATION		HIGH-RISK INDIVIDUALS
		LIFETIME CANCER RISK		BASED ON A NON-CANCER RISK
		1 in 10,000	1 in 100,000	
		DO NOT EAT MORE THAN:	DO NOT EAT MORE THAN:	DO NOT EAT MORE THAN:
<u>LOWER DELAWARE RIVER</u>  Phillipsburg, NJ to PA/DE line, including all tributaries to the head of tide.	American eel	Four meals per year	Do not eat	Do not eat
	Striped bass		Do not eat	
	Channel catfish	One meal every two months		
<u>DELAWARE RIVER ESTUARY</u>  DE/NJ/PA border to C&D Canal	All Finfish	Do not eat		Do not eat
<u>DELAWARE ESTUARY &amp; BAY</u>  C&D canal to the mouth of Delaware Bay	Bluefish	Do not eat fish larger than 6 lbs or 24 inches		Do not eat
		No more than one meal per year for fish less than 6 lbs or less than 24 inches		
	Striped Bass White perch American eel Channel catfish White catfish	No more than one meal per year		Do not eat
<u>DELAWARE BAY TRIBUTARIES</u>  All Delaware Bay Tributaries	American eel	One meal per month	Four meals per year	Four meals per year

<b>PCB/DIOXIN WATERBODY SPECIFIC ADVISORIES</b>  <b>FRESHWATER SITES</b>		GENERAL POPULATION		HIGH-RISK INDIVIDUALS
		LIFETIME CANCER RISK		BASED ON A NON- CANCER RISK
		1 in 10,000	1 in 100,000	
		DO NOT EAT MORE THAN:	DO NOT EAT MORE THAN:	DO NOT EAT MORE THAN:
<b>Boonton Reservoir (Morris Co.)</b> <b>NOTE:</b> <b>See Mercury Advisories for other species</b>	Largemouth Bass	Four meals per year	Do not eat	Do not eat
	Smallmouth Bass		One meal per year	
Bound Brook (entire length including New Market Pond, Spring Lake; Somerset Co.)	All fish species	Do not eat		
<b>Branch Brook Park-Newark (Essex Co) (See Mercury Advisories)</b>	Largemouth Bass	One meal per week	Four meals per year	See Mercury Advisory
	Common carp	One meal per month	One meal per year	Do not eat
Cooper River, below Evans Pond (Camden Co.)	Common Carp	One meal per month	One meal per year	Do not eat
	Bluegill Sunfish	One meal per week	One meal per month	One meal per month
Cooper River, Hopkins Pond (Camden Co.)	Brown Bullhead	One meal per month	Four meals per year	Four meals per year
Cooper River Lake (Camden Co.)	Largemouth Bass	Four meals per year	Do not eat	Do not eat
	Common Carp			
	Brown Bullhead	One meal per week	One meal per month	One meal per month
	Bluegill Sunfish			
Evans Pond (Camden Co.)	Brown Bullhead	One meal per week	One meal per month	One meal per month
Newton Lake (Camden Co.)	Bluegill Sunfish	One meal per week	One meal per month	One meal per month
	Brown Bullhead			
	Largemouth Bass	One meal per month	Four meals per year	Four meals per year
	Common Carp		One meal per year	Do not eat
<b>Overpeck Creek (Branch of the Hackensack River; Bergen Co). See Mercury Advisories)</b>	Largemouth Bass	Four meals per year	One meal per year	Do not eat
	Common Carp			
	American Eel		Do not eat	

<b>PCB/DIOXIN WATERBODY SPECIFIC ADVISORIES</b>  <b>FRESHWATER SITES</b>		GENERAL POPULATION		HIGH-RISK INDIVIDUALS
		LIFETIME CANCER RISK		BASED ON A NON- CANCER RISK
		1 in 10,000	1 in 100,000	
		DO NOT EAT MORE THAN:	DO NOT EAT MORE THAN:	DO NOT EAT MORE THAN:
<b>Passaic River: Rt. 280 to the Confluence of Pompton River (Two Bridges) (Passaic Co.) (See Mercury Advisories)</b>	Largemouth Bass	One meal per week	One meal per month	See Mercury Advisory
	Common Carp	One meal per month	One meal per year	Do not eat
	Northern Pike	One meal per week	Four meals per year	One meal per month
<b>Passaic River: Elmwood Park to Dundee Lake (Passaic/ Bergen Co.)</b>	Redbreast Sunfish	One meal per week	Four meals per year	Four meals per year
	Brown Bullhead			
	Largemouth Bass	One meal per week	Four meals per year	One meal per month
	Common Carp	One meal per month	One meal per year	Do not eat
	Bluegill Sunfish			
	American eel			
Yellow Bullhead	One meal per week	One meal per month	See Mercury Advisory	
<b>Pennsauken Creek, Forked Landing (Camden Co.)</b>	Common Carp	Four meals per year	Do not eat	Do not eat
	Largemouth Bass	One meal per month	Four meals per year	
	Pumpkinseed Sunfish	One meal per month	Four meals per year	Four meals per year
	White Catfish	One meal per month	One meal per year	One meal per year
<b>Pompton Lake (Passaic Co.) (See Mercury Advisories)</b>	Largemouth Bass	One meal per week	Four meals per year	See Mercury Advisory
	Common carp	One meal per month	One meal per year	Do not eat
<b>Pompton River @ Lincoln Park (Passaic Co) (See Mercury Advisories)</b>	Redbreast Sunfish	One meal per week	Four meals per year	Four meals per year
	Largemouth Bass		Four meals per year	One meal per month
	Common Carp	Four meals per year	Do not eat	Do not eat
<b>Ramapo River @ Pompton Feeder (Morris Co.) formerly Pompton River @ Pequannock (See Mercury Advisories)</b>	Largemouth bass	One meal per week	Four meals per year	See Mercury Advisory
	Smallmouth Bass			
	Yellow Bullhead		One meal per month	

