AFTER-BLESSINGS (BRACHA ACHRONA): TIME LIMITS AND SATIATION STATUS

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.

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.

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