

# After-Blessings (Bracha Achrona): Satiation 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.