Fish Consumption Advisory from state Department of Public Health:

STRIPED BASS:
Pregnant or nursing mothers and children: do not eat
Other adults: one meal per month
BLUEFISH (OVER 25 INCHES LONG):
Pregnant or nursing mothers and children: do not eat
Other adults: one meal per month
BLUEFISH (13 TO 25 INCHES LONG):
Pregnant or nursing mothers and children, one meal per month
Other adults: one meal per month
WEAKFISH:
Pregnant or nursing mothers and children, one meal per month
Other adults: one meal per month

ALL OTHER LOCAL SALTWATER SPECIES:

Two meals per week is part of a healthy diet.