<b>PCB/DIOXIN WATERBODY SPECIFIC ADVISORIES</b>  <b>FRESHWATER SITES</b>		GENERAL POPULATION		HIGH-RISK INDIVIDUALS
		LIFETIME CANCER RISK		BASED ON A NON-CANCER RISK
		1 in 10,000	1 in 100,000	
		DO NOT EAT MORE THAN:	DO NOT EAT MORE THAN:	DO NOT EAT MORE THAN:
Stewart Lake (Camden Co.)	Bluegill Sunfish	One meal per week	One meal per month	One meal per month
	Brown Bullhead			Do not eat
	Largemouth Bass	Four meals per year	Four meals per year	Four meals per year
	Common Carp	One meal per month	One meal per year	Do not eat
Strawbridge Lake (Burlington Co.)	Largemouth Bass	One meal per month	One meal per year	One meal per year
	Bluegill Sunfish			Do not eat
	Common Carp	Four meals per year	Do not eat	Do not eat
	Brown Bullhead	One meal per week	Four meals per year	Four meals per year
Weequahic Lake- Newark (Essex Co.) NOTE: See Mercury Advisories	Largemouth Bass	One meal per month	Four meals per year	One meal per month
	Bluegill Sunfish	One meal per week	One meal per month	One meal per week
	Common carp	One meal per month	One meal per year	Do not eat

NOTE: \* Selling any of these species from designated water bodies is prohibited in New Jersey.

<sup>1</sup> Range of Recommended Meal Frequency corresponds to a cancer risk of 1 in 10,000 to 1 in 100,000 over a lifetime.

<sup>2</sup> Eat only the fillet portions of the fish. Use proper trimming techniques to remove fat, and cooking methods that allow juices to drain from the fish (e.g., baking, broiling, frying, grilling, and steaming). See text for full description. One meal is defined as an eight-ounce serving.

<sup>3</sup> High-risk individuals include infants, children, pregnant women, nursing mothers and women of childbearing age.

<sup>4</sup> No harvest means no taking or attempting to take any blue crabs from these waters.

## 2005 MERCURY FRESHWATER CONSUMPTION ADVISORIES

**NOTE: Bold indicates new advisory.**

**Check both advisory tables (PCB/Dioxin and Mercury) for consumption guidance on the species you catch and the waters you fish.**

<b><u>MERCURY STATEWIDE &amp; REGIONAL ADVISORIES</u></b>	<b>SPECIES</b>	<b>GENERAL POPULATION</b>	<b>HIGH-RISK INDIVIDUAL</b>
		<b>EAT NO MORE THAN:</b>	<b>EAT NO MORE THAN:</b>
<b><u>STATEWIDE:</u></b> (All waters of the State <b>except</b> PINELANDS REGION waters and those listed under WATERBODY SPECIFIC ADVISORIES)	Largemouth Bass Smallmouth Bass Chain Pickerel	One meal per week	One meal per month
	Yellow Bullhead Sunfish <sup>(4)</sup>	No restrictions	One meal per month
	Brown Bullhead	No restrictions	One meal per week
<b><u>PINELANDS REGION:</u></b> (All water bodies of the Pinelands except those listed below with a P notation)	Largemouth Bass Chain Pickerel	One meal per month	Do not eat
	Brown Bullhead Yellow Bullhead	One meal per week	Do not eat
	Sunfish <sup>(4)</sup>	One meal per week	One meal per month

<b><u>MERCURY WATERBODY SPECIFIC ADVISORIES</u></b>	<b>SPECIES</b>	<b>GENERAL POPULATION</b>	<b>HIGH-RISK INDIVIDUAL</b>
		<b>EAT NO MORE THAN:</b>	<b>EAT NO MORE THAN:</b>
Alycon Lake (Gloucester Co.)	P Black Crappie	No restrictions	One meal per month
Assunpink Creek (Mercer/Monmouth Co.)	Largemouth Bass	No restrictions	One meal per week
Assunpink Lake (Monmouth Co.)	Chain Pickerel Largemouth Bass	One meal per week	One meal per month
Atlantic City Reservoir - (Atlantic Co.) <b><u>No Fishing Allowed</u></b>	P Chain Pickerel Largemouth Bass Yellow Perch	Do not eat	Do not eat
Atsion Lake (Burlington Co.)	P Yellow Bullhead	One meal per week	Do not eat
Batsto Lake (Burlington Co.)	P Chain Pickerel Largemouth Bass	One meal per week	Do not eat
	Bluegill Sunfish	One meal per week	One meal per month
	Brown Bullhead Yellow Bullhead	No restrictions	

