

Catch the Latest Advice

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

# Hudson Valley Region

## Health Advice on Eating Fish You Catch



**Advice by Fish!**  
Don't Skip *How to*  
*Use This Guide*  
on page 2.

Including Albany, Columbia, Dutchess, Orange, Putnam, Rensselaer, Rockland, Schenectady, and Westchester counties, and parts of Greene, Saratoga, Sullivan, Ulster, and Washington counties.

Fishing is a fun, healthy activity for the whole family and fish are a great choice for a healthy diet. However, some fish also 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 Check that you are not fishing from a "Don't Eat" water (page 4).
- 3 Using the "Advice by Fish" below, find the advice for your fish.











### By Water:










- 1 Double-check the "Don't Eat" waters (page 4).
- 2 Check for specific advisories by water using the list on page 34.
- 3 If the water or fish isn't listed, follow the statewide advice on page 32.

## Advice by Fish

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**Don't see your fish?**



## Don't Eat Waters



These waters have been more affected by industrial contamination than others. While they can be fun places to fish, no one should eat fish from them.



General Population



Sensitive Population

Waterbody	Fish	General Population	Sensitive Population
Hudson River, between South Glens Falls Dam and Hudson Falls Dam (Saratoga, Warren, Washington)	All fish	DON'T EAT	DON'T EAT
Hudson River, between Hudson Falls Dam and the Federal Dam in Troy (Albany, Rensselaer, Saratoga, Washington)	All fish	Catch and Release fishing ONLY. Take No Fish. Eat No Fish.	Catch and Release fishing ONLY. Take No Fish. Eat No Fish.
Nassau Lake (Rensselaer)			
Newburgh Area Waters (Orange): Beaverdam Lake Stream from Stewart State Forest to Beaver Dam Lake Clark Street Ponds Crest Vew Lake Lockwood Basin/Masterson Park Pond Moodna Creek, upstream of Firthcliffe Dam Recreation Pond Silver Stream Washington Lake	All Fish	DON'T EAT	DON'T EAT
Thayers Pond (Rensselaer)			
Valatie Kill, between County Rte. 18 and Nassau Lake (Rensselaer)			

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

## Understanding the Advice

### Who you are



People who can become 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 can also 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.

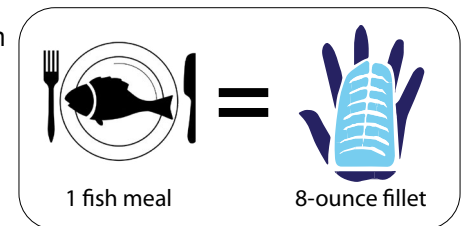
### Where you fish



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.



To learn more about chemicals commonly found in fish, and how advisories are set, visit [www.health.ny.gov/fish](http://www.health.ny.gov/fish).

## Advice by Fish

See key on page 2 for other fish species.




Alewife



Blueback herring




Waterbody	General Population	Sensitive Population
Hudson River, Catskill to NYC Battery (multiple counties)	4 meals/month	DON'T EAT
Hudson River, Troy to Catskill (multiple counties)	1 meal/month	DON'T EAT
Moodna Creek, Firthecliff Dam to Hudson River (Orange)		
<b>All Other Waters</b> 	4 meals/month	1 meal/month

## Advice by Fish



American eel



Waterbody	General Population	Sensitive Population
Kinderhook Lake (Columbia)	1 meal/month	DON'T EAT
Saw Mill River, upstream of the Flume at Mill Street in Yonkers (Westchester)		
Valatie Kill, between Nassau Lake and Kinderhook Lake (Rensselaer)		
Sheldrake River (Westchester)	DON'T EAT	DON'T EAT
Hudson River, Troy to NYC Battery (multiple counties)	No eels may be possessed for food	No eels may be possessed for food
Moodna Creek, from Firthecliff Dam to Hudson River (Orange)	4 meals/month	1 meal/month
<b>All Other Waters</b> 		

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.



Don't eat any fish from northern parts of the Hudson River, Newburgh area waters, Thayers Pond, parts of the Valatie Kill, and Nassau Lake. See page 4.



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## Advice by Fish

See key on page 2 for other fish species.



Striped bass



Atlantic needlefish



Bluefish



General Population



Sensitive Population

Waterbody	General Population	Sensitive Population
Hudson River, Catskill to NYC Battery (multiple counties)	1 meal/month	DON'T EAT
Moodna Creek, Firtheliff Dam to Hudson River (Orange)		
Hudson River, Troy to Catskill (multiple counties)	DON'T EAT	DON'T EAT

## Advice by Fish



Blue crab



General Population



Sensitive Population

Waterbody	General Population	Sensitive Population
Hudson River, Catskill to NYC Battery (multiple)	6 crabs/week	DON'T EAT
Moodna Creek, Firtheliff Dam to Hudson River (Orange)	<i>Don't eat the tomalley/mustard</i>	
Hudson River, Troy to Catskill (multiple)	DON'T EAT	DON'T EAT

