## **Birkat HaMazon: If You Planned To Eat Minimum Amount of Bread and Did Not**

If you planned to, but did not, eat a full meal:

- Do not say <u>al ha'michya</u> if you did not eat at least 1.3 fl. oz. (39 ml, or 1/6 cup) of foods baked from the <u>Five Grains</u> within four minutes--even if you had washed your hands and said <u>ha'motzi</u>.
- Do say the appropriate <u>bracha achrona</u> for any other foods of which you ate the minimum (1.3 fl. oz.--39 ml, or 1/6 cup) quantity within four minutes, even though you did not say an individual <u>bracha rishona</u> (since you were planning to

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