<u>MERCURY WATERBODY SPECIFIC ADVISORIES</u>	SPECIES	GENERAL POPULATION	HIGH-RISK INDIVIDUAL
		EAT NO MORE THAN:	EAT NO MORE THAN:
Big Timber Creek (Gloucester Co.)	Channel Catfish Largemouth Bass White Catfish	No restrictions	One meal per week
	Brown Bullhead	No restrictions	No restrictions
<b>Boonton Reservoir (Morris Co.) Note: See PCB Advisories</b>	<b>Largemouth Bass</b>	<b>See PCB Advisory</b>	<b>Do Not Eat</b>
	<b>Rock Bass</b>	<b>No Restriction</b>	<b>One meal per month</b>
	White Catfish	One meal per week	One meal per month
	Brown Bullhead	No restrictions	No restrictions
<b>Branch Brook Park – Newark (Essex Co.) Note: See PCB Advisories</b>	<b>Largemouth Bass</b>	<b>See PCB Advisory</b>	<b>Do not eat</b>
	<b>Bluegill</b>	<b>No restrictions</b>	<b>One meal per week</b>
Budd Lake (Morris Co.)	Northern Pike White Catfish	No restrictions	One meal per week
Butterfly Bogs Pond (Ocean Co.)	P Chain Pickerel	One meal per week	Do not eat
	Brown Bullhead	No restrictions	One meal per week
<b>Canistear Reservoir (Sussex Co.)</b>	Largemouth Bass	One meal per week	<b>One meal per month</b>
	<b>Chain Pickerel</b>	No restrictions	<b>One meal per month</b>
	<b>Yellow Perch</b>		<b>One meal per week</b>
	<b>Yellow Bullhead</b>		
	<b>Bluegill Sunfish</b>		
Carnegie Lake (Mercer Co.)	Largemouth Bass	One meal per week	Do not eat
	Channel Catfish White Perch	No restrictions	One meal per month
	Brown Bullhead		One meal per week
	Bluegill Sunfish		No restrictions
Cedar Lake (Cumberland Co.)	P Chain Pickerel Largemouth Bass	One meal per week	Do not eat
Clementon Lake (Camden Co.)	P Chain Pickerel Largemouth Bass	One meal per week	One meal per month
<b>Clinton Reservoir (Passaic Co.)</b>	Largemouth Bass	One meal per week	Do not eat
	<b>Chain Pickerel</b> <b>Yellow Bullhead</b>	<b>One meal per week</b>	<b>One meal per month</b>
	<b>Rock Bass</b>	No restrictions	
	<b>Redbreast Sunfish</b>		
	<b>White Sucker</b>		
Cranberry Lake (Sussex Co.)	Chain Pickerel Hybrid Striped Bass	One meal per week	One meal per month
Crater Lake (Sussex Co.)	Yellow Perch	One meal per week	Do not eat
	Brown Bullhead		One meal per month
Crosswicks Creek (Mercer Co.)	Largemouth Bass White Catfish	No restrictions	One meal per week

<u>MERCURY WATERBODY SPECIFIC ADVISORIES</u>	SPECIES	GENERAL POPULATION	HIGH-RISK INDIVIDUAL
		EAT NO MORE THAN:	EAT NO MORE THAN:
Crystal Lake (Burlington Co.)	Largemouth Bass	No restrictions	One meal per month
	Black Crappie		One meal per week
	Brown Bullhead		No restrictions
DeVoe Lake (Middlesex Co.)	Chain Pickerel	No restrictions	One meal per month
	Largemouth Bass		One meal per week
	Brown Bullhead		
Delaware & Raritan Canal @ Bound Brook (Somerset Co.)	Channel Catfish	One meal per week	Do not eat
Delaware River Upstream Watergap (Warren/Sussex Co)	Smallmouth Bass	One meal per week	One meal per month
	Channel Catfish	No restrictions	
	Muskellunge		
Delaware River - Watergap to Phillipsburg (Warren Co.)	White Catfish	One meal per week	Do not eat
	Channel Catfish	No restrictions	One meal per month
	Smallmouth Bass		One meal per week
	Walleye		
Delaware River- Phillipsburg to Trenton (Hunterdon/Mercer Co.)	Channel Catfish	<b>See PCB Advisory</b>	<b>See PCB Advisory</b>
	Largemouth Bass	No restrictions	One meal per month
	Smallmouth Bass		One meal per week
Delaware River -Trenton to Camden (Burlington Co.)	Largemouth Bass White Catfish	No restrictions	One meal per week
Delaware River -Camden to Delaware State line (Camden/Gloucester Co.)	Hybrid Striped Bass	No restrictions	One meal per week
Double Trouble Lake (Ocean Co.)	P Chain Pickerel Yellow Bullhead	One meal per month	Do not eat
East Creek Lake (Cape May Co.)	Chain Pickerel Largemouth Bass Brown Bullhead Yellow Bullhead Yellow Perch	One meal per month	Do not eat
	Pumpkinseed Sunfish	One meal per week	One meal per month
<b>Echo Lake Reservoir (Passaic Co.)</b>	Largemouth Bass	<b>No restrictions</b>	<b>One meal per month</b>
	<b>Chain Pickerel</b>	<b>No restrictions</b>	<b>One meal per month</b>
	<b>Bluegill Sunfish</b>		<b>One meal per week</b>
	<b>Yellow Bullhead</b>		
<b>Green Turtle Lake (Passaic Co.)</b>	Largemouth Bass	<b>One meal per week</b>	One meal per month
	Chain Pickerel	No restrictions	One meal per week
	Yellow Perch		
	<b>Bluegill Sunfish</b>	<b>No restrictions</b>	<b>One meal per month</b>
<b>Greenwood Lake (Passaic Co.)</b>	Largemouth Bass	No restrictions	One meal per month
	White Perch	No restrictions	No restrictions
	<b>Walleye</b>	<b>No restrictions</b>	<b>One meal per month</b>
	<b>Bluegill Sunfish</b>	<b>No restrictions</b>	<b>One meal per week</b>
	<b>Yellow Bullhead</b>	<b>No restrictions</b>	<b>One meal per week</b>