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## Advice by Fish



Black crappie



Lake trout



Muskellunge



Tiger muskellunge




and all other fish not listed



General Population



Sensitive Population

Waterbody	General Population	Sensitive Population
Hudson River, Catskill to NYC Battery (multiple counties)	4 meals/month	DON'T EAT
Kinderhook Lake (Columbia)		
Saw Mill River, upstream of Mill Street in Yonkers (Westchester)		
Sheldrake River (Westchester)		
Valatie Kill, between Nassau Lake and Kinderhook Lake (Rensselaer)		
Moodna Creek, Firtheliff Dam to Hudson River (Orange)	1 meal/month	DON'T EAT
Hudson River, Troy to Catskill (multiple counties)	DON'T EAT	DON'T EAT
<b>All Other Waters</b> 	4 meals/month	1 meal/month



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## Advice by Fish

See key on page 2 for other fish species.



Bluegill




Waterbody	General Population	Sensitive Population
Bradley Lake (Rensselaer)	4 meals/month	1 meal/month
Queechy Lake (Columbia)		
Hudson River, Catskill to NYC Battery (multiple counties)	4 meals/month	DON'T EAT
Kinderhook Lake (Columbia)		
Saw Mill River, upstream of Mill Street in Yonkers (Westchester)		
Sheldrake River (Westchester)		
Moodna Creek, downstream of Firthecliff Dam (Orange)	1 meal/month	DON'T EAT
Valatie Kill, between Nassau Lake and Kinderhook Lake (Rensselaer, Columbia)		
Hudson River, Troy to Catskill (multiple counties)	DON'T EAT	DON'T EAT
<b>All Other Waters</b> 	4 meals/month	4 meals/month

## Advice by Fish



Brown bullhead



Waterbody	General Population	Sensitive Population
Hoosic River, from Schaghticoke Dam to Vermont state line (Rensselaer, Washington)	1 meal/month	1 meal/month
Kinderhook Lake (Columbia)	4 meals/month	DON'T EAT
Saw Mill River, upstream of Mill Street in Yonkers (Westchester)		
Sheldrake River (Westchester)		
Valatie Kill, between Nassau Lake and Kinderhook Lake (Rensselaer, Columbia)	1 meal/month	DON'T EAT
Hudson River, Catskill to NYC Battery (multiple counties)		
Moodna Creek, Firthecliff Dam to Hudson River (Orange)		
Hudson River, Troy to Catskill (multiple counties)	DON'T EAT	DON'T EAT
<b>All Other Waters</b> 	4 meals/month	1 meal/month

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.



Don't eat any fish from northern parts of the Hudson River, Newburgh area waters, Thayers Pond, parts of the Valatie Kill, and Nassau Lake. See page 4.



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## Advice by Fish

See key on page 2 for other fish species.



Carp



Waterbody	General Population	Sensitive Population
Kinderhook Lake (Columbia)	4 meals/month	DON'T EAT
Saw Mill River, upstream of Mill Street in Yonkers (Westchester)		
Sheldrake River (Westchester)		
Valatie Kill, between Nassau Lake and Kinderhook Lake (Rensselaer, Columbia)		
Hudson River, Catskill to NYC Battery (multiple counties)	1 meal/month	DON'T EAT
Moodna Creek, Firthecliff Dam to Hudson River (Orange)		
Hoosic River, from Schaghticoke Dam to Vermont state line (Rensselaer, Washington)	DON'T EAT	DON'T EAT
Hudson River, Troy to Catskill (multiple counties)		
Mohawk River/Erie Canal, between Fivemile Dam and Cohoes Falls (multiple counties)		
<b>All Other Waters</b> 	4 meals/month	1 meal/month

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## Advice by Fish



Channel catfish

White catfish



Waterbody	General Population	Sensitive Population
Kinderhook Lake (Columbia)	1 meal/month	DON'T EAT
Saw Mill River, upstream of Mill Street in Yonkers (Westchester)		
Sheldrake River (Westchester)		
Valatie Kill, between Nassau Lake and Kinderhook Lake (Rensselaer, Columbia)		
Hudson River, Troy to NYC Battery (multiple counties)	DON'T EAT	DON'T EAT
Moodna Creek, Firthecliff Dam to Hudson River (Orange)		
<b>All Other Waters</b> 	1 meal/month	1 meal/month



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## Advice by Fish

See key on page 2 for other fish species.



Chain pickerel



Waterbody	General Population	Sensitive Population
Hudson River, Catskill to NYC Battery (multiple counties)	Greater than 20"; 1 meal/month  Less than 20"; 4 meals/month	DON'T EAT
Kinderhook Lake (Columbia)		
Saw Mill River, upstream of Mill Street in Yonkers (Westchester)		
Sheldrake River (Westchester)		
Valatie Kill, between Nassau Lake and Kinderhook Lake (Rensselaer, Columbia)		
Moodna Creek, Firthecliff Dam to Hudson River (Orange)	1 meal/month	DON'T EAT
Hudson River, Troy to Catskill (multiple counties)	DON'T EAT	DON'T EAT
<b>All Other Waters</b> 	Greater than 20"; 1 meal/month  Less than 20"; 4 meals/month	1 meal/month

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.




