

Volume/Solid

K'Zayit

K'zayit is variously defined as being the volume of 1/3, 1/2, or 1 whole egg; 0.6 - 1.9 fl. oz. (18-56 ml), depending on the application.

NOTE For d'*oraita* requirements such as se~~der~~, we are stringent (ma~~chmir~~) and use the larger amount of 1.9 fl. oz. (56 ml). For d'*rabanan* rules, we are more lenient and use only 1.3 fl. oz. (39 ml, or 1/6 cup).

- K'zayit for Seder Matza and Afikoman: 1.9 fl. oz. (56 ml) of matza.
- K'zayit for Bracha Achrona and Birkat HaMazon: 1.3 fl. oz. (39 ml, or 1/6 cup) of solid food.

Beitza, K'Beitza

Beitza, K'Beitza = 1.9 fl. oz. (56 ml); an egg size by definition.

NOTE For an etrog, which must be at least 1 egg volume, today we use a minimum of 2 egg volumes.