<u>MERCURY WATERBODY SPECIFIC ADVISORIES</u>	SPECIES	GENERAL POPULATION	HIGH-RISK INDIVIDUAL
		EAT NO MORE THAN:	EAT NO MORE THAN:
Grovers Mill Pond (Mercer Co.)	Brown Bullhead	One meal per week	One meal per month
	Largemouth Bass		
Hainesville Pond (Sussex Co.)	Chain Pickerel	No restrictions	One meal per week
	Largemouth Bass	No restrictions	One meal per month
	Chain Pickerel		One meal per week
Harrisville Lake (Burlington Co.)	P Chain Pickerel Mud Sunfish Yellow Bullhead	One meal per month	Do not eat
Lake Carasaljo (Ocean Co.)	P Largemouth Bass	One meal per week	Do not eat
	Chain Pickerel		One meal per month
Lake Hopatcong (Morris/Sussex Co.)	Chain Pickerel	One meal per week	One meal per month
	Largemouth Bass	No restrictions	
Lake Nummy (Cape May Co.)	P Chain Pickerel	One meal per week	Do not eat
	Yellow Perch		
	Yellow Bullhead	No restrictions	One meal per month
<b>Lake Tappan (Bergen Co.)</b>	Smallmouth Bass	No restrictions	<b>One meal per month</b>
	<b>Largemouth Bass</b>	<b>No restriction</b>	<b>One meal per month</b>
	<b>Bluegill Sunfish</b>	<b>No restriction</b>	<b>No restriction</b>
	Yellow Bullhead	No restrictions	One meal per week
	Common Carp	No restrictions	One meal per week
Lenape Lake (Atlantic Co.)	P Chain Pickerel	One meal per week	Do not eat
Linden Lake (Camden Co.)	P Largemouth Bass	No restrictions	One meal per month
Little Timber Creek (Camden Co.)	Brown Bullhead	No restrictions	No restrictions
Malaga Lake (Gloucester Co.)	P Chain Pickerel	One meal per month	Do not eat
	Largemouth Bass		
Manasquan Reservoir (Monmouth Co.)	Largemouth Bass	One meal per month	Do not eat
	Black Crappie	One meal per week	One meal per month
	Bluegill Sunfish	No restrictions	
	Chain Pickerel	No restrictions	
Marlton Lake (Burlington Co.)	P Brown Bullhead	One meal per month	Do not eat
	Yellow Perch		
Maskells Mill Lake (Salem Co.)	P Brown Bullhead	One meal per week	One meal per month
	Chain Pickerel		
	Largemouth Bass		
	Black Crappie	No restrictions	

<u>MERCURY WATERBODY SPECIFIC ADVISORIES</u>	SPECIES	GENERAL POPULATION	HIGH-RISK INDIVIDUAL
		EAT NO MORE THAN:	EAT NO MORE THAN:
Merrill Creek Reservoir (Warren Co.)	Largemouth Bass	One meal per month	Do not eat
	Smallmouth Bass Lake Trout	One meal per week	
	Yellow Perch	No restrictions	One meal per month
	Black Crappie Bluegill Sunfish Brown Bullhead	No restrictions	One meal per week
Mirror Lake (Burlington Co.)	P Largemouth Bass	One meal per week	One meal per month
	Brown Bullhead	No restrictions	One meal per week
<b>Monksville Reservoir (Passaic Co.)</b>	Largemouth Bass	One meal per week	<b>One meal per month</b>
	Smallmouth Bass	No restrictions	One meal per month
	Chain Pickerel	<b>One meal per week</b>	<b>One meal per month</b>
	Walleye	<b>One meal per week</b>	Do not eat
	White Perch	One meal per week	Do not eat
	Pumpkinseed Sunfish	No restrictions	One meal per month
	Brown Bullhead	No restriction	One meal per week
	<b>Yellow Perch</b>	<b>No restriction</b>	<b>One meal per week</b>
	<b>Bluegill Sunfish</b>		
<b>Yellow Bullhead</b>			
Mountain Lake (Warren Co.)	Largemouth Bass	One meal per week	Do not eat
Mullica River (Burlington/Atlantic Co.)	P Chain Pickerel	One meal per month	Do not eat
	Brown Bullhead White Perch Pumpkinseed Sunfish	One meal per week	One meal per month
	White Catfish	No restrictions	
	New Brooklyn Lake (Camden Co.)	P Chain Pickerel	One meal per week
Largemouth Bass		One meal per week	One meal per month
Pumpkinseed Sunfish Black Crappie		No restrictions	
Yellow Bullhead		No restrictions	One meal per week
Newton Creek, North (Camden Co.)	Brown Bullhead	No restrictions	No restrictions
Newton Creek, South (Camden Co.)	Largemouth Bass	One meal per month	Do not eat
	Brown Bullhead	No restrictions	One meal per week
<b>Oak Ridge Reservoir (Passaic Co.)</b>	Largemouth Bass	One meal per week	Do not eat
	Smallmouth Bass	One meal per week	One meal per month
	Chain Pickerel	No restrictions	One meal per month
	<b>Bluegill Sunfish</b>	<b>No restriction</b>	<b>One meal per month</b>
	Yellow Bullhead	No restrictions	One meal per month
	Brown Bullhead	No restrictions	No restrictions
<b>Oradell Reservoir (Bergen Co.)</b>	Largemouth Bass	No restrictions	One meal per month
	<b>Bluegill Sunfish</b>	<b>No restriction</b>	<b>No restriction</b>
	Yellow Bullhead	No restrictions	No restrictions
	Common Carp	No restrictions	No restrictions

