

# After-Blessings (Bracha Achrona): Satiation 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.