AL HAMICHYA: TYPE AND VOLUME OF FOODS

Al HaMichya: Eating Enough

Say *al ha'michya* after eating at least 1.3 fl. oz. (39 ml, or 1/6 cup) of non-bread foods baked from the *Five Grains* (wheat, rye, oats, barley, or spelt) within four minutes**.**

Al HaMichya: Eating Enough Pie To Say

Say *al ha'michya* if you ate a total volume of crust + filling of at least 1.3 fl. oz. (39 ml, or 1/6 cup) or more within four minutes--even if the total *mezonot*-based crust you eat is less than 1.3 fl. oz. (39 ml, or 1/6 cup).

Al HaMichya: Or Birkat HaMazon

Say *birkat ha'mazon* instead of *al ha'michya* if you ate enough bread-like foods (*mezonot)* or bread-like food combinations (such as crackers with tuna salad) to be the volume of your normal biggest meal of the day. This is true even if:

- You had not planned to have a meal (for example, you planned to eat only one slice of pizza but then ate two more), and
- Did not wash your hands before the meal.

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