<u>MERCURY WATERBODY SPECIFIC ADVISORIES</u>	SPECIES	GENERAL POPULATION	HIGH-RISK INDIVIDUAL	
		EAT NO MORE THAN:	EAT NO MORE THAN:	
Passaic River: Rt. 280 to confluence of Pompton R. -Two Bridges (Morris/Essex/ Passaic Co.)  (See PCB Advisory)	Largemouth Bass	One meal per week	One meal per month	
	Redbreast Sunfish	One meal per week	One meal per month	
	Northern Pike Common Carp	See PCB Advisories	See PCB Advisories	
	Black Crappie	No restrictions	One meal per month	
	Bluegill Sunfish	No restrictions	One meal per month	
	Yellow Bullhead		One meal per week	
	Pumpkinseed Sunfish			
Passaic River: Elmwood Park to Dundee Lake (Passaic/Bergen Co.) (See PCB Advisories)	Largemouth Bass	See PCB Advisories	One meal per month	
	Brown Bullhead	See PCB Advisory	See PCB Advisory	
	Yellow Bullhead	See PCB Advisory	One meal per month	
Pompton Lake (Passaic Co.) (See PCB Advisories)	Largemouth Bass	One meal per week	Do not eat	
	Bluegill Sunfish	No restriction	One meal per month	
	Common Carp	See PCB Advisory	See PCB Advisory	
Pompton River at Lincoln Park (Passaic/Morris Co.) (See PCB Advisories)	Largemouth Bass	See PCB Advisory	One meal per month	
	Northern Pike	One meal per week	Do not eat	
	Yellow Perch	No restrictions	One meal per month	
	Rock Bass	One meal per week	Do not eat	
	Black Crappie	No restriction	One meal per month	
	Common Carp	See PCB Advisory	See PCB Advisory	
Ramapo Lake (Passaic/Bergen Co.)	Largemouth Bass	One meal per week	One meal per month	
	Bluegill Sunfish	No restrictions	One meal per month	
Ramapo River @ Pompton Feeder (Morris Co.) formerly Pompton River @ Pequannock R. (Passaic/Morris Co.) (See PCB Advisories)	Largemouth Bass	See PCB Advisory	Do not eat	
	Smallmouth Bass			
	Yellow Bullhead			
	Rock Bass	One meal per week	One meal per month	
	Pumpkinseed Sunfish	One meal per week		
	Redbreast Sunfish			
	Black Crappie			
Raritan River at Neshanic Station (Somerset Co.)	Largemouth Bass Smallmouth Bass Redbreast Sunfish Brown Bullhead Rock Bass	No restrictions	One meal per week	
	Raritan River at Millstone River (Somerset Co.)	Largemouth Bass	One meal per week	One meal per month
		Channel Catfish	No restrictions	One meal per week
		Brown Bullhead		No restrictions
	Raritan River at Route 1 (Middlesex Co.)	White Perch	No restrictions	One meal per week

