

# AFTER-BLESSINGS (BRACHA ACHRONA): TIME LIMITS AND SATIATION STATUS

## After-Blessings (Bracha Achrona): Satiating Status: General Rules

After eating or drinking the required amounts, you may say bracha achrona (including birkat ha'mazon) as long as:

- You are still satiated after having been hungry and eaten, OR
- You were not satiated after eating and it is less than 72 minutes since you finished eating.

**REASON** We say the effects of food last for at least 72 minutes and that 72-minute period overrides becoming hungry again even after having been satiated.

## After-Blessings (Bracha Achrona): Satiating Status: Hunger Situations

**SITUATION** You were hungry.  
You ate and were satiated.  
You are not yet hungry again.

**WHAT TO DO** You may say bracha achrona without any time limit, until you get hungry again

**SITUATION** You were hungry.  
You ate but were not satiated.  
You are still hungry.

**WHAT TO DO** You may say bracha achrona for up to 72 minutes after having stopped eating.

**SITUATION** You were not hungry, but you ate.

**WHAT TO DO**

- If you ate enough that you became satiated and now you are hungry again:  
You can say after-blessing for up to 72 minutes after you finished eating.
- If you ate enough to be satiated and are not yet hungry again:  
You may say an after-blessing for up to 72 minutes OR until you are hungry again, whichever comes later.
- If you ate but did not become satiated and are still hungry:  
You can say after-blessing for 72 minutes after you finished eating.