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## Advice by Fish



Freshwater drum



Waterbody	General Population	Sensitive Population
Hudson River, Catskill to NYC Battery (multiple)	1 meal/month	DON'T EAT
Kinderhook Lake (Columbia)		
Moodna Creek, Firthecliff Dam to Hudson River		
Saw Mill River, upstream of Mill Street in Yonkers (Westchester)		
Sheldrake River (Westchester)		
Valatie Kill, between Nassau Lake and Kinderhook Lake (Rensselaer, Columbia)	DON'T EAT	DON'T EAT
Hudson River, Troy to Catskill (multiple)		
<b>All Other Waters</b> 	1 meal/month	1 meal/month



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## Advice by Fish

See key on page 2 for other fish species.



Goldfish



Waterbody	General Population	Sensitive Population
Kinderhook Lake (Columbia)	4 meals/month	DON'T EAT
Saw Mill River, upstream of Mill Street in Yonkers (Westchester)		
Valatie Kill, between Nassau Lake and Kinderhook Lake (Rensselaer, Columbia)		
Hudson River Catskill to NYC Battery (multiple counties)	1 meal/month	DON'T EAT
Moodna Creek, Firthecliff Dam to Hudson River (Orange)		
Sheldrake River (Westchester)		
Hudson River, Troy to Catskill (multiple counties)	DON'T EAT	DON'T EAT
<b>All Other Waters</b> 	4 meals/month	1 meal/month

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.




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## Advice by Fish



Largemouth bass



Waterbody	General Population	Sensitive Population
Lake Welch (Rockland)	1 meal/month	1 meal/month
Amawalk Reservoir (Westchester)	1 meal/month	Greater than 15", DON'T EAT;
Boyd Corners Reservoir (Putnam)		Less than 15", 1 meal/month
Chodiikee Lake (Ulster)		
Cross River Reservoir (Westchester)		
Kinderhook Lake (Columbia)	Greater than 15", 1 meal/month; Less than 15", 4 meals/month	DON'T EAT
Saw Mill River, upstream of Mill Street in Yonkers (Westchester)		
Sheldrake River (Westchester)		
Valatie Kill, between Nassau Lake and Kinderhook Lake (Rensselaer, Columbia)		
Dyken Pond (Rensselaer)	1 meal/month	DON'T EAT
Hudson River, Catskill to NYC Battery (multiple counties)		
Moodna Creek, Firthecliff Dam to Hudson River (Orange)		
Hudson River, Troy to Catskill (multiple counties)	DON'T EAT	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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## Advice by Fish

See key on page 2 for other fish species.



Northern pike



Waterbody	General Population	Sensitive Population
Hudson River, Catskill to NYC Battery (multiple counties)	Greater than 26"; 1 meal/month  Less than 26"; 4 meals/month	DON'T EAT
Kinderhook Creek (Columbia)		
Saw Mill River, upstream of Mill Street in Yonkers (Westchester)		
Sheldrake River (Westchester)		
Valatie Kill, between Nassau Lake and Kinderhook Lake (Rensselaer, Columbia)		
Moodna Creek, downstream of Firthecliff Dam (Orange)	1 meal/month	DON'T EAT
Hudson River, Troy to Catskill (multiple counties)	DON'T EAT	DON'T EAT
<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

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.



Don't eat any fish from northern parts of the Hudson River, Newburgh area waters, Thayers Pond, parts of the Valatie Kill, and Nassau Lake. See page 4.

## Advice by Fish



Pumpkinseed/sunfish



Redbreast sunfish



Waterbody	General Population	Sensitive Population
Green Lake (Greene)	4 meals/month	1 meal/month
Hoosic River, from Schaghticoke Dam to Vermont state line (Rensselaer, Washington)		
Mohawk River (multiple counties)		
Hudson River, Catskill to NYC Battery (multiple counties)	4 meals/month	DON'T EAT
Kinderhook Lake (Columbia)		
Saw Mill River, upstream of Mill Street in Yonkers (Westchester)		
Sheldrake River (Westchester)		
Moodna Creek, from Firthecliff Dam to Hudson River (Orange)	1 meal/month	DON'T EAT
Valatie Kill, between Nassau Lake and Kinderhook Lake (Rensselaer, Columbia)		
Hudson River, Troy to Catskill (multiple counties)	DON'T EAT	DON'T EAT
<b>All Other Waters</b> 	4 meals/month	4 meals/month



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## Advice by Fish

See key on page 2 for other fish species.