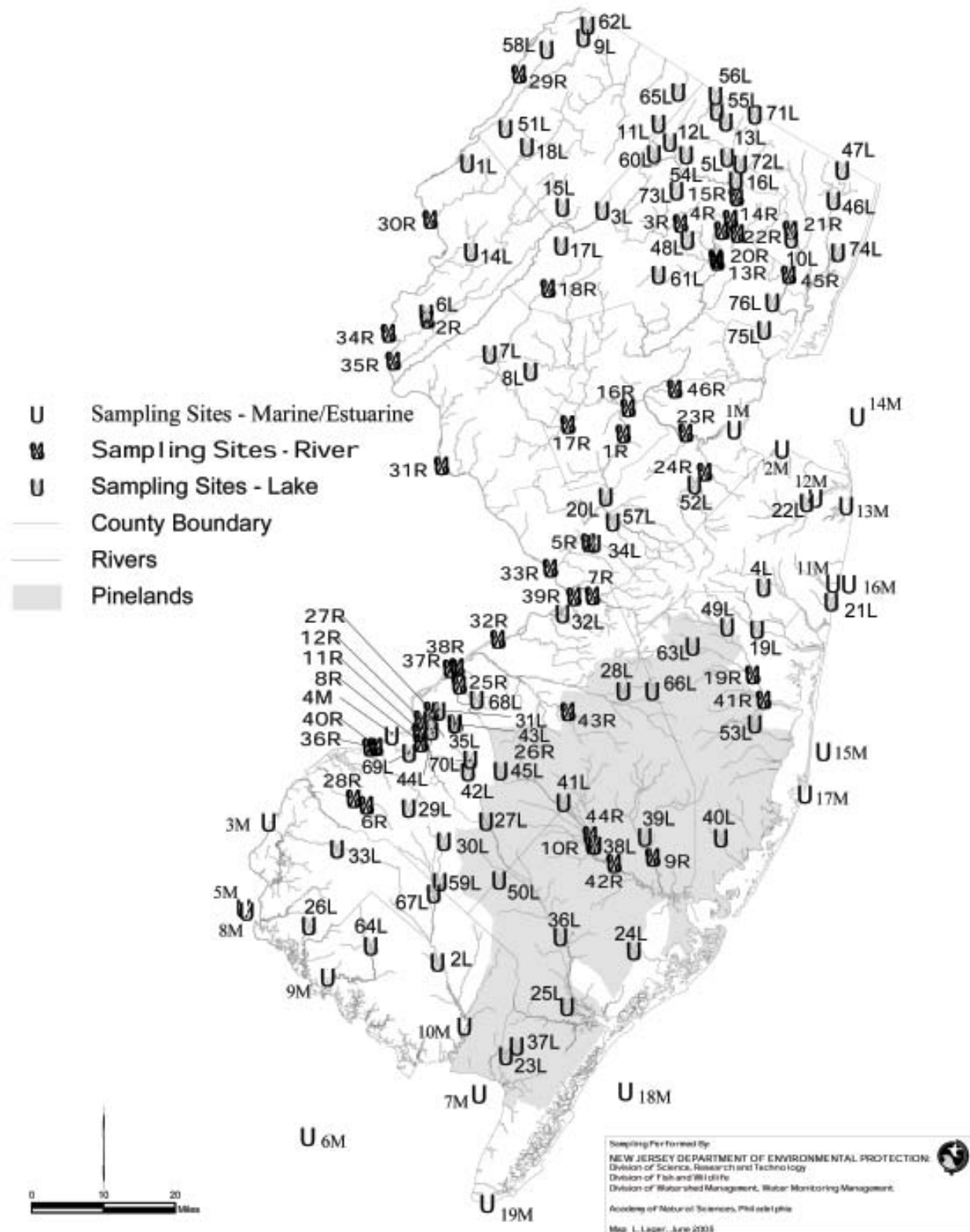
<u>MERCURY WATERBODY SPECIFIC ADVISORIES</u>	SPECIES	GENERAL POPULATION	HIGH-RISK INDIVIDUAL
		EAT NO MORE THAN:	EAT NO MORE THAN:
Ridgeway Branch of Toms River (Ocean Co.)	P Brown Bullhead Chain Pickerel	One meal per month	Do not eat
<b>Rockaway River @ Powerville (Morris Co.)</b>	Largemouth Bass	One meal per week	Do not eat
	Chain Pickerel	No restrictions	One meal per month
	Brown Bullhead	No restrictions	One meal per week
	Yellow Bullhead	No restrictions	One meal per week
	<b>Rock Bass</b>	<b>No restrictions</b>	<b>One meal per month</b>
	<b>Bluegill Sunfish</b>	<b>No restrictions</b>	<b>One meal per week</b>
Rockaway River at Whippany (Morris Co.)	Largemouth Bass	One meal per week	Do not eat
	Black Crappie	No restrictions	One meal per month
	Bluegill Sunfish		One meal per week
Round Valley Reservoir (Hunterdon Co.)	Largemouth Bass	No restrictions	One meal per month
	Lake Trout		One meal per week
Saw Mill Lake (Sussex Co.)	Northern Pike	No restrictions	One meal per month
	Brown Bullhead		No restrictions
Shadow Lake (Monmouth Co.)	Largemouth Bass	No restrictions	One meal per week
<b>Shepherd Lake (aka Sheppards Lake; Passaic Co.)</b>	<b>Largemouth Bass</b>	<b>One meal per week</b>	<b>Do not eat</b>
	<b>Rock Bass</b>	<b>No restrictions</b>	<b>One meal per week</b>
	<b>Redbreast Sunfish</b>	<b>No restrictions</b>	<b>One meal per month</b>
	<b>Brown Bullhead</b>	<b>No restrictions</b>	<b>One meal per week</b>
<b>Speedwell Lake (Morris Co.)</b>	Largemouth Bass	One meal per week	One meal per month
	Bluegill Sunfish	No restrictions	One meal per week
	<b>Chain Pickerel</b>	<b>No restrictions</b>	<b>One meal per week</b>
	<b>Common carp</b>		
<b>Splitrock Reservoir (Morris Co.)</b>	<b>Largemouth Bass</b>	<b>One meal per week</b>	<b>One meal per month</b>
	<b>Chain Pickerel</b>	<b>No restrictions</b>	<b>One meal per month</b>
	<b>Yellow Perch</b>		<b>One meal per week</b>
	<b>Bluegill Sunfish</b>		<b>One meal per week</b>
	<b>Brown Bullhead</b>		<b>No restrictions</b>
Spring Lake (Monmouth Co.)	P Largemouth Bass	One meal per week	Do not eat
Spruce Run Reservoir (Hunterdon Co.)	Largemouth Bass	One meal per week	One meal per month
	Northern Pike	No restrictions	
	Hybrid Striped Bass		
Stafford Forge Main Line (Ocean Co.)	P Chain Pickerel	One meal per week	Do not eat
Steenykill Lake (Sussex Co.)	Largemouth Bass	No restrictions	One meal per week

