

# BIRKAT HAMAZON: HOW MUCH FOOD

## Eating Enough Bread To Say Birkat HaMazon

Say birkat ha'mazon if you ate a “meal” as defined by halacha—that is, if you ate at least 1.3 fl. oz. (39 ml, or 1/6 cup) of bread made of the Five Grains within four minutes.

**NOTE** If you didn't eat the minimal amounts within four minutes, don't say birkat ha'mazon (even if you washed and said ha'motzi).

## Eating Enough Mezonot To Say Birkat HaMazon

Say birkat ha'mazon after eating mezonot if it constituted a meal—that is, if you ate:

- The amount a person would eat for his/her dinner meal, OR
- Mezonot in addition to other foods that are normally eaten with bread in a quantity sufficient to be a normal dinner meal.

**NOTE** In either case, you must eat at least 1.3 fl. oz. (39 ml, or 1/6 cup) of mezonot made of the Five Grains within four minutes.

## Birkat HaMazon: If You Planned To Eat Minimum Amount of Bread and Did

Regardless of how much bread you plan to eat, if you eat at least 1.3 fl. oz. (39 ml, or 1/6 cup) within four minutes, say birkat ha'mazon.

## Birkat HaMazon: If You Planned To Eat Minimum Amount of Bread and Did Not

If you planned to, but did not, eat a full meal:

- Do not say al ha'michya if you did not eat at least 1.3 fl. oz. (39 ml, or 1/6 cup) of foods baked from the Five Grains within four minutes--even if you had washed your hands and said ha'motzi.
- Do say the appropriate bracha achrona for any other foods of which you ate the minimum (1.3 fl. oz.--39 ml, or 1/6 cup) quantity within four minutes, even though you did not say an individual bracha rishona (since you were planning to