Rock bass



Waterbody	General Population	Sensitive Population
Hudson River, Catskill to NYC Battery (multiple counties)	4 meals/month	DON'T EAT
Kinderhook Lake (Columbia)		
Saw Mill River, upstream of Mill Street in Yonkers (Westchester)		
Sheldrake River (Westchester)		
Valatie Kill, between Nassau Lake and Kinderhook Lake (Rensselaer, Columbia)	1 meal/month	DON'T EAT
Hudson River, Troy to Catskill (multiple counties)		
Moodna Creek, Firthecliff Dam to Hudson River (Orange)		
<b>All Other Waters</b> 	4 meals/month	1 meal/month

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.



Don't eat any fish from northern parts of the Hudson River, Newburgh area waters, Thayers Pond, parts of the Valatie Kill, and Nassau Lake. See page 4.

## Advice by Fish



Smallmouth bass



Waterbody	General Population	Sensitive Population
Lake Welch (Rockland)	1 meal/month	Greater than 15", DON'T EAT; Less than 15", 1 meal/month
Dunham Reservoir (Rensselaer)	Greater than 15", DON'T EAT; Less than 15", 1 meal/month	DON'T EAT
Hudson River, Catskill to NYC Battery (multiple)	1 meal/month	DON'T EAT
Kinderhook Lake (Columbia)		
Saw Mill River, upstream of Mill Street in Yonkers (Westchester)		
Sheldrake River (Westchester)		
Valatie Kill, between Nassau Lake and Kinderhook Lake (Rensselaer, Columbia)	DON'T EAT	DON'T EAT
Hudson River, Troy to Catskill (multiple)		
Moodna Creek, Firthecliff Dam to Hudson River (Orange)		
<b>All Other Waters</b> 	1 meal/month	Greater than 15", DON'T EAT; Less than 15", 1 meal/month



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## Advice by Fish

See key on page 2 for other fish species.



Brook trout



Waterbody	General Population	Sensitive Population
Mohawk River (multiple counties)	4 meals/month	1 meal/month
Hudson River, Catskill to NYC Battery (multiple counties)	4 meals/month	DON'T EAT
Kinderhook Lake (Columbia)		
Saw Mill River, upstream of Mill Street in Yonkers (Westchester)		
Sheldrake River (Westchester)		
Valatie Kill, between Nassau Lake and Kinderhook Lake (Rensselaer, Columbia)		
Moodna Creek, Firthecliff Dam to Hudson River (Orange)	1 meal/month	DON'T EAT
Hudson River, Troy to Catskill (multiple counties)	DON'T EAT	DON'T EAT
<b>All Other Waters</b> 	4 meals/month	4 meals/month

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Don't eat any fish from northern parts of the Hudson River, Newburgh area waters, Thayers Pond, parts of the Valatie Kill, and Nassau Lake. See page 4.

## Advice by Fish



Brown trout



Waterbody	General Population	Sensitive Population
Mohawk River (multiple counties)	4 meals/month	1 meal/month
Cross River Reservoir (Westchester)	Greater than 20", 1 meal/month; Less than 20", 4 meals/month	1 meal/month
Titicus Reservoir (Westchester)		
West Branch Reservoir (Putnam)		
Hoosic River, from Schaghticoke Dam to Vermont state line (Rensselaer, Washington)	Greater than 14", DON'T EAT; Less than 14", 1 meal/month	Greater than 14", DON'T EAT; Less than 14", 1 meal/month
Hudson River, Catskill to NYC Battery (multiple counties)	4 meals/month	DON'T EAT
Kinderhook Lake (Columbia)		
Saw Mill River, upstream of Mill Street in Yonkers (Westchester)		
Sheldrake River (Westchester)		
Valatie Kill, between Nassau Lake and Kinderhook Lake (Rensselaer, Columbia)		
Moodna Creek, Firthecliff Dam to Hudson River (Orange)	1 meal/month	DON'T EAT
Hudson River, Troy to Catskill (multiple counties)	DON'T EAT	DON'T EAT
<b>All Other Waters</b> 	4 meals/month	Greater than 20", 1 meal/month; Less than 20", 4 meals/month



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## Advice by Fish

See key on page 2 for other fish species.



Rainbow trout



Waterbody	General Population	Sensitive Population
Hoosic River, from Schaghticoke Dam to Vermont state line (Rensselaer, Washington)	1 meal/month	1 meal/month
Hudson River, Catskill to NYC Battery (multiple counties)	4 meals/month	DON'T EAT
Kinderhook Lake (Columbia)		
Saw Mill River, upstream of Mill Street in Yonkers (Westchester)		
Sheldrake River (Westchester)		
Valatie Kill, between Nassau Lake and Kinderhook Lake (Rensselaer, Columbia)		
Moodna Creek, Firthecliff Dam to Hudson River (Orange)	1 meal/month	DON'T EAT
Hudson River, Troy to Catskill (multiple counties)	DON'T EAT	DON'T EAT
<b>All Other Waters</b> 	4 meals/month	4 meals/month