<u>MERCURY WATERBODY SPECIFIC ADVISORIES</u>		SPECIES	GENERAL POPULATION	HIGH-RISK INDIVIDUAL
			EAT NO MORE THAN:	EAT NO MORE THAN:
Success Lake (Ocean Co.)	P	Chain Pickerel	One meal per month	Do not eat
Sunset Lake (Cumberland Co.)	P	Largemouth Bass	One meal per week	One meal per month
Swartwood Lake (Sussex Co.)		Smallmouth Bass	No restrictions	One meal per month
		Chain Pickerel		One meal per week
Union Lake (Cumberland Co.)	P	Chain Pickerel Largemouth Bass	One meal per month	Do not eat
		White Perch	One meal per week	
		Bluegill Sunfish	One meal per week	One meal per month
Wading River (Burlington Co.)	P	Yellow Bullhead	One meal per month	Do not eat
		Brown Bullhead Chain Pickerel White Catfish	One meal per week	
<b>Wanaque Reservoir (Passaic Co.)</b>		Largemouth Bass	One meal per week	Do not eat
		White Perch		
		Chain Pickerel		
		Smallmouth Bass	No restrictions	One meal per month
		White Catfish		
		Brown Bullhead	No restrictions	
		<b>Yellow Bullhead</b>	<b>No restrictions</b>	<b>One meal per week</b>
<b>Bluegill Sunfish</b>	<b>No restrictions</b>	<b>One meal per month</b>		
Wawayanda Lake (Sussex Co.)		Chain Pickerel	No restriction	One meal per month
		<b>Largemouth Bass</b>	<b>One meal per week</b>	<b>Do not eat</b>
		<b>Bluegill Sunfish</b>	<b>No restriction</b>	<b>One meal per month</b>
		<b>Yellow Bullhead</b>	<b>One meal per week</b>	<b>One meal per month</b>
Weequahic Lake (Essex Co.)		Largemouth Bass	See PCB Advisory	One meal per month
		Common Carp		See PCB Advisory
		Bluegill		One meal per week
		White Perch	No restrictions	One meal per week
		Brown Bullhead		No restrictions
Whitesbog Pond (Ocean Co.)	P	Chain Pickerel	One meal per week	Do not eat
Willow Grove Lake (Cumberland Co.)	P	Chain Pickerel Largemouth Bass	One meal per month	Do not eat
		Yellow Bullhead	One meal per week	
		Brown Bullhead	No restrictions	One meal per month

<u>MERCURY WATERBODY SPECIFIC ADVISORIES</u>	SPECIES	GENERAL POPULATION	HIGH-RISK INDIVIDUAL
		EAT NO MORE THAN:	EAT NO MORE THAN:
Wilson Lake (Gloucester Co.)	P Chain Pickerel Pumpkinseed Sunfish Yellow Perch	One meal per month	Do not eat
	Largemouth Bass	One meal per week	
Woodstown Memorial Lake (Salem Co.)	Black Crappie Largemouth Bass	No restrictions	One meal per month

- (1) **Not all species were found or analyzed in all water bodies, or inadequate data were available to list some species.**
  - (2) **One meal is defined as an eight-ounce serving.**
  - (3) **High-risk individuals are pregnant women, women planning pregnancy within one year, nursing mothers and children under five years old.**
  - (4) **Sunfish includes bluegill, pumpkinseed, and redbreast sunfish.**
- \* **Region: P = Pinelands Area**

# New Jersey Fish Tissue Sampling Sites



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## Lakes

1L Catfish Pond near Delaware Water Gap  
2L Union Lake  
3L Lake Hopatcong  
4L Manasquan Reservoir  
5L Wanaque Reservoir  
6L Merrill Creek Reservoir  
7L Spruce Run Reservoir  
8L Round Valley Reservoir  
9L Saw Mill Lake  
10L Dundee Lake (Passaic River)  
11L Canistear Reservoir  
12L Clinton Reservoir  
13L Monksville Reservoir  
14L Mountain Lake  
15L Cranberry Lake  
16L Pompton Lake  
17L Budd Lake  
18L Swartswood Lake  
19L Lake Carasaljo  
20L Carnegie Lake  
21L Spring Lake  
22L Shadow Lake  
23L East Creek Lake  
24L Atlantic City Reservoir  
25L Corbin City Impoundment #3  
26L Maskells Mills Lake  
27L New Brooklyn Lake  
28L Mirror Lake  
29L Alcyon Lake  
30L Wilson Lake  
31L Cooper River Park Lake  
32L Crystal Lake  
33L Woodstown Memorial Lake  
34L Assunpink Lake  
35L Newton Lake  
36L Lenape Lake  
37L Lake Nummy  
38L Batsto Lake  
39L Harrisville Lake  
40L Stafford Forge Main Lake  
41L Atsion Lake  
42L Clementon Lake  
43L Evans Pond  
44L Haddon Lake  
45L Marlton Lake  
46L Oradell Reservoir  
47L Tappan Lake  
48L Boonton Reservoir  
49L Butterfly Bogs  
50L Cedar Lake  
51L Crater Lake  
52L De Voe Lake  
53L Double Trouble Lake  
54L Echo Lake

