

Eating Enough Bread To Say Birkat HaMazon

Say birkat ha'mazon if you ate a “meal” as defined by halacha—that is, if you ate at least 1.3 fl. oz. (39 ml, or 1/6 cup) of bread made of the Five Grains within four minutes.

NOTE If you didn't eat the minimal amounts within four minutes, don't say birkat ha'mazon (even if you washed and said ha'motzi).