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## Advice by Fish



Walleye



Waterbody	General Population	Sensitive Population
Kinderhook Lake (Columbia)	Greater than 19", 1 meal/month; Less than 19", 4 meals/month	DON'T EAT
Saw Mill River, upstream of Mill Street in Yonkers (Westchester)		
Sheldrake River (Westchester)		
Valatie Kill, between Nassau Lake and Kinderhook Lake (Rensselaer, Columbia)		
Boyd Corners Reservoir (Putnam)	1 meal/month	DON'T EAT
East Branch Reservoir (Putnam)		
Swinging Bridge Reservoir (Sullivan)		
Loch Sheldrake (Sullivan)	Greater than 19", DON'T EAT; Less than 19", 1 meal/month	DON'T EAT
Dunham Reservoir (Rensselaer)	DON'T EAT	DON'T EAT
Hudson River, Troy to NYC Battery (multiple counties)		
Moodna Creek, Firthecliff Dam to Hudson River (Orange)		
<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", 1 meal/month



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## Advice by Fish

See key on page 2 for other fish species.



White perch



Waterbody	General Population	Sensitive Population
Cross River Reservoir (Westchester)	1 meal/month	DON'T EAT
Hudson River, Catskill to NYC Battery (multiple counties)		
Kinderhook Lake (Columbia)		
Lake Taghkanic (Columbia)		
Moodna Creek, Firthecliff Dam to Hudson River (Orange)		
Saw Mill River, upstream of Mill Street in Yonkers (Westchester)		
Sheldrake River (Westchester)		
Titicus Reservoir (Westchester)		
Valatie Kill, between Nassau Lake and Kinderhook Lake (Rensselaer, Columbia)		
Hudson River, Troy to Catskill (multiple counties)	DON'T EAT	DON'T EAT
<b>All Other Waters</b> 	1 meal/month	1 meal/month

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.




Don't eat any fish from northern parts of the Hudson River, Newburgh area waters, Thayers Pond, parts of the Valatie Kill, and Nassau Lake. See page 4.

## Advice by Fish



White sucker



Waterbody	General Population	Sensitive Population
Hoosic River, Schaghticoke Dam to Vermont state line (Rensselaer, Washington)	4 meals/month	1 meal/month
Mohawk River (multiple counties)		
Patroon Creek (Albany)		
Hudson River, Catskill to NYC Battery (multiple counties)	4 meals/month	DON'T EAT
Kinderhook Lake (Columbia)		
Saw Mill River, upstream of Mill Street in Yonkers (Westchester)		
Sheldrake River (Westchester)		
Valatie Kill, between Nassau Lake and Kinderhook Lake (Rensselaer)		
Moodna Creek, Firthecliff Dam to Hudson River (Orange)	1 meal/month	DON'T EAT
Hudson River, Troy to Catskill (multiple counties)	DON'T EAT	DON'T EAT
<b>All Other Waters</b> 	4 meals/month	4 meals/month



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# Advice by Fish

See key on page 2 for other fish species.



Yellow perch



General Population



Sensitive Population

Waterbody	General Population	Sensitive Population
Diverting Reservoir (Putnam)	4 meals/month	1 meal/month
Glass Lake (Rensselaer)		
Lake Superior (Sullivan)		
Mohawk River (multiple counties)		
Moreau Lake (Saratoga)		
Thompsons Lake (Albany)		
Amawalk Reservoir (Westchester)	Greater than 10", 1 meal/month; Less than 10", 4 meals/month	1 meal/month
Ballston Lake (Saratoga)		
Black River Pond (Rensselaer)		
Carters Pond (Washington)		
Dunham Reservoir (Rensselaer)		
Dyken Pond (Rensselaer)		
East Branch Reservoir (Putnam)		
Green Lake (Greene)		
Middle Branch Reservoir (Putnam)		
New Croton Reservoir (Westchester)		
Rio Reservoir (Sullivan, Orange)		
Titicus Reservoir (Westchester)		
Wappingers Lake (Dutchess)		
West Branch Reservoir (Putnam)		

CONTINUED  
ON NEXT PAGE




Yellow perch,  
continued



General Population



Sensitive Population

Waterbody	General Population	Sensitive Population
Hudson River, Catskill to NYC Battery (multiple counties)	4 meals/month	DON'T EAT
Kinderhook Lake (Columbia)		
Saw Mill River, upstream of Mill Street in Yonkers (Westchester)		
Sheldrake River (Westchester)		
Valatie Kill, between Nassau Lake and Kinderhook Lake (Rensselaer, Columbia)	1 meal/month	DON'T EAT
Hudson River, Troy to Catskill (multiple counties)		
Moodna Creek, Firthecliff Dam to Hudson River (Orange)		
<b>All Other Waters</b> 	4 meals/month	Greater than 10", 1 meal/month; Less than 10", 4 meals/month

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.



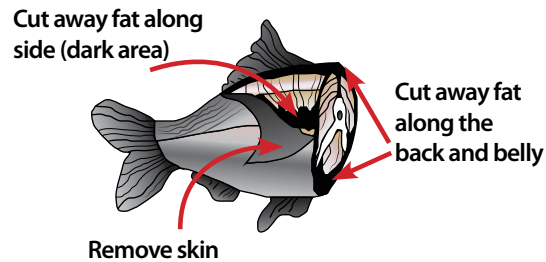
The sensitive population refers to people who can become pregnant (under age 50) and children under 15. The general population refers to everyone else.