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## Rivers

1R Delaware and Raritan Canal  
2R Merrill Creek  
3R Rockaway River  
4R Passaic River - Great Piece  
5R Assunpink Creek  
6R Rancocas Creek  
7R Crosswicks Creek  
8R Big Timber Creek  
9R Wading River  
10R Mullica River  
11R Little Timber Creek  
12R Newton Creek  
13R Passaic River at Hatfield Swamp  
14R Pompton River at Lincoln Park  
**15R\* Ramapo River at Pompton Feeder**  
16R Raritan River at Millstone Creek  
17R Raritan River at Neshanic Station  
18R Raritan River, So. Branch, Clairemont Stretch  
19R Ridgeway Branch of Toms River  
20R Rockaway/Whippany Rivers  
21R Passaic River at Elmwood Park  
22R Passaic River at Pompton  
23R Raritan River Upper at Rt 1  
24R South River at Old Bridge  
25R Pennsauken Creek at Forked Landing  
26R Cooper River at mouth of Evans Pond  
27R Cooper River at Cooper River Lake  
28R Raccoon Creek at mouth near Swedesboro  
29R Delaware River at Smithfield Beach  
30R Delaware River at Portland  
31R Delaware River at Byram  
32R Delaware River mouth of Neshaminy Creek  
33R Delaware River at Trenton  
34R Delaware River at Easton  
35R Delaware River at Raubsville  
36R Delaware River at Paulsboro  
37R Delaware River at Palmyra  
38R Delaware River at Riverton  
39R Delaware River at Crosswick Creek  
40R Delaware River at Mantua Creek  
29R Delaware River Upstream of Water Gap  
30R Delaware River Phillipsburg to Water Gap  
41R Toms River  
42R Mullica River between Green Bank and Batsto  
43R Rancocas Tributary between Vincentown/Buddtown  
44R Mullica River from Atsion to Pleasantville  
**45R Passaic River at Lyndhurst**  
**46R Bound Brook**  
  
**Marine/Estuarine**  
1M Raritan Bay at Rt 35  
2M Raritan River Lower at Union Beach  
3M Delaware River at Deepwater  
4M Delaware River at National Park

## Lakes

- 55L Green Turtle Lake
- 56L Greenwood Lake
- 57L Grovers Mill Pond
- 58L Hainsville Pond
- 59L Malaga Lake
- 60L Oak Ridge Reservoir
- 61L Speedwell Lake
- 62L Steenykill Lake
- 63L Success Lake
- 64L Sunset Lake
- 65L Wawayanda Lake
- 66L Whitesbog Pond
- 67L Willow Grove Lake
- 68L Strawbridge Lake
- 69L Stewart Lake
- 70L Linden Lake
- 71L Sheppard Lake**
- 72L Ramapo Lake**
- 73L Split Rock Reservoir**
- 74L Overpeck Creek Lake**
- 75L Weequahic Lake**
- 76L Branch Brook Park Lake**

## Marine/Estuarine

- 5M Delaware Bay at Port Penn
- 6M Delaware Bay at Bower's Beach, DE
- 7M Delaware Bay West of Reeds Beach, SE of Thompsons
- 8M Delaware River/Bay at Reedy Island
- 9M Cohansey River at Greenwich
- 10M Maurice River at Mauricetown
- 11M Shark River at Belmar
- 12M Navesink River at Fairhaven
- 13M Shrewsbury River at Oceanport
- 14M Atlantic Ocean just NW of Sandy Hook
- 15M Atlantic Ocean at Island Beach State Park
- 16M Atlantic Ocean about 12 miles off Belmar
- 17M Atlantic Ocean at Barneget Light
- 18M Atlantic Ocean E of Sea Isle City, S of Ocean City
- 19M Atlantic Ocean about 1 mile S of Cape May

**Bold** Listings are New Sampling Locations

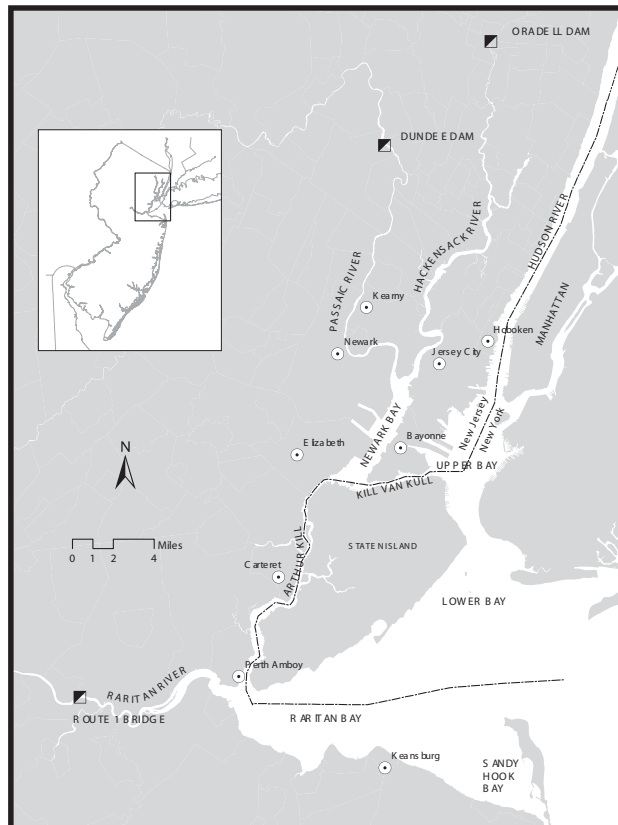
\* Change location name- Ramapo River at Pompton Feeder was listed as Pompton River at Pequannock River

## Northeast

## New

## Jersey

## Waters



The NJDEP and NJDHSS can provide more information on the advisories and the health effects of chemical contaminants in the fish. To stay current with advisory updates and to request additional information, please contact the NJDEP Division of Science, Research and Technology at 1-609-984-6070 or check the website [www.state.nj.us/dep/dsr/njmainfish.htm](http://www.state.nj.us/dep/dsr/njmainfish.htm) or the NJDHSS at 1-609-588-3123 or [www.state.nj.us/health/eoh/foodweb](http://www.state.nj.us/health/eoh/foodweb)