Don't eat any fish from northern parts of the Hudson River, Newburgh area waters, Thayers Pond, parts of the Valatie Kill, and Nassau Lake. See page 4.

## Tips for Healthier Eating

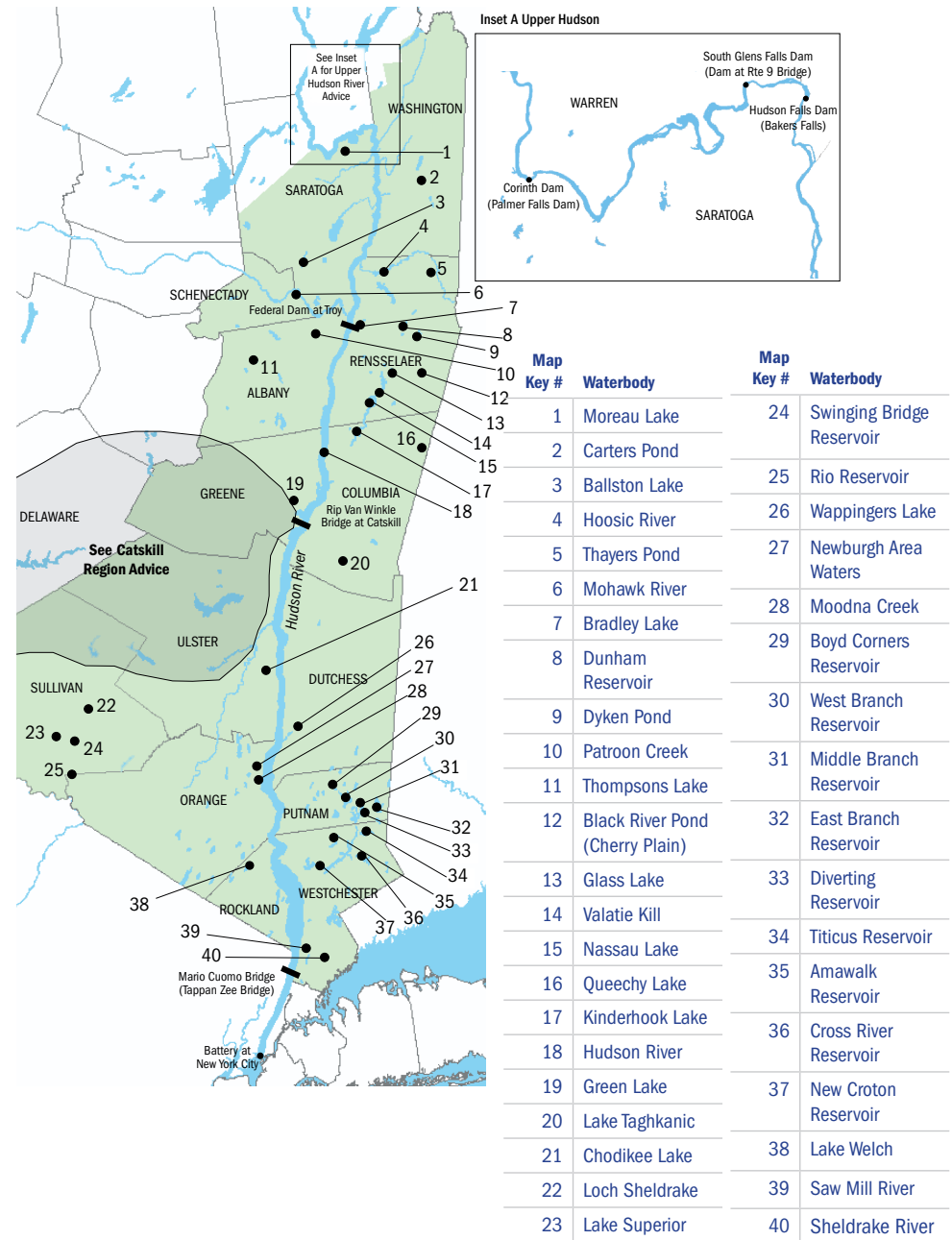
- Try to space out your fish meals. For example, if the advice is that you can eat up to four meals a month, don't eat them all in the same week. This is particularly important for the sensitive population.
- Bacteria, viruses, or parasites can be in or on fish. Keep harvested fish cold. Wear gloves when skinning and trimming. Wash hands and surfaces often when preparing fish, and keep raw foods separate. Cook fish and shellfish thoroughly before eating.
- 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.
- Trimming and skinning will not reduce the amount of mercury in a fish meal.
- The main way to reduce how much mercury you get from fish is to avoid certain species or eat smaller fish within a species.

For more tips and healthy fish recipes visit [www.health.ny.gov/fish/tips.htm](http://www.health.ny.gov/fish/tips.htm)

## Hudson Valley Waters with Specific Advice

































### What about tributaries and connected waters?

The specific advice applies to tributaries and connected waters if there are no dams, falls, or barriers to stop the fish from moving upstream or downstream. This is because chemicals remain in fish when they move from one waterbody to another.



## Statewide Advice

 General Population	This advice is already incorporated into the “by fish” pages (6-29). Use the Statewide Advice for the waters listed on page 33. 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 eight-ounce portion size (a half-pound).

## Where You Can Use the Statewide Advice

### Albany

Basic Creek  
 Basic Creek Reservoir  
 Catskill Creek  
 Normans Kill, *upstream of waterfall at I-87*  
 Rensselaer Lake  
 Ten Mile Creek  
 Tivoli Lake  
 Vly Creek  
 Washington Park Lake

### Columbia

Claverack Creek, *upstream of Van De Carrs Dam*  
 Copake Lake  
 Kline Kill

### Dutchess

Crum Elbow Creek, *upstream of Lower Dam*  
 Fishkill Creek, *upstream of NY Rubber Co. Dam*  
 Iron Mine Pond  
 Morgan Lake  
 Roeliff Jansen Kill, *upstream of Bingham Mill Dam*  
 Shekomeko Creek  
 Sprout Creek  
 Stissing Pond  
 Tenmile River  
 Wappinger Creek, *upstream of Wappinger Falls Dam*  
 Webatuck Creek  
 Ore Pit Pond  
 Roeliff Jansen Kill, *upstream of Bingham Mills Dam*  
 Taghkanic Creek  
 Weed Mines Pond

### Putnam

Canopus Lake  
 Croton Falls Reservoir  
 East Branch Croton River, *downstream of Diverting Reservoir Dam*  
 Lake Gilead  
 Lake Gleneida  
 Lake Mahopac  
 Peekskill Hollow Brook, *upstream of Dam*  
 Pelton Pond  
 Roaring Brook Lake  
 Stillwater Pond  
 West Branch Croton River, *downstream of West Branch Dam*  
 White Pond

### Orange

Barnes Lake  
 Blue Lake  
 Eagle Lake  
 Glenmere Lake  
 Greenwood Lake  
 Hessian Lake  
 Island Pond  
 Lake Askoti  
 Lake Kanawauke  
 Lake Nawahunta  
 Lake Skannatati  
 Lake Skenonto  
 Lake Stahahe  
 Ramapo River  
 Walkkill River

### Rensselaer

Burden Lake  
 Crooked Lake  
 Crystal Lake  
 Long Pond  
 Poesten Kill, *upstream of Mt. Ida Falls*  
 Shaver Pond  
 Snyder's Lake  
 Tackwasick Creek  
 Tomhannock Reservoir  
 Tsatsawassa Lake

### Rockland

Hessian Lake  
 Lake Sebago  
 Lake Wanoksink  
 Mahwah River  
 Minisceongo Creek, *upstream of Rockland Print Company Dam*  
 Pine Meadow Brook  
 Pine Meadow Lake  
 Ramapo River  
 Rockland Lake  
 Sparkill Creek, *upstream of Piermont Paper Company Dam*  
 Tiorati Brook, *upstream of Stony Point Dam*

### Saratoga

Alplaus Kill  
 Dwaas Kill  
 Geyser Brook  
 Glowegee Creek  
 Kayaderoseras Creek  
 Round Lake  
 Saratoga Lake

### Schenectady

Collins Lake  
 Featherstonhaugh Lake  
 Iroquois Lake  
 Lisha Kill  
 Mariaville Lake  
 Steinmetz Lake

### Sullivan

Bashakill Marsh  
 Callicoon Creek  
 Cliff Lake  
 Crystal Lake  
 Delaware River  
 Lake Huntington  
 Mongaup Falls Reservoir  
 Morningside Lake  
 Neversink River  
 Toronto Reservoir  
 White Lake

### Ulster

Louisa Pond  
 Sturgeon Pool  
 Wallkill River, *upstream of Sturgeon Pool*

### Washington

Batten Kill, *upstream of Clark Mills Lower Dam*  
 Cossayuna Lake  
 Dead Lake  
 Mettawee River, *upstream of waterfalls at Thomas Rd & Upper Tpk*

### Westchester

Bronx River, *upstream of Bronx River Dam*  
 Croton River, *upstream of Silver Lake Dam*  
 Kensico Reservoir  
 Mohansic Lake  
 Muscoot Reservoir  
 Peekskill Hollow Brook, *upstream of Hollowbrook Dam*  
 Stone Hill River  
 Swan Lake

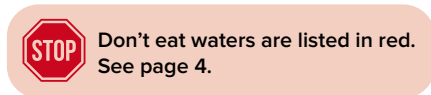
For additional fishing waters and advice for the Catskill Region, which includes parts of Delaware, Greene, Sullivan and Ulster counties, visit [www.health.ny.gov/fish/CAT](http://www.health.ny.gov/fish/CAT).

# Alphabetical Listing of Specific Advisory Waters

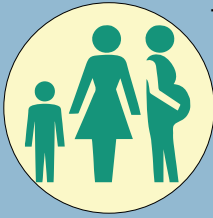
Use this list to find out if your waterbody has a specific advisory. The more page numbers listed, the more advisories that water has.

Specific Advisory Water (County)	Page	Specific Advisory Water (County)	Page
Amawalk Reservoir (Westchester)	17, 28	Moodna Creek, downstream of Firthcliffe Dam to mouth of Hudson River <sup>1</sup>	7 - 27, 29
Ballston Lake (Saratoga)	28	Moreau Lake (Saratoga)	28
Black River Pond (Rensselaer)	28	<b>Nassau Lake (Rensselaer)</b>	4
Boyd Corners Reservoir (Putnam)	17, 25	New Croton Reservoir (Westchester)	28
Bradley Lake (Rensselaer)	10	<b>Newburgh Area Waters (Orange)</b>	4
Carters Pond (Washington)	28	Patroon Creek (Albany)	27
Chodikey Lake (Ulster)	17	Queechy Lake (Columbia)	10
Cross River Reservoir (Westchester)	17, 23, 26	Rio Reservoir (Sullivan, Orange)	28
Diverting Reservoir (Putnam)	28	Saw Mill River, upstream of the flume at Mill Street in Yonkers (Westchester) <sup>1</sup>	7, 9-27, 29
Dunham Reservoir (Rensselaer)	21, 25, 28	Sheldrake River (Westchester) <sup>1</sup>	7, 9-27, 29
Dyken Pond (Rensselaer)	17, 28	Swinging Bridge Reservoir (Sullivan)	25
East Branch Reservoir (Putnam)	25, 28	<b>Thayer Pond - Hoosick Falls Area (Rensselaer)</b>	4
Glass Lake (Rensselaer)	28	Thompsons Lake (Albany)	28
Green Lake (Greene)	19, 28	Titicus Reservoir (Westchester)	23, 26, 28
Hoosic River, from Schaghticoke Dam to Vermont state line (Rensselaer, Washington)	11, 12, 19, 23, 24, 27	<b>Valatie Kill, between County Rte. 18 and Nassau Lake (Rensselaer)</b>	4
<b>Hudson River, between S. Glens Falls and Hudson Falls</b>	4	Valatie Kill, between Nassau Lake and Kinderhook Lake (Rensselaer, Columbia) <sup>1</sup>	7, 9-27, 29
<b>Hudson River, between Hudson Falls and Troy</b>	4	Wappingers Lake (Dutchess)	28
Hudson River, between Troy and Catskill <sup>1</sup>	6 - 27, 29	West Branch Reservoir (Putnam)	23, 28
Hudson River, between Catskill and NYC <sup>1</sup>	6 - 27, 29		
Kinderhook Lake (Columbia) <sup>1</sup>	7, 9-27, 29		
Lake Superior (Sullivan)	28		
Lake Taghkanic (Columbia)	26		
Lake Welch (Rockland)	17, 21		
Loch Sheldrake (Sullivan)	25		
Middle Branch Reservoir (Putnam)	28		
Mohawk River/Erie Canal between Fivemile Dam and Cohoes Falls (Herkimer, Schenectady, Montgomery, Albany, Saratoga)	12, 19, 22, 23, 27, 28		

<sup>1</sup> For other fish not listed from these waters, follow the advice on page 9.



## 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 FDA and the US Environmental Protection Agency (EPA) advise pregnant and breastfeeding people, people who may become pregnant, and young children to avoid eating 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)  
[www.health.ny.gov/fish/maps.htm](http://www.health.ny.gov/fish/maps.htm)  
(518) 402-7800  
(800) 458-1158  
[BTSA@health.ny.gov](mailto:BTSA@health.ny.gov)

### Fishing in NYC Reservoirs

NYC Department of Environmental Protection (NYC DEP)  
<http://www.nyc.gov/html/dep/html/recreation/fishing.shtml>  
1-800-575-LAND (5263)  
[recreation@dep.nyc.gov](mailto:recreation@dep.nyc.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 5

(Washington and Saratoga counties)  
Ray Brook Office  
(518) 897-1200  
[fwfish5@dec.ny.gov](mailto:fwfish5@dec.ny.gov)

#### DEC Region 4

(Albany, Columbia, Greene, Rensselaer, and Schenectady counties)  
Stamford Office  
(607) 652-7366  
[fwfish4@dec.ny.gov](mailto:fwfish4@dec.ny.gov)

#### DEC Region 3

(Dutchess, Orange, Putnam, Rockland, Ulster, and Westchester counties)  
New Paltz Office  
(845) 256-3161  
[fwfish3@dec.ny.gov](mailto:fwfish3@dec.ny.gov)

The DEC fishing website listed above has a wealth of resources to help you find publicly accessible fishing sites, boat launches, what fish are found in different waterbodies